

# Avoid tobacco

Signs that tobacco may be an issue at your workplace

Designated smoking areas

Employees smoking in vehicles

People smoking together during breaks

Construction or hospitality fields, which often have more smokers.



Nearly 70 percent 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:

**Include comprehensive tobacco cessation support in your health benefits,** and share this information with workers. Also, consider providing incentives to workers who pledge not to use tobacco.

**Refer tobacco users to outside support,** such as 1-800-QUIT-NOW. Federal, state, and local agencies also can be a good source

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.

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