

## 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:  
LIFTING OPERATIONS

What types of lifting  
operations are undertaken on  
this project?



Stop.  
Make a  
Change.

SMAC-23 CONVERSATION STARTER:  
LIFTING OPERATIONS

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



Stop.  
Make a  
Change.

SMAC-22 CONVERSATION STARTER:  
LIFTING OPERATIONS

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



Stop.  
Make a  
Change.

SMAC-23 CONVERSATION STARTER:  
LIFTING OPERATIONS

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



Stop.  
Make a  
Change.

SMAC-23 CONVERSATION STARTER:  
LIFTING OPERATIONS

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



Stop.  
Make a  
Change.

SMAC-23 CONVERSATION STARTER:  
LIFTING OPERATIONS

How are manual handling  
tasks planned on this project?



Stop.  
Make a  
Change.

SMAC-23 CONVERSATION STARTER:  
LIFTING OPERATIONS

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



SMAC-23 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?



CANCER  
RESEARCH  
UK



The  
Diabetes Safety  
Organisation

Stop.  
Make a  
Change.

SMAC-23 CONVERSATION STARTER:  
LIFTING OPERATIONS

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



**Stop.  
Make a  
Change.**

SMAC-23 CONVERSATION STARTER:  
LIFTING OPERATIONS

How does feedback work on  
this project?



Stop.  
Make a  
Change.

SMAC-23 CONVERSATION STARTER:  
LIFTING OPERATIONS

What could we do to make  
our project even safer?



Stop.  
Make a  
Change.