

## Strategies targeting smoking

### Quick wins

- » Provide information to workers on the benefits of quitting smoking; display posters and brochures throughout the workplace
- » Regularly communicate (through email, intranet and flyers) to workers the effects of smoking and provide links to relevant websites
- » Promote the *Quitline* - a free interactive support service for people wanting to quit
- » Signpost smoke-free areas, including outdoor areas where smoking is not permitted
- » Allow flexible working arrangements to allow workers to attend quit smoking activities or courses

### Strategies

- » Contact *Fresh Start Workplace Services* for information, advice and support on becoming a smoke-free workplace
- » Develop a smoke-free workplace policy – use our *smoke-free policy* template and include no smoking during work hours, while in work uniform, while on-site and when representing the organisation off-site
- » Ensure your policy focuses on minimising exposure to environmental tobacco smoke (passive smoking) in the workplace
- » Ensure all workers and visitors are aware of your policy
- » If smoking is permitted in certain areas of your worksite, allocate designated smoking areas and ensure they are as far away from the main work area as possible
- » Ensure all new workers are informed about the smoke-free workplace policy at recruitment and induction
- » Ensure all workplace vehicles are smoke-free
- » Promote smoke-free work functions and social activities
- » Organise a free quit smoking course through Cancer Council WA's *Fresh Start Workplace Services*
- » Offer subsidised or free nicotine replacement therapies like patches
- » Provide workers with free, independent and confidential counselling through an Employee Assistance Program

Online Resources:

 [Smoke-free policy template](#)

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Department of Health

