

SMAC-23: Conversation Starter Kit

The *Stop. Make a Change* programme is being run between **9 and 20 October 2023** 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-23 CONVERSATION STARTER:
COVID-19

We know what being 'COVID-safe' means.

Are we consistently good at maintaining social distancing?



Stop.
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SMAC-23 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?



Stop.
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**SMAC-23 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.**



**Stop.
Make a
Change.**

SMAC-23 CONVERSATION STARTER:
COVID-19

**Our workplace has good facilities
for hand washing and sanitisation.**

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



Stop.
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**SMAC-23 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.**



**Stop.
Make a
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SMAC-23 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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