SMAC-24: Conversation Starter Kit

The *Stop. Make a Change* programme is being run between **7 and 18 October 2024** to coincide with World Mental Health Day and the European Week for Safety and Health. This year we are asking everyone to '**Re-engage with their own Health, Safety & Wellbeing**' and to do this, we are suggesting that everyone engages in a Conversation Starter initiative.

To help get the best out of the discussions we would suggest:

- Put Tools Down & Turn Phones Off
- Gather Colleagues and Find a Quiet Place
- Open Conversation Starter Pack
- Commence Conversation – We suggest 1 hour minimum
- Record Key Comments
- Agree set of Actions
- Implement Changes.

#StopMakeAChange

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SMAC-24 CONVERSATION STARTER:
COVID-19

We know what being 'COVID-safe' means.

Are we consistently good at maintaining social distancing?

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SMAC-24 CONVERSATION STARTER:
COVID-19

Does everyone here feel confident they can stay safe from infection?

Can we change what we do to improve prevention of transmission?

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SMAC-24 CONVERSATION STARTER:
COVID-19

There are good and regular cleaning procedures in our workplace.

Each of us cleans tools and/or work stations before and after use to protect ourselves and others.

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SMAC-24 CONVERSATION STARTER:
COVID-19

Our workplace has good facilities for hand washing and sanitiisation.

Do you know where to get support if you're feeling worried or stressed?

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SMAC-24 CONVERSATION STARTER:
COVID-19

We know where the use of face coverings will help protect our colleagues and loved ones at home.

We keep windows open in workplaces and vehicles to improve ventilation and reduce the amount of virus in the air.

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SMAC-24 CONVERSATION STARTER:
COVID-19

Do you know when you should be getting a test?

Do you know when you should self-isolate?

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