

## Healthy Workers – Healthy Futures

### What & Where Guide: Smoking

The following table lists several local and peak national organisations that support workplaces and individuals to quit smoking or create a smoke-free environment. Additionally there are listed other websites that contain information and resources that might be useful to you in planning your activities and events and/or provided to employees.

#### Ideas to get you started

<b>Description</b>	<b>Healthy vision</b>	<b>Healthy places</b>	<b>Healthy people</b>	
Promote a smoke-free workplace by developing and implementing a 100% smoke free policy directed at the workplace environment and culture including conducting information sessions to inform employees of policy	●			<a href="#">Example smoke-free policy</a>
Provide and promote a smoke-free workplace		●		<a href="#">A guide for South Australian workplaces going smoke free</a>  <a href="#">Free No Smoking signage</a>
Include smoke-free policy and information in staff induction materials	●			
Foster the quit smoking message with promotional materials, embed these messages into communication and media forms, for example memos, newsletters and notice boards			●	<a href="#">Order online or download QuitSA resources</a>
Update your knowledge in regard to existing South Australian tobacco legislation	●			<a href="#">Laws and Legislation</a>  <a href="#">Support from SA Health: Health Protection Operations</a>  SafeWork SA can advise on SA workplace legislation. Visit the <a href="#">website</a> or call 1300 365 255 or (08) 8303 0400 (for mobile and interstate callers)  <a href="#">General smoking information</a>
Promote and provide access to support services for those wanting to quit or reduce smoking			●	QuitSA online order form for free-of charge information, self-help materials and quit resources available at <a href="http://www.quitsa.org.au">www.quitsa.org.au</a> in the Resources tab. Includes: referral cards, posters, quitting resources and audio-visual resources
Remind staff that a general practitioner can assist, support and provide referrals to			●	<a href="#">South Australian GPs and other health services</a>

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other health professionals				
Workplace Employee Assistance Programs can often focus on goal setting and behavioural change. Promote your workplace program widely and inform employees of access options and topics			•	Find an <a href="#">EAP service</a> for your workplace. Also ask your insurers or peak industry association about EAP discounts

## Building on your program

<b>Description</b>	<b>Healthy vision</b>	<b>Healthy places</b>	<b>Healthy people</b>	
Embed no-smoking support procedure into Work, Health and Safety procedures and policies	•			
Sponsor comprehensive quit programs, for example subsidise aids to quit smoking such as nicotine replacement therapy (NRT) or provide incentives for those who quit smoking (as appropriate)			•	<a href="#">NRT information</a> Further information regarding NRT options is available at <a href="http://www.quitsa.org.au">www.quitsa.org.au</a> >Resources > Information. For information regarding which products are subsidised by the PBS, contact Quitline, pharmacist or GP  Whilst some individuals achieve outcomes using NRT, it is not suitable for everyone. It is recommended that advice be sought from a doctor, pharmacist or health practitioner prior to using these products. Any subsidy scheme offered by the workplace should incorporate this step.
Provide or support participation in quit smoking programs during work time			•	Quit SA can visit your workplace to run <a href="#">education sessions</a>  <a href="#">Service Providers</a> can provide on-site information sessions and counselling to support employees