



## THE POST-TRAUMATIC STRESS DISORDER EDITION

### What is Post-Traumatic Stress Disorder?

**Post-Traumatic Stress Disorder**, or PTSD, is a serious and potentially debilitating condition that can occur after experiencing a traumatic event. It can devastate families and compromise a person's ability to function in daily life and at work.

**Symptoms** can take months or years to develop, may vary over time, and differ from person to person.

For more information on **symptoms** and **treatment**, check out NIH's publication on PTSD at <https://tinyurl.com/NIH-PTSD1>.

### DID YOU KNOW?

**7-8% Of the American population will develop PTSD** at some point in their lives. About 8 million adults have PTSD during a given year.

Source: National Center for PTSD (<https://www.ptsd.va.gov>)

### KNOWLEDGE IS POWER

#### Know Your Rights + Resources

#### WORKERS' COMPENSATION

**Psychological injuries** only qualify for workers' compensation benefits in New York if they arise from **abnormal stress** and unprotected **employer actions**.

In some cases, by the time PTSD symptoms develop, the **statute of limitations** for filing a workers' compensation claim may run out.

**What to do** if you think you may be entitled to benefits under the New York State Workers' Compensation Board:

Contact **Fine, Olin & Anderman, LLP (FOA)** at **(855) 693-8179** or visit [www.foalaw.com](http://www.foalaw.com)

### ANNOUNCEMENTS

#### FOLLOW US!

Facebook: @CSEASafetyNet Instagram: @CSEA\_safety\_net

#### SAVE THE DATE

The 2022 Statewide Conference on Occupational Safety & Health will be held March 31, 2022 – April 2, 2022 in Saratoga Springs, NY!

#### NEW FACT SHEETS

See our new fact sheets on Asbestos:

- Asbestos in the Workplace (<https://tinyurl.com/OSH-Asbestos-At-Work>)
- Working Around Asbestos (<https://tinyurl.com/OSH-Working-Around-Asbestos>)
- Asbestos in the Home (<https://tinyurl.com/OSH-Asbestos-Home>)

Don't forget: tick season is among us! Check out our fact sheet for more information. (<https://tinyurl.com/OSH-Ticks>)

### GET INFORMED

#### PTSD + WORK LIFE

**Consequences** of PTSD extend far beyond the mind. **Conflicts at work** often relate to:

- Work absenteeism
- Frequent medical visits
- Unemployment or underemployment
- Lower hourly pay
- Difficulty meeting work-related demands

#### WORK CULTURE + MENTAL HEALTH

#### Mental health is closely linked to occupation

The American Institute of Stress (AIS) recently indicated that approximately **66% of people's stressors are related to their jobs**.

**High stress** can increase the risk of PTSD, anxiety, depression, as well as mood and sleep disturbances.

Learn more about **what employers can do** to reduce workplace stress by downloading CSEA's latest fact sheet on Workplace Stress at <https://tinyurl.com/OSH-Workplace-Stress>.

#### COVID-19 PANDEMIC PTSD

Unlike other causes of PTSD, the **COVID-19 pandemic** has been a prolonged and escalating series of events that **impacted all workers**.

Many CSEA members endured **abnormal levels of stress and trauma** daily due to their **working conditions** during the **COVID-19 pandemic**.

Union members in **Health Care, Human Services, and Direct Care Services** were among the **most affected** during the pandemic and are at **highest risk** for developing **work-related PTSD**.

#### EXPOSURE TO WORKPLACE TRAUMA + PTSD

**Education** and **public infrastructure workers** are at **high risk** for experiencing **work-related PTSD**, whether it be from occurrences of workplace violence, accidents on the job, or witnessing scenes of devastation.

**PTSD HAS BEEN ESTIMATED TO OCCUR IN 32% OF FIRST RESPONDERS,**

**INCLUDING 19% OF POLICE OFFICERS.**

Source: American Institute of Stress (<https://www.stress.org>)

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