

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.

**SMAC-20 CONVERSATION STARTER:
LIFTING OPERATIONS including MSDs**

Has anyone experienced an accident up close? How did it affect you/others? If not - how do you think people involved and those who saw it are affected?

SMAC-20 CONVERSATION STARTER:
LIFTING OPERATIONS including MSDs

**Would you always step in if
you saw a colleague doing
something unsafe?**

SMAC-20 CONVERSATION STARTER:
LIFTING OPERATIONS including MSDs

Who cares for you and wants you to come home safe every day?

Please answer this question yourself, before
asking others to do the same.



Stop.
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SMAC-20 CONVERSATION STARTER:
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Would you feel confident speaking up if you have a concern about safety? Do you know how to raise your concerns?

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**What my colleagues do is
their responsibility, not mine.
What do you think when you
hear this statement?**

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Would you feel confident speaking up if you have a concern about safety? Do you know how to raise your concerns?

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Have you ever received a
compliment for working
safely and if so, what was
it?

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**What could we do to make
our company even safer?**

SMAC-20 CONVERSATION STARTER:
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**What was the last hazardous
situation that you came
across in a lifting operation?
What action was taken at the
time?**

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What has made lifting
operations safer over the
past 5 years?



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**Are you comfortable with
lifting activities that are
ongoing or planned for this
project?**

SMAC-20 CONVERSATION STARTER:
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Have you ever hurt yourself
during a lifting operation/
when lifting something?

SMAC-20 CONVERSATION STARTER:
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Have you ever intervened
in an unsafe lifting
operation?

SMAC-20 CONVERSATION STARTER:
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Have you ever had
problems communicating
with a person lifting a load?

SMAC-20 CONVERSATION STARTER:
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Have you ever used
damaged lifting
equipment?



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SMAC-20 CONVERSATION STARTER:
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**We understand that the use
of bodily force in lifting,
lowering, pushing, pulling,
or carrying a load are all
examples of Manual Handling.**

SMAC-20 CONVERSATION STARTER:
LIFTING OPERATIONS including MSDs

What damage or injuries can happen to our backs, joints or limbs through incorrect or repetitive manual handling?

**SMAC-20 CONVERSATION STARTER:
LIFTING OPERATIONS including MSDs**

**Do you think manual handling
tasks could be planned better
to reduce the risk? Do we
have training in place that is
relevant to our work?**

SMAC-20 CONVERSATION STARTER:
LIFTING OPERATIONS including MSDs

**We have good information
on the weights of individual
items which helps us
understand how to handle
them safely.**

SMAC-20 CONVERSATION STARTER:
LIFTING OPERATIONS including MSDs

Do we use lightweight items to help reduce the potential for injury? Or do we make good use of mechanical lifting devices to reduce manual handling?

SMAC-20 CONVERSATION STARTER:
LIFTING OPERATIONS including MSDs

**Can we easily obtain and use
manual handling aids like
barrows, trolleys, pallet trucks,
etc, and do we always make
proper use of these types of
equipment?**