

# Safety Talk – Quit the smoke break

## Smoking cessation for the construction industry

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### How to help

Deliver the following messages to your workers:

- I am not here to pressure anyone to quit, but I'm 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 worksites, so let's keep it safe & smoke-free.

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### Danger in smoke

Compared with nonsmokers, smoking is estimated to increase the risk of:

- Coronary heart disease and stroke by 2 to 4 times.
- Lung cancer by 25 times.
- Death from chronic obstructive lung diseases (such as chronic bronchitis and emphysema) by 12 to 13 times.<sup>1</sup>

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### Danger in second-hand 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 amount of nicotine and tar as the smoke actually inhaled and it contains many cancer-causing agents.

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### Risk of cancer

- 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 equal harmless. There are 28 cancer-causing agents and 3,000 chemicals in chew tobacco, including formaldehyde, lead, arsenic, and benzene.
- Cigarettes contain over 4,000 chemicals—over 50 of those cause cancer.
- It only takes one cancer-causing chemical to give you cancer.

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### Benefits of quitting

- After **1 smoke break**, your blood pressure will drop and your pulse will return to normal.
- After **1 day**, carbon monoxide levels in your body will return to normal.
- After **1 month**, you cough less and your lungs will be stronger.
- After **1 year**, your risk of having a heart attack will drop by half and you'll save \$3,600 (pack/day average).
- After **5 years**, your chances of having a stroke will be reduced to the same as a nonsmoker.
- Within your **lifetime**, you'll enjoy an extra **7 years** of retirement.

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### Tips for quitting

- Try the **Ds** – **D**elay the cigarette, **D**rink lots of water, **D**o something different, **D**eep breathing.
- Choose the day to quit that is right for you. Commit to your quit date by writing 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 half 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.

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### Quit-smoking aids

- Nicotine replacement therapy can **increase your chances of quitting successfully by 2x**.
- There are many different options to help with nicotine withdrawal (e.g., patch, gum, lozenges, inhaler).
- Quit-smoking aids are safe to use and will help manage your cravings and other symptoms of withdrawal, while you get used to life as a nonsmoker.
- 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.

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### Worksite smoke-free policy

- Reinforce your smoke-free worksite policy.
- Check to make sure you're compliant with municipal and provincial smoke-free laws.
- Provide information on where to get help (e.g., employee assistance program). Encourage employees to check with their union/labour association benefits plan.

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### Help for those who want to quit

There are many different options to help you during the quitting process. Find yours:

- Call Smokers' Helpline at 1-877-513-5333 or visit [smokershelpline.ca](http://smokershelpline.ca)
- Visit [dontquitquitting.ca](http://dontquitquitting.ca)
- Call your local public health unit.

<sup>1</sup>[www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking/](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/)

# IHSA Safety Talk Smoking Cessation

Company name		Date Delivered	
Project/Jobsite		Location	
Reason for Safety Talk			
Delivered by		Signature	
Additional Details			

Attendees		
Print name	Company	Signature
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**Smoke-Free Ontario Act, 2017**

12. (1) Subject to any exceptions that may be provided for in the regulations, no person shall do any of the following in a place mentioned in subsection (2):
1. Smoke or hold lighted tobacco.
  2. Smoke or hold lighted cannabis.
  3. Use an electronic cigarette.
  4. Consume a prescribed product or substance, in a prescribed manner. 2017, c. 26, Sched. 3, s. 12 (1); 2018, c. 12, Sched. 4, s. 4.
- (2) The following are the places for the purposes of subsection (1):
1. An enclosed public place.
  2. An enclosed workplace.
  3. A school within the meaning of the Education Act.
  4. A building or the grounds surrounding the building of a private school within the meaning of the Education Act, where the private school is the only occupant of the premises, or the grounds annexed to a private school, where the private school is not the only occupant of the premises.
  5. Any indoor common area in a condominium, apartment building or university or college residence, including, without being limited to, elevators, hallways, parking garages, party or entertainment rooms, laundry facilities, lobbies and exercise areas.
  6. A child care centre within the meaning of the Child Care and Early Years Act, 2014.

7. A place where home child care is provided within the meaning of the Child Care and Early Years Act, 2014, whether or not children are present.
8. A place where an early years program or service is provided within the meaning of the Child Care and Early Years Act, 2014.
9. The reserved seating area of a sports arena or entertainment venue.
10. A prescribed place or area, or a place or area that belongs to a prescribed class.

(Section 13 lists some exemptions to these requirements.)

**City of Ottawa Parks and Facilities By-Law # 2004-276:**

- 12A. No person shall smoke on outdoor municipal property. (amended by By-law No. 2012-86)

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