

## SMAC-21: Conversation Starter Kit

The *Stop. Make a Change* programme is being run between **11 and 22 October 2021** 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



CANCER  
RESEARCH  
UK



Stop.  
Make a  
Change.

SMAC-21 CONVERSATION STARTER:  
LIFTING OPERATIONS

What types of lifting  
operations are undertaken on  
this project?



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SMAC-21 CONVERSATION STARTER:  
LIFTING OPERATIONS

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



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SMAC-21 CONVERSATION STARTER:  
LIFTING OPERATIONS

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



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SMAC-21 CONVERSATION STARTER:  
LIFTING OPERATIONS

Have you ever hurt yourself  
during a lifting operation/  
when lifting something?



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SMAC-21 CONVERSATION STARTER:  
LIFTING OPERATIONS

Have you ever had problems  
communicating with a person  
lifting a load?



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SMAC-21 CONVERSATION STARTER:  
LIFTING OPERATIONS

How are manual handling  
tasks planned on this project?



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SMAC-21 CONVERSATION STARTER:  
LIFTING OPERATIONS

Do we have good information on  
the weights of individual items  
which helps us understand how  
to handle them safely?



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Make a  
Change.



SMAC-21 CONVERSATION STARTER:  
LIFTING OPERATIONS

**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?**



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SMAC-21 CONVERSATION STARTER:  
LIFTING OPERATIONS

**What my colleagues do is  
their responsibility, not mine.  
How does this statement  
make you feel?**



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Make a  
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SMAC-21 CONVERSATION STARTER:  
LIFTING OPERATIONS

**How does feedback work on  
this project?**



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Stop.  
Make a  
Change.

SMAC-21 CONVERSATION STARTER:  
LIFTING OPERATIONS

What could we do to make  
our project even safer?



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Stop.  
Make a  
Change.