# Supporting a smoke-free working environment

The benefits of having a smoke-free environment and ideas of how to promote this.

**Healthy Working Lives**

**Talk to our Healthy Working Lives experts FREE on 0800 019 2211**

**NHS**

**Health Scotland**

**The Smoking, Health and Social Care (Scotland) Act 2005 banned smoking in public places, including workplaces and work-related vehicles, to protect people from the health risks of passive smoking.**

The health risks of exposure to second-hand smoke (SHS) are clear, and it has been classified as a substantial public health hazard. The estimated cost of smoking-related absence in Scotland, including total productivity losses, is estimated at approximately £450 million a year. The resource cost in terms of losses from fires caused by smoking materials is estimated at approximately £4 million a year.

E-cigarettes do not produce tobacco smoke so the risks of passive smoking do not apply. However, although the limited available evidence suggests that risk from passive vaping to bystanders is small compared to tobacco cigarettes, having e-cigarette vapours in the workplace may create an unpleasant environment for others.

Offer smoking awareness resources and materials.

Allow employees to access stop smoking services during work hours.

Provide stop smoking support and treatment delivered by trained employees.

**6 simple ideas**

**for promoting a smoke-free workplace**

# the 👍 benefits

- ✔ **create a safe and healthy workplace**
- ✔ **reduce employers' health care costs and fire insurance premiums**
- ✔ **reduce the number of workplace fires started by cigarettes**
- ✔ **reduce absenteeism and increase productivity**
- ✔ **reduce exposure to second-hand smoke**
- ✔ **reduce hidden 'smoke' breaks**
- ✔ **increase the success of employees who wish to quit**
- ✔ **improve corporate image**
- ✔ **decrease the risk of developing lung cancer, heart disease and chronic respiratory symptoms**
- ✔ **reduce illnesses associated with second-hand smoke**
- ✔ **children are less likely to take up smoking if their families don't smoke**

**Develop a stop smoking policy in collaboration with employees and their representatives.**

**Provide on-site stop smoking support where feasible.**

**Communicate and promote the stop smoking policy to all employees regularly.**

**Visit www.healthyworkinglives.scot for more information on how you can promote a smoke-free working environment.**

This resource may also be made available
on request in the following formats:

translations | easy to read | audio | BSL | large print | braille

☎ **0131 314 5300**
✉ **nhs.healthscotland-alternativeformats@nhs.net**

## Why have a written smoke-free policy?

In line with the NICE guidance on workplace health promotion: how to help
employees to stop smoking **(www.nice.org.uk/guidance/ph5)**, developing
and implementing a written policy will:

- provide employees with transparent, straightforward and
  simple-to-understand guidance
- acknowledge the right of employees, contractors and visitors to work
  in a smoke-free environment
- identify persons responsible for its implementation
- explain and promote training and support available to employees
- clearly outline procedures with regard to non-compliance
- outline support and information available to employees wishing to
  give up
- be accessible and communicated to all employees.

## Additional support

**Healthy Working Lives** can help
you develop a policy. Call the national
helpline free on **0800 019 2211** or visit
the website.

**www.healthyworkinglives.scot**

**Quit Your Way Scotland** is an advice
and support service for anyone trying to
stop smoking in Scotland. Call free on
**0800 84 84 84** or try webchat via the
website.

**www.quityourway.scot**

**NHS inform** has useful information
on stopping smoking and the supports
available throughout Scotland.

**www.nhsinform.scot/healthy-living/
stopping-smoking**

🖱 **www.healthyworkinglives.scot**

📞 **Adviceline:** Speak to one of our experts on **0800 019 2211**

📶 **Social media:** Follow us on f **@NHSHWL** and 🐦 **@NHS_HWL**