

## SMAC-20: Conversation Starter Kit

The *Stop. Make a Change* programme is being run between **10 and 23 October 2020** 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



Stop.  
Make a  
Change.

## Topics for discussion:

- Respiratory Health
- People Plant Interface
- Mental Health & Work Related Stress
- Cancer
- Access & Egress
- Electrical Installations
- Hand Injuries
- Lifting Operations incl MSDs
- Office Safety
- Risk Zones
- Slips, Trips & Falls
- Working at Height
- COVID-19

#StopMakeAChange

SMAC-20 CONVERSATION STARTER:  
COVID-19 & HOW YOU'RE COPING

We all know that COVID-19 has had a big impact on our personal and working lives.

In terms of at work and in relation to WE being the collective WE as all of US being in this together:

SMAC-20 CONVERSATION STARTER:  
COVID-19 & HOW YOU'RE COPING

What things do you think WE do well here to try and keep people safe from COVID-19?

How can WE improve?

## SMAC-20 CONVERSATION STARTER: COVID-19 & HOW YOU'RE COPING

As a reminder to the facilitator - you may want to tick these topics off, or raise an open question on the topic if it doesn't come up:

- Site access/egress points
- Visitor management
- Movement around the site
- Movement around the office
- Hand washing
- Changing facilities, showers and drying rooms
- Toilet facilities
- Canteens, food and rest areas
- Briefings/Inductions
- Deliveries
- 2M physical distancing
- Management of essential tasks that require less than 2m working
- First aid and emergency services response
- Cleaning
- Driving at work
- Signage