



MCA
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Emotional Awareness in the Construction Workplace:

1. **Recognize Stress Triggers** – Construction environments often involve deadlines, pressure, and physical exhaustion. Be mindful of what triggers stress or frustration, such as difficult tasks, miscommunication, or safety concerns, and learn how to address them calmly.
2. **Pause and Breathe** – When emotions run high, take a moment to breathe deeply or step away briefly. This helps manage reactions before they escalate, especially in high-pressure situations where maintaining composure is crucial.
3. **Stay Calm in Crisis Situations** – In emergencies or challenging situations, practice emotional awareness by focusing on staying calm and level-headed. This helps you think clearly and respond effectively, ensuring the safety and efficiency of the team.
4. **Foster Open Communication** – Encourage open, honest dialogue about emotions within the team. If someone is feeling overwhelmed, upset, or frustrated, creating an environment where they feel comfortable expressing these feelings can improve morale and teamwork.
5. **Understand Team Dynamics** – Each person on a construction team brings their own emotional state and stress levels to the job. Be aware of how team members react emotionally to stress or challenges, and offer support or encouragement when needed.
6. **Conflict Resolution** – Disagreements or misunderstandings are common on job sites. Recognize when emotions are influencing decisions or actions, and use de-escalation techniques to address conflicts calmly and constructively.
7. **Prioritize Safety and Well-Being** – When discussing safety protocols or issues, be mindful of how emotions such as fear or anxiety might influence decisions. Encourage a supportive atmosphere where emotional well-being is prioritized alongside physical safety.