

Avoid tobacco

Signs that tobacco may be an issue at your workplace

- Designated smoking areas
- Employees smoking in vehicles
- People smoking together during breaks
- You're in the construction or hospitality industries, which often have more smokers

For more information, including guides on other workplace health and safety topics, visit: saif.com/twh.



Nearly 70% of all smokers want to quit. By supporting them in doing so, employers will have healthier and more productive workers, and may reduce insurance and maintenance costs. Even better, quitting smoking can have a positive impact on workers' lives, saving them money, decreasing cancer risk, and improving sleep quality.

With organizational changes and support, you can make avoiding tobacco easier for employees. Here's what has worked well at other organizations:

Support smokers in their efforts to quit in your health benefit plan, and share this information with workers. Also, consider providing incentives to workers who pledge not to use tobacco.

Refer tobacco users to outside support (smokefreeoregon.com). Federal, state, and local agencies also can be good sources

of support for employees trying to quit. All Oregon counties have tobacco prevention coordinators who can help with resources and information.

Establish a tobacco-free campus.

Ban smoking and post "tobacco-free workplace" signs to communicate your written policy to employees and visitors. If your business sells tobacco products, consider removing them from your inventory.

Manage stress and fatigue.

Surveys show that many smokers use tobacco products to relieve stress. Addressing these issues through workplace supports may lessen the desire to smoke.

Tobacco use is still the leading preventable cause of death in the United States. The good news is that the benefits of quitting begin almost instantly. Be sure to ask your workers for their ideas.

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