

Safety Talk – Quit the smoke break

construction industry cessation

1 How to help

- I am not here to pressure anyone to quit but here to give information
- When you are ready to quit smoking, I have the information about the supports available to help you
- Smoking is hazardous especially on worksite, so let's keep it safe & smoke-free

2 Danger in smoke

- Compared with nonsmokers, smoking is estimated to increase the risk of:
 - Heart disease by 2 to 4 times
 - Stroke by 2 to 4 times
 - Men developing lung cancer by 23 times
 - Dying from chronic obstructive lung diseases (such as chronic bronchitis and emphysema) by 12 to 13 times.¹

3 Danger in secondhand smoke

- There is no safe level of second hand smoke even outdoors or in an open building
- Only 1/3 of smoke is inhaled by the tobacco user the rest enters the air
- Second hand smoke is more dangerous than what a smoker breathes
- Second hand smoke contains at least twice the nicotine and tar as the smoke actually inhaled and includes 20 cancer causing agents

4 Worksite smoke-free policy

- Reinforce your smoke-free worksite policy
- Check to ensure you're compliant with municipal and provincial smoke-free laws
- Provide information on where to get help:
 - Employee assistance program
 - Encourage employee to check with union/labour association benefits plan

5 No safe exposure

- Tobacco and asbestos exposure: if you smoke **and** work around asbestos, your risk of cancer is more than 50 times higher than that of the general population
- SMOKELESS doesn't = harmless. Chew tobacco contains formaldehyde, lead, arsenic, and benzene. There are 28 cancer causing agents and 3000 chemicals in chew tobacco
- Cigarettes contain over 4000 chemicals, and over 50 of those cause cancer
- It only takes 1 cancer causing chemical to give you cancer

6 Benefits of quitting

- Within **1 break**: blood pressure drops and pulse returns to normal.
- Within **1 day**: carbon monoxide levels in your body go back to normal
- Within **1 month**: you cough less and your lungs are even stronger
- Within **1 year**: your risk of having a heart attack will have dropped by half and you'll have saved \$3600 (pack/day average)
- Within **5 years**: Your chances of having a stroke are reduced to the same as a non-smoker
- Within your **lifetime**: You'll enjoy an extra 7 years of retirement

7 Quit tips

- Try the **4 D's** - **D**elay the cigarette , **D**rink lots of water, **D**o something different , **D**eep breathe
- Choose the day to quit that is right for you - commit to your quit date - write it down
- Know your triggers (why/when you light up) and find another way to deal with them
- Cut back on your caffeine intake to avoid side effects. Cut back by at least 1/2 of what you drank when you used tobacco
- If you slip up, don't give up. Try quitting again. Each quit attempt gets you one step closer to being tobacco-free.

8 Quit aids

- Nicotine replacement therapy can increase **2x your chances of quitting** successfully
- There are many different options to help you quit. Patch, gum, lozenge, and inhaler can help with nicotine withdrawal.
- Quit smoking aids are safe to use and will help manage cravings and other symptoms of withdrawal, while you get used to life as a non-smoker
- Ask your Family Health Team, Community Health Centre, doctor or pharmacist about quitting smoking
- Look at your benefits plan for coverage of quit smoking aids
- Talk to your doctor or pharmacist

9 Help for those who want to quit

- There are many different options to help you during the quitting process. Find yours:
- Call your local public health unit
- Smokershelpline-1-877-513-5333/smokershelpline.ca
- Dontquitquitting.ca