

Tobacco-Free Worksite Policies

Tobacco-free worksite policies support a healthier workplace by reducing exposure to secondhand smoke, encouraging cessation, and by changing social norms regarding tobacco use.

Potential Benefits Include:

- ◆ Reduced number of sick days used by employees
- ◆ Reduced cost of health insurance premiums
- ◆ Reduced cost spent on grounds upkeep at the worksite
- ◆ Creates a positive image and work environment
- ◆ Shows corporate responsibility

Adopting a tobacco-free worksite policy can make a difference in the health of the workforce and community.

Additional Resources

New York State
Department of Health
NYS Smokers Quitline
www.nysmokefree.com

American Cancer Society
www.cancer.org

American Lung Association
www.lungusa.org

The Adirondack Tobacco Free Network serves Clinton, Essex, and Franklin Counties and can assist you with tobacco policy development and implementation.

- ◆ For more information, or to schedule a presentation on tobacco free outdoor areas, contact:



Adirondack Tobacco Free Network
Clinton County Health Department
133 Margaret St.
Plattsburgh, NY 12901
518-565-4993
atfn@co.clinton.ny.us



Becoming Tobacco Free Inside and Out



Adirondack Tobacco Free Network

What is a Tobacco-Free Worksite Policy?

Tobacco-free worksite policies promote and protect the health and well being of employees by decreasing exposure to secondhand smoke and helping employees to quit tobacco. They can be developed to meet the specific needs of your worksite and can provide health and financial benefits. Resources are available to steer your organization in the right direction to make this policy change.

Worksites that have implemented tobacco-free grounds policies include:

- ◆ Georgia-Pacific
- ◆ Adirondack Medical Center
- ◆ Alice Hyde Medical Center
- ◆ CVPH Medical Center
- ◆ Meadowbrook Nursing Home
- ◆ Evergreen Valley Nursing Home



Facts About Tobacco

Exposure to secondhand tobacco smoke is responsible for an estimated 38,000 deaths among non-smokers each year.

No safe level of exposure to secondhand tobacco smoke exists.

Levels of secondhand tobacco smoke in outdoor areas can reach as high as those found in indoor facilities where smoking is permitted.

Smokers have a harder time healing from surgeries leading to longer recovery times.

Smoking cessation reduces the risk for disease caused by smoking and improves general health.

Smokeless tobacco exposes users to harmful chemicals that cause many of the same health problems as smoking.

Steps to Creating a Tobacco Free Worksite

Adirondack Tobacco Free Network can provide your worksite with assistance in developing a tobacco-free grounds policy.

Step by Step Help:

- ◆ Gaining Administrative support
- ◆ Process for adopting the policy
- ◆ Forming a tobacco-free worksite committee
- ◆ Exploring and utilizing existing resources (cessation support, employee assistance services, and wellness programs)
- ◆ Communicating the tobacco policy to employees
- ◆ Training staff on how to effectively implement the policy
- ◆ Evaluating the tobacco policy's effectiveness