SMAC-24

Stop.
Make a
Change.

INTRODUCTORY NOTES

The *Stop. Make a Change* programme is being run between **7 and 18 October 2024** to coincide with World Mental Health Day.

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.

We know that the industry is diverse and that each project can have its own challenges, so to reflect this diversity we have produced a set of Conversation Starter packs around a number of topical subjects. All we ask is that you choose ONE of the topics listed where you perceive you could make positive changes. You can then use the pack to help facilitate a discussion with your workforce. The pack can be downloaded from the SMAC-24 Website www.stopmakeachange.com.

Topics For Discussion:

- **Safe Digging**
- **Respiratory**
- **People Plant Interface**
- **Mental Health & Work Related Stress**
- **Cancer**
- **Access & Egress**
- **Electrical Installations**
- **Hand Injuries**
- **Lifting Operations incl MSDs**
- **Office Safety**
- **Risk Zones**
- **Slips, Trips & Falls**
- **Working at Height**
- **COVID-19**
- **Diabetes**

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.

When mentioning SMAC-24 on social media, please use the hashtag #StopMakeAChange.

Finally, the CECA Health, Safety & Wellbeing Group would like to offer their expertise to any CECA SME that is in need of guidance or assistance on any of the above. Please use the SMAC-24@ceca.co.uk email address to get in touch.

CANCER RESEARCH UK

MATES IN MIND

The Diabetes Safety Organisation