Stop. Make a Change.

Toolbox Talk: Andropause & Men's Health

Time: 15 Minutes

Audience: Construction Operatives

Purpose: Raise awareness about 'andropause' (male menopause) and men's health, reduce stigma, and encourage early support.

1. Introduction

Question to open: "How many of us think menopause only affects women?"

Fact: Men go through something similar too - it's called 'andropause.' This is about a natural drop in testosterone levels. It's not just ageing. It's something we should know about, because it can affect how we work, live, and feel.

2. What is Andropause?

- A natural drop in **testosterone** levels in men (usually 40-60 years old).

Affects:

- Energy
- Mood
- Sex drive
- Concentration
- Muscle mass

Symptoms:

- Constant tiredness
- Low mood, irritability
- Poor sleep
- Reduced libido
- Weight gain or muscle loss
- Trouble focussing or feeling motivated.

These can creep in slowly and be mistaken for work stress or ageing.

3. Why is this important on site?

Physical and mental health affect:

- Safety
- Accuracy

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- Productivity
- Team relationships

- When we're not ourselves, mistakes happen and morale drops.
- You're not alone - many men go through it.

4. What Can You Do?

Check in with yourself:

- Are you unusually tired, moody, or less focussed?

Talk to someone:

- A mate, a manager, or a GP

Lifestyle Tips:

- Better sleep and hydration
- Exercise (even light)
- Balanced diet
- Cut back on alcohol/smoking

See your GP:

- Book a blood test to check your hormone levels
- Medication or therapy are options if needed.

5. Let's Normalise The Conversation

Real strength is knowing when to speak up. Let's look after ourselves and each other. No shame. No judgement. Just support.

6. Key Takeaways

- Andropause is real
- It can affect your physical and mental health
- There is support and treatment
- Speaking up is a strength.

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7. **Signposting (1 min)**

- Your GP for check-ups
- Occupational Health (if applicable)
- Mental Health First Aiders
- Support Groups:
  - Men's Health Forum - www.menshealthforum.org.uk
  - CALM - www.thecalmzone.net
  - Mind - www.mind.org.uk

Optional Questions For Group Discussion

- Have you or a mate ever experienced these symptoms?
- What can we do to support men's health on site?
- Why do men often avoid talking about health?

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