

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:
RESPIRATORY HEALTH

**What impacts are caused
by dust from cutting
and drilling of wood and
concrete, etc?**



**Stop.
Make a
Change.**

SMAC-23 CONVERSATION STARTER:
RESPIRATORY HEALTH

Do you understand how
harmful work-produced
dust is? And the link with
cancers?



Stop.
Make a
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SMAC-23 CONVERSATION STARTER:
RESPIRATORY HEALTH

How can we reduce
dust on this project?



Stop.
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SMAC-23 CONVERSATION STARTER:
RESPIRATORY HEALTH

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



Stop.
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SMAC-23 CONVERSATION STARTER:
RESPIRATORY HEALTH

When was the last time you
had a face fit test?



Stop.
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Change.