

# TOOLBOX TOPIC

## QUIT SMOKING



**Note: before you use this toolbox topic order your handout of 'Quit because you can' from Cancer Council SA either by calling 137848 or online at [www.cancersa.org.au/quitline/im-a-healthprofessional/resource-order-form](http://www.cancersa.org.au/quitline/im-a-healthprofessional/resource-order-form)**

### GENERAL INFORMATION

Nicotine is the addictive drug in tobacco. Tobacco smoke is made up of over 7000 chemicals, at least 69 of them are known to cause cancer.

**Do you or someone you know have these signs of nicotine addiction?**

- Smoke first cigarette within 30 minutes of waking up
- Smoke more than 10 cigarettes a day
- Have cravings and withdrawal if you try to quit.

### HEALTH RISKS OF SMOKING

Smoking harms almost every organ in your body. But because it happens gradually you probably don't notice. Long term smokers increase the risk of developing cancer, lung disease, heart disease, poor blood circulation and disabilities.

### HEALTH BENEFITS OF QUITTING

- Within 6 hours of quitting your heart rate slows and your blood pressure decreases
- Within a day almost all the nicotine is out of your bloodstream
- Within a week your sense of taste and smell will improve
- Within 6 months your lungs improve
- After a year you will breathe easier
- After 2 years you reduce your risk of heart attack and stroke
- After 10 years your risk of lung cancer is lowered
- After 15 years you risk of health attack or stroke will be similar to someone who never smoked.

**Why do people smoke?** Some of the common reasons are;

- Addiction
- Habit
- Emotions
- Pleasure
- Social pressure

**DATE:**

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**SUPERVISOR/  
MANAGER:**

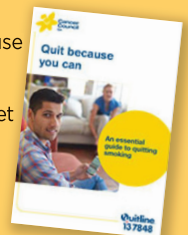
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**EMPLOYEE NAMES:**

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## HANDOUT MATERIAL

Quit  
because  
you  
can  
booklet



## SMOKING AND THE WORKPLACE

All employers have legal commitment to provide a safe and healthy workplace for all employees, visitors and customers under the Work Health and Safety Act (SA, 2012).

Smoking is banned in all enclosed public places, workplaces or shared areas, Under the Tobacco Products Regulation Act 1997.

Employers are encouraged to take all necessary steps to ensure employees and others are not exposed to environmental tobacco smoke, whether or not the work place is enclosed.

### Your Workplace Discussion Points

- Be clear about non-smoking and smoking areas i.e. not smoking anywhere on site, no smoking in work cars, smoking in designated outdoor area which is.....
- Be clear about worker responsibility i.e. smoking breaks, how many, rules for smoking in uniform
- Be clear about what your workplace offers to support staff to quit i.e. worktime to call quitline 137848 or nicotine replacement therapy or brochures on quitting

## TIPS TO SUPPORT A QUITTER

- Understand that quitting smoking is hard
- Provide support and encouragement – even if your quitting friend slips up (most smokers make several attempts before they are able to stop completely)
- Criticism is counterproductive; it makes the smoker fearful of being judged and less likely to try again
- Help your quitter follow through with quitting strategies he or she has planned
- Be around to just listen
- Support your quitter through withdrawal symptoms
- Celebrate success (big and small)

## WHERE TO GO FOR MORE HELP

Quitline can be used for a workplace advice on becoming smoke free and for assistance and information on quitting smoking.



### Sources of Information

Quitsa.org.au: Quit because you can and FAQ

SA Health Tobacco laws and businesses

Healthy Workers - Healthy futures Smoke Free Workplace