

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:
RESPIRATORY HEALTH

Are we clear about the
problems caused by dust
from cutting and drilling of
wood and concrete, etc?

SMAC-20 CONVERSATION STARTER:
RESPIRATORY HEALTH

Does everyone here
understand how harmful
work-produced dust is? And
the link with cancers?

SMAC-20 CONVERSATION STARTER:
RESPIRATORY HEALTH

Can we change what
we do to try to produce
less dust?

SMAC-20 CONVERSATION STARTER:
RESPIRATORY HEALTH

Are our dust-producing activities well controlled though water suppression or vacuum collection?

SMAC-20 CONVERSATION STARTER:
RESPIRATORY HEALTH

Do we rely on filtering dust masks? Are we sure they are properly protecting our lungs?

SMAC-20 CONVERSATION STARTER:
RESPIRATORY HEALTH

**Have we made sure the
wearers have had a fit test
to prove the mask can
protect them?**

SMAC-20 CONVERSATION STARTER:
RESPIRATORY HEALTH

**Does everyone wear them
properly sealed to their face
with no stubble or beard?**