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ACTIVITY S ACTIVITY S MEDICAL PROPERTY ASSISTANCE — TIME TO GEDDEMEFOO O 1288BLE 1888USE	MICID 11 MEDC № 0 61№ 1 TM TM 2 0 0 12 179№086 571№3327№5№99 № №

"It's time to get uncomfortable..." Kyle Zimmer, Health and Safety Director and Labor Assistance Professional for International Union of Operating Engineers Local 478

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Notes on Using this Workbook

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Introduce the Training with the Building Resilience Slides (5 minutes)

Activity 1: Understanding Member Assistance – Time to Get Uncomfortable (1 hour – 10 minute video followed by discussion. Good for everyone including "first years".)

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Activity 4: Understanding Prevention (30 minutes to 1 hour: Good for everyone, including "first years".)

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Activity 5: Basic Suicide Prevention: Reach Out, Respond, Connect (1 hour + Good for everyone including "first years" – but make sure to allow trainees to choose to participate.)

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Activity 6: Health is Like a House

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Activity 7: Mandatory Drug and Alcohol Testing Debate (30 minutes, good for everyone)

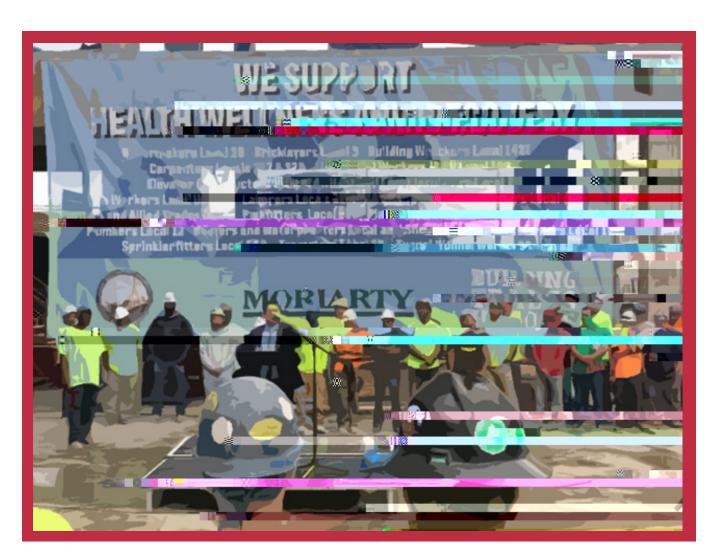
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Activity 9: A Conversation at the Roach Coach – What's healthy here?

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Other Resources

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