SMAC-26: Conversation Starter Kit

The *Stop. Make a Change* programme is being run during the month of **October 2026**. 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

ceca

Stop. Make a Change.

SMAC-26 CONVERSATION STARTER:
RESPIRATORY HEALTH

What impacts are caused by dust from cutting and drilling of wood and

ceca

Stop. Make a Change.

SMAC-26 CONVERSATION STARTER:
RESPIRATORY HEALTH

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

ceca

Stop. Make a Change.

SMAC-26 CONVERSATION STARTER:
RESPIRATORY HEALTH

How can we reduce dust on this project?

ceca

Stop. Make a Change.

SMAC-26 CONVERSATION STARTER:
RESPIRATORY HEALTH

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

ceca

Stop. Make a Change.

SMAC-26 CONVERSATION STARTER:
RESPIRATORY HEALTH

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

ceca

Stop. Make a Change.