

A woman wearing a white lab coat and a white hairnet is looking intently at a petri dish she is holding. She is also holding a pair of tweezers. The background is a blurred laboratory setting. The image is overlaid with a white geometric shape, possibly a stylized '3' or a similar symbol, which is part of the 3M branding.

**3M** Science.  
Applied to Life.™

## **Informative, engaging speakers.**

3M is able to offer informative and engaging speakers free-of-charge.

Our presentation topics aim to address a range of issues related to Personal Protective Equipment from selecting the right products to effectively engaging your workforce. We pride ourselves on the quality of our talks and aim to provide practical support and advice, not a sales pitch.

# 3M Health and Safety seminars

We are pleased to offer you the opportunity to request the following talks at your meetings. Each talk lasts approximately 1 hour, allowing for 45 minutes of presentation and 15 minutes of questions.



## 3M SafeTea Break: How to engage your workforce in workplace health

3M's SafeTea campaign was developed as a way of distributing key messages from the 'Health risks at work' initiative. The programme is designed to help busy managers by providing a framework for transforming a tea break into an engaging talk about workplace health. SafeTea kits include toolbox talk modules on slips, trips and falls, well being, dynamic risk assessment, breathing, hearing, skin, fall protection, touch and muscles, bones and joints.

### In this talk, the speaker will:

- ▶ Discuss the purpose of the campaign
- ▶ Show attendees how they can access a free-of-charge SafeTea kit to use in their workplace
- ▶ Provide hints and tips for maximising the effectiveness of a SafeTea break



## The 4 step guide to respiratory protection

Statistics in 2017 from the Health and Safety Executive estimate that there are 12,000 lung disease deaths each year which are linked to past exposures at work<sup>1</sup>. By implementing the correct control measures, including adequate and suitable Respiratory Protective Equipment (RPE), exposure to airborne hazards can be minimised. However, RPE is only effective if it is selected and used properly.

### In this talk, the speaker will:

- ▶ Summarise how to identify airborne hazards
- ▶ Discuss how the risk can be assessed
- ▶ Explain how to select adequate and suitable RPE
- ▶ Provide hints and tips for education and training



## How to implement an effective face fit testing programme

Tight-fitting respirators only work effectively if a good seal can be formed between the respirator and the wearer's face. For this reason, it is a Health and Safety Executive requirement that users of tight-fitting respirators, such as disposable, half-face and full-face reusable respirators, are face fit tested.

### In this talk, the speaker will:

- ▶ Discuss the importance of a good fit
- ▶ Cover the legal requirements
- ▶ Explain how face fit testing methods work
- ▶ Provide hints and tips for running a successful face fit testing programme



## How to develop a hearing conservation programme

Exposure to loud noise at work can cause noise-induced hearing loss (NIHL). It is one of the most common health problems and can be difficult to detect as it builds up slowly over time. The Health and Safety Executive has reported that industrial hearing loss is the occupational disease with the highest number of civil claims, accounting for about 75% of all occupational disease claims<sup>2</sup>. Sadly, NIHL is irreversible, but it is preventable.

### In this talk, the speaker will:

- ▶ Summarise how noise hazards can be assessed
- ▶ Discuss the dangers of over and under protection
- ▶ Explain how to select adequate and suitable hearing
- ▶ Provide hints and tips for education and training
- ▶ Describe how the protection offered by hearing protection can be validated



## Eye protection explained

Many industrial workplaces have mandatory eye protection policies and there are many different protective eyewear products available. As with any other type of Personal Protective Equipment, protective eyewear is only effective if it is selected and used correctly – but are you sure that you have chosen the best product for your environment, tasks and workforce?

### In this talk, the speaker will:

- ▶ Discuss common eye hazards and how they can be assessed
- ▶ Demystify the standards and markings related to protective eyewear
- ▶ Explain when different lens colours should be used
- ▶ Highlight some of the features that can help make eyewear more acceptable to the workforce



## How to improve PPE compliance

Personal Protective Equipment (PPE) is only effective if the right PPE is selected and it is worn properly during all periods of exposure, but it is not uncommon to see workers remove or misplace their PPE. There are a number of different reasons for this and ensuring compliance can be a significant challenge for health and safety professionals.

### In this talk, the speaker will:

- ▶ Discuss the human behaviours that lead to non-compliance
- ▶ Explain how the PPE selection process can help to improve compliance
- ▶ Provide hints and tips for engaging workers



## Is your PPE working well together? PPE compatibility

For PPE to be effective it needs to be suitable for the job and the wearer, but how can this be checked? Employers are challenged with confirming compatibility, but as this is an individual assessment it's not always easy.

### In this talk, the speaker will:

- ▶ Discuss the importance of PPE compatibility
- ▶ Highlight the areas where PPE compatibility is more likely
- ▶ Provide some hints and tips for tackling the issue



## Creatively communicating Health and Safety

One of the biggest challenges facing anyone wishing to communicate information is the sheer number of messages each person encounters in a day coupled with an average human attention span of just 7 seconds! However, effective communications which engage and influence the workforce are critical to a successful health and safety programme.

### In this talk, the speaker will:

- ▶ Explain how to create an effective communications plan
- ▶ Suggest a range of innovative communication techniques
- ▶ Share some sales and marketing methods that can help to re-energise your communications



## Respiratory protection in foundries: how to shape an effective RPE programme

It has long been recognised that the respiratory hazards present within foundries can cause severe and debilitating conditions such as occupational asthma, lung cancer and chronic obstructive pulmonary diseases. Respiratory Protective Equipment (RPE) is still an important control measure in preventing these.

### In this talk, the speaker will:

- ▶ Provide an overview of how to identify and assess respiratory hazards in foundries
- ▶ Explain how to select suitable and adequate RPE
- ▶ Provide hints and tips for education and training



## A focus on hazards in the construction industry

Recent HSE statistics revealed that annually in the UK around 80,000 construction workers were suffering from an illness they believed was caused or made worse by their work<sup>3</sup>. Amongst musculoskeletal disorders and skin conditions, the construction industry also had the largest number of occupational cancer registrations across industries. With this in mind, there is a concerted effort in the sector to increase awareness of construction hazards and the control measures which can be implemented.

### In this talk, the speaker will:

- ▶ Highlight common hazards on construction sites
- ▶ Discuss the control measures that might be implemented
- ▶ Explain how to select suitable and adequate PPE
- ▶ Provide hints and tips for education and training

## Don't see what you are looking for?

This menu includes some of our most popular and current topics, but we may be able to adapt a talk or create a bespoke presentation to suit the requirements of your group. Please contact us on: [personalsafety.uk@mmm.com](mailto:personalsafety.uk@mmm.com) or call 0870 60 800 60 to discuss your requirements.

Enquire today. Please contact 3M by  
email at [personalsafety.uk@mmm.com](mailto:personalsafety.uk@mmm.com)  
or call 0870 60 800 60 to book a speaker.