

Tobacco use is the leading cause of preventable death and disease<sup>1</sup>. Tobacco use is not only harmful to health, but it is also very costly for the tobacco user and their employer. A tobacco user and an employer can both save up to \$10,000 annually if the tobacco user quits tobacco<sup>2</sup>. Tobacco/nicotine free workplace policies have been proven to help increase the number of times tobacco users attempt to quit, help tobacco users decrease their consumption, and increase the amount of tobacco users that quit successfully<sup>2</sup>.

## Tobacco & Nicotine-free Grounds



## FREE resources provided by the American Lung Association:

- Review of existing worksite policy
- Provide guidance to change or upgrade verbiage
- Access to tobacco cessation resources
- Technical assistance
- Signage
- Internal and external marketing campaign
- Internal and external education campaign

## Benefits of a comprehensive tobacco/nicotine-free workplace

- Saves money
- Creates a healthy and safe environment
- Reduces exposure to cancer-causing secondhand and thirdhand smoke<sup>2</sup>
- Boosts morale and productivity<sup>2</sup>

### Checklist for a comprehensive tobacco/nicotine free policy

- Prohibits all tobacco products
  - Cigarettes
  - Cigars
  - Chewing tobacco
  - Electronic smoking devices
  - Other nicotine products
- Applies at all times
- Extends to the entire property
- Extends to employee, visitors, and personal vehicles on the property
- Extends to company vehicles at all times
- Addresses enforcement

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1. [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/fast\\_facts/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm)  
2. <https://www.shrm.org/search/pages/default.aspx?k=Wellness%20productivity>