

Safety Scene: Depression in the Workplace

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Depression: Signs & Symptoms

General signs & symptoms:

- Continual sad, anxious or nervous feelings
- Sleeping too much or too little
- Weight loss, loss of appetite
- Weight gain, increased appetite
- Persistent physical symptoms including headaches or other chronic pain
- Difficulty concentrating
- Significant fatigue
- Feelings of guilt, hopelessness or worthlessness
- Thoughts of suicide or death

Work-related signs and symptoms:

- Decreased productivity
- Morale problems
- Lack of cooperation
- Safety risks, accidents
- Absenteeism
- Frequent statements about being tired all the time
- Complaints of unexplained aches and pains
- Alcohol and drug abuse

[Source: "Depression: The Unseen Safety Risk," www.ehstoday.com]