

# health at work NEWS.

DON'T LET YOUR EMPLOYEES WORK UNDER A CLOUD

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## STAMPING IT OUT.

### CANCER HEAD CALLS FOR SMOKE FREE WORKING

The head of Scotland's largest cancer treatment centre is calling for Scotland to legislate for smoke free workplaces. Professor Alan Rodger (pictured bottom right), Medical Director at Glasgow's Beatson Oncology Centre is concerned for the health of the Scottish workforce and fears that second-hand smoke may contribute to an increase in cases of cancer related death and disease. He wants to see much more done to prevent Scots developing cancer, rather than waiting for the disease to be diagnosed and then attempting to treat it.

In an interview with Health at Work News, Professor Rodger said, "Currently we are creating environments where people have to work and inhale other people's smoke and all the associated carcinogens. In the workplace, we are rigorous about other environmental hazards like asbestos and radiation, but ignore tobacco

smoke. We must realise that other people's smoke is dangerous – full stop. On public health grounds, I would like to see a ban on smoking in the workplace."

There is now overwhelming evidence that passive smoking causes serious harm to both children and adults. Scotland's Chief Medical Officer, Dr Mac Armstrong has added his support to his English counterpart, Dr Liam Donaldson's recent calls for legislation on smoking in workplaces and other public places. Dr Donaldson, in his annual report 'On the State of Public Health', said, "It has been estimated that 3 million people in this country become passive smokers when they go to work. Particularly vulnerable are bar workers, waiters and waitresses. Comprehensive workplace smoking bans would protect these workers."

The leaders of all 13 royal colleges of medicine have also called for legislation to eliminate the 1,000 deaths a year caused by passive smoking. A joint letter to the Times, stressed that 80% of people in the UK are non-smokers. Headed by Professor Carol Black, president of the Royal College of Physicians, it predicted that a ban would prompt 300,000 people to quit smoking and save 150,000 lives in the long term. Professor Black stressed that the current system of self-regulation was not working - with only 36 pubs in Britain banning smoking.

Doctors in the UK are fully supportive of smoke free working - the British Medical Association established a Tobacco Control Resource Centre in 1997, and produced a report, Towards Smoke Free Public Places, in 2002. The director of the Edinburgh-based centre, Dr Sinéad Jones said, "Tobacco smoke is a potent cocktail of over 4000

toxins – more than 50 cause cancer. Evidence has existed since 1983 that passive smoking harms health and yet the Government has only focussed on voluntary measures to curb smoking in public places – it's not enough. We will be doing all we can to put pressure on the Government to take action – we don't want to wait five years as we did for a ban on tobacco advertising."



# A BREATH OF FRESH AIR.\*

Tackling second hand smoke – the invisible killer in your workplace.



Smoking is the biggest single preventable cause of premature death in the world, causing over 2,500 deaths in Greater Glasgow each year. Because of high profile health information campaigns most people now know about the death and disease caused by smoking. Less well known, however, are the hidden dangers of second-hand smoke (SHS). Second hand smoke is the biggest indoor pollutant and causes cancer, heart disease and lung disease.

Even in this day and age 3 million workers in the UK are regularly exposed to second-hand smoke. The expansion of smoke free workplaces would be one of the most effective actions to protect both smokers and non-smokers from these harmful effects.

#### What is second hand smoke?

SHS is made up of side-stream smoke and exhaled smoke from cigarettes. 85% of second hand smoke takes the form of invisible, odourless gas. This means that the smoke that you can see and smell in a room is only a fraction of the problem, and that second hand smoke may be around long after you suspect.

#### What are the health effects?

SHS contains more than 50 substances known to cause cancer. Killing at least 1000 per year in the UK, there is conclusive evidence that it causes lung cancer, coronary heart disease, asthma attacks and worsens symptoms of bronchitis. Exposure to even very low levels of SHS harms health & worsens existing health problems. The World Health

Organisation states that there is no safe level of exposure. Certain groups are particularly vulnerable; pregnant women, children and people with asthma.

Inequalities in health are also made worse by passive smoking. Employees from lower socio-economic groups are more likely to be exposed to second hand smoke at work. Studies have shown blue-collar workers, service sector staff and workers with lower levels of education, experience higher levels of exposure. Workers in restaurants recorded levels of exposure twice that of office workers, whilst exposure in bar workers was up to six times higher.

Fewer than half of Great Britain's workers are employed in a smoke-free environment. Two in five non-smokers are exposed to second hand smoke in their workplace, 21% of these frequently or continuously, with 29% of all pregnant employees being exposed to smoke at work.

Unlike places of leisure or entertainment, or even at home, workers are contractually obliged to be at work. This makes exposure to tobacco smoke unavoidable for some employees. Workers spend around a third of their waking hours at work, over many decades. The build up of prolonged exposure can have serious health consequences

#### Smoke free workplaces

Although the health evidence showing the need to protect workers from exposure to the damaging effects of SHS has been available for a number of years there is still no law in the UK to impose a total ban on smoking

in the workplace. In October 2003, Ireland announced legislation to create smoke free workplaces in 2004. Now health bodies like Action on Smoking and Health (ASH) are lobbying for this important step towards better public health in Scotland. As a result, Stewart Maxwell MSP is set to propose a Scottish bill on smoke free premises for workplaces where food is served to the public. The latest Office of National Statistics survey shows that support for restrictions on smoking in pubs is, at 54%, at an all time high. 88% of people in the same study want restrictions in restaurants.

Fortunately, most workplaces recognise the need to protect their workers, and smoking policies have been introduced in many workplaces with the help of the Scotland's Health at Work award scheme.

Two thirds of smokers want to quit and it has been shown that smoke-free workplaces and public places help smokers to stop.

#### Does ventilation help?

In a bid to tackle the problem of second hand smoke, no-smoking areas have been introduced within workplaces and public areas, most of which rely on segregation and ventilation to prevent SHS spilling out. However recent research has highlighted the limitations of this system - while the atmosphere may be visibly less smoky, the carcinogens remain.

Most ventilation systems only remove some of the particles, leaving behind the hazardous and invisible gas. The HSE guide on Passive Smoking at Work states that good ventilation will reduce the effects of tobacco smoke, but will not completely prevent exposure. This is supported by American research that concludes that SHS "cannot be controlled to acceptable levels of risk by ventilation or air cleaning".

Experts have calculated that to effectively remove hazardous smoke and achieve an air quality with minimal risk would require an exchange rate of 50,000 litres per second per occupant. This is equivalent to a tornado-like gale!

#### The Tobacco Industry and second hand smoke

A US court ruled that the Tobacco Industry must hand over their files for public access. Memos dating back to 1968 show that smoke-free public places would be a huge blow to their profits. Publicly the industry has yet

to admit that passive smoking harms health, but private internal documents show that tobacco industry scientists have indeed reached this conclusion. The tobacco industry is promoting ventilation as a strategy for protecting non-smokers. However there is no evidence that ventilation can protect from the health effects of second-hand smoke. Business owners are buying expensive systems to protect the health of employees and customers whilst at best ventilation simply improves comfort. The World Health Organisation states that 'legislation limited to ventilation design and standards cannot achieve smoke-free workplaces and public places.'

#### Pubs & restaurants – profits or loss?

Studies from around the world show that the profits of licensed premises are not affected by introducing a ban on smoking in public places. Bar revenues in California continued to increase after the smoke-free bar law took effect in 1998, 3yrs after the smoke-free restaurant provision took effect in 1995.

#### Smoke free public places

There is growing momentum for the introduction of smoke free public places. Smoke-free public places have been shown to reduce the levels of young people who start to smoke, and protect children and non-smokers. In addition to the well-publicised experience in the USA (California and New York), Tyne Tees and Manchester councils are planning to introduce local by-laws to prevent smoking in public places.

#### Further information

##### Publications:

Towards Smoke-free Public Places  
British Medical Association (BMA),  
Edinburgh, Nov 2002 available to buy from [www.bma.org.uk](http://www.bma.org.uk)  
HSG 202 General Ventilation in the Workplace – Guidance for Employers  
HSE, 2000. ISBN 0 7176 1793 96.

##### Websites:

[www.ashscotland.org.uk](http://www.ashscotland.org.uk) – for the latest statistics, quit advice and ASH resources  
[www.tobaccoscam.com](http://www.tobaccoscam.com) – find out how big tobacco uses and abuses the restaurant industry  
[www.repace.com/factsheet.html](http://www.repace.com/factsheet.html) – fact sheet on second-hand smoke

\*A Breath of Fresh Air for Scotland, Improving Scotland's Health: The Challenge Tobacco Control Action Plan. Available from [www.scotland.gov.uk/library5/health/abfa.pdf](http://www.scotland.gov.uk/library5/health/abfa.pdf)

## Second hand smoke FACTFILE.

- 15% of SHS is visible, 85% is invisible, odourless gas
- 88% of people want smoking restrictions in restaurants
- 3 million workers in the UK are regularly exposed to second-hand smoke
- To remove hazardous smoke and achieve an air quality with minimal risk would require ventilation the equivalent of a tornado-like gale
- There is no safe level of exposure to SHS
- The more cigarettes smoked in a household, the greater the risk of cot death
- Second-hand smoke is cited by 80% of asthmatics as a trigger for further attacks
- Around 42% of children in the UK are exposed to passive smoking in the home
- Each year more than 17,000 children are admitted to UK hospitals as a result of exposure to SHS
- Employers in Italy were convicted of manslaughter for causing the fatal asthma attack of one of their employees as a result of SHS
- Cigarette manufacturers still deny the health effects of passive smoking

## NO SMOKING DAY. 10 March 2004 FOR SMOKERS WHO WANT OUT

No Smoking Day is one of the biggest annual health awareness campaigns in the UK. With over twenty years of campaigning, and helping smokers it has made a huge contribution towards the health of the nation. Each year about 75% of smokers are aware of No Smoking Day, and 35% take positive action about their smoking. It is also extremely cost effective, costing about £5.50 per successful quit attempt.

This year's campaign, scheduled for the 10th March 2004, will see workplaces, shopping centres, health centres, and community venues coming together to offer help and support to smokers who want to stop. Glasgow based events will include quizzes, sponsored events and a workplace Quit & Win contest with big prizes.

No Smoking Day was established as a national event on Ash Wednesday in 1984, and has continued to grow. Since 1984 the campaign has always been aimed at encouraging and helping smokers who want to give up and has helped over 1 million to do just that. The success of the day is largely down to the commitment of 8000 local organisers throughout the UK whose hard work has helped ensure that the support for the day has remained high.

To take part in No Smoking Day or to find out about Quit & Win contact Health at Work on 0141 314 0024.



## DESK POTATO.

Well readers, I have tae confess... I'm back on the smokes again.

Yep, I was doin' so well, was off them for a whole 6 months! I'd just finished tiling ma kitchen and was well proud of ma handy work when the other half decided it was time for the spud family to uproot and move to a new patch. You know what its like, people coming and goin, traipsin round your hoose - cookie dough in the oven (it's meant to help sell your house quicker!) Well I have to say it was getting a bit stressful.

I was out havin a few relaxing jars with ma mates when one of them offered me a fag - well I couldnae resist could I?

I tried keeping it a secret, sitting with the kitchen window open to let the smoke waft out (no point in the cookie dough now - the place smelt like an old ashtray!). Then wee Kylie's asthma started acting up again. I tried to kid myself on but it was more than likely that it was me lighting up again that was affecting wee Kylie; and what's more because there's loads of nasty chemicals in ma ciggies the whole family was being affected as well.

Now, it's just not my health to think about and that's when I decided to visit my pharmacist.

There's this new Starting Fresh Pharmacy project, that someone at the work told me about. The pharmacists can offer Nicotine Replacement Therapy, without havin' to go to your GP! Well, I thought I'd give it a go, seeing how I was a bit embarrassed about goin' back and telling ma GP I was smokin' again. Anyway they have a 12-week support programme where you see the pharmacist for 10 - 15 minutes each week. They issued me with a month's prescription of patches for only £6.30, only £6.30! It's not even the cost of 2 packets of fags! The nice wee wummin dished out the patches each week and gave me a chance to have a 'blether' with her. This was just enough to get me going and helped me to kick the smokes again!

Wee Kylie is over the moon and her asthma has improved again!

To find out about participating pharmacies contact the Freephone number on 0800 389 3210 between 9am-9pm.

## PIZZA THE ACTION.

Clydebank College's Smoke-free Pizza: Serves 6



This healthy recipe celebrates the recent decision of Pizza Hut to make their UK premises totally smoke free. This is a great step forward for restaurant-goers and here's hoping that the rest of Glasgow's eateries follow this fine example.

The kitchen staff at Clydebank College agreed to make up a nutritious pizza with a smoke free theme. This is one of many health related activities for Clydebank staff, as they recently were proud to receive their silver Scotland's Health at Work award. The kitchen staff also worked hard to gain their Scottish Healthy Choices Award by providing staff and students with fruit and veg options at lunchtime.

Marie Breen, Catering Manager and member of the SHAW working group said, "We have enjoyed doing the Award. The hard work has been worth it knowing that we are making a difference."

### Base

- 375g self raising flour
- 125g wholemeal flour
- Pinch salt
- 8oz water
- 2 teaspoons olive oil

### Topping

- 125g tomato puree
- 125g mushrooms, sliced
- 75g sweetcorn
- 1 red onion, sliced
- Pinch mixed herbs & ground black pepper
- 75g reduced fat cheddar cheese

### No smoking sign

- 3 tomatoes, sliced
- 1 red pepper cut into strips
- 6 black olives, halved

### Method

- Pre heat oven to 180c/350f/gas mark 4
- Mix everything together for the base, roll out & line a well greased 14" pizza tin and bake lightly for 5 minutes.
- Spread tomato puree over the dough, add the mushrooms, sweetcorn, onions, herbs, black pepper and sprinkle with grated cheese.
- Arrange sliced tomatoes, olives and pepper on pizza to resemble no smoking sign as shown in photo.
- Cook in oven for 10-15 minutes.

# WHY TOBACCO AT WORK IS AN ISSUE.

Second hand smoke is the biggest cause of indoor air pollution

When employers adopt a workplace tobacco policy they are dealing with the impact of tobacco on their business and their employees. Public opinion, even among smokers, strongly favours workplace smoking restrictions.

## The effects of tobacco at work include:

- Lower productivity e.g. reducing unregulated smoking breaks.
- Higher sickness and absence rates both for the smoker and the passive smoker
- Increased early retirement due to ill-health.
- Increased risk of litigation due to second hand smoke related disease or death
- Increased buildings insurance costs

A simple and effective smoking policy will protect all employees from the dangers of second hand smoke, ensure that the workplace complies with relevant legislation and provide support to employees who want to reduce or quit smoking.

Health at Work can advise you on all the steps you need to take to implement a tobacco policy and your workplace can expect to achieve the following benefits:

- Reduction in the effects of second hand smoking
- More employees attempting to quit
- Improvement in working relationships
- Demonstrable health benefits; in the first year of stopping smoking, the risk of heart attack decreases by up to 50%
- Reduced risk of fire: around 20% of workplace fires are started by cigarettes or discarded matches

In June 2000 Glasgow City Council revised their 'Smoking in the Workplace Policy' and as a result all their public venues became smoke free. Through this the council demonstrated their commitment to protecting the health of Glasgow citizens and their own employees from the negative health effects of smoking. Glasgow City Council employs 35,000 staff and run a large number of public venues throughout the city.

The Council's Health and Safety Manager says "The advice from Health at Work enabled the policy to be reviewed with the focus on protecting employees' health and members of the public's health who use council facilities. The policy recognises that smoking is an addiction and therefore support is available for employees who want to quit."

A city council employee recently became the Regional finalist in the 'Quitter of the Year Award 2003' and went down to London as one of the eight national finalists. Douglas Munro from Development and Regeneration Services said; "After 31 years as a smoker I saw a copy of Aspire Magazine at work which had been supplied by the Scotland's Health at Work award team. I phoned my doctor that day for an appointment. On the following Monday I gave up smoking and my wife gave up 8 weeks later. The support at work really helped. I would urge anyone who wants to stop to contact their health at work officer. They helped me and I know that I will never smoke again".

## STOP SMOKING IN GLASGOW.

Greater Glasgow NHS has excellent services to help smokers wanting to quit



### Starting Fresh

with the Glasgow Pharmacy  
Stop Smoking Project

#### What is the aim of the project?

The aim of the project is to provide nicotine replacement therapy (NRT) together with support and advice to people who wish to stop smoking through a local pharmacy.

#### Who can take part?

Anyone who really wants help to stop smoking can get support from the pharmacy. They hope to encourage as many people as possible to take part and quit smoking for good.

#### Ease of Access

No appointment is necessary to register at the pharmacy. Some operate extended opening times. There is no need to see your doctor for a prescription for nicotine replacement therapy (NRT). The pharmacy will supply you directly.

#### How does it work?

The pharmacist will explain the project in detail and assess motivation to quit. Once participants sign up to the project they are asked to visit the pharmacy for 5-10 minutes once a week for up to 12 weeks. During this period the pharmacist, or trained assistant, will provide nicotine replacement therapy as well as lots of practical advice and support. You will be asked to sign a Patient Details and Supply form to register on the project.

#### Cost of nicotine replacement therapy (NRT)

If you are entitled to free NHS prescriptions you will not pay for your nicotine replacement therapy (NRT). If

you pay for your prescription, you will pay a prescription charge of £6.30 for every 4 weeks supply of nicotine replacement therapy (NRT) for up to 12 weeks.

#### Where can I find out more information?

Drop into your local pharmacy displaying this window sticker or a poster.



You can also phone the Freephone number 0800 389 3210 9am-9pm. If additional information is required please contact June Waugh, Pharmacy Project Officer, on 0141 201 4959.

or look at the following websites:

- [www.show.scot.nhs.uk/ggnhsb/adtc](http://www.show.scot.nhs.uk/ggnhsb/adtc)
- [www.glasgow-lmc.co.uk](http://www.glasgow-lmc.co.uk)
- [www.show.scot.nhs.uk/gghbpharmacy](http://www.show.scot.nhs.uk/gghbpharmacy)

### Smoking concerns

Intensive Group Support

#### Why Group Support?

Intensive support plus NRT has been shown to double the chances of a successful quit attempt compared with Nicotine Replacement Therapy alone. The first four weeks can often be the toughest. During this time many people find the support and encouragement of others invaluable.

#### What happens at a group?

The group meets once a week for one hour for seven weeks (week 1 is a bit longer). The groups are based on a model developed at the Maudsley Hospital in London and are run by trained facilitators. Weeks 1 and 2 are information sessions – the facilitators present information on Nicotine Replacement Therapy (NRT), and cover what to expect in the coming weeks, withdrawal symptoms, coping mechanisms etc and gives the opportunity for group members to decide if this is the right time for them to quit. Carbon Monoxide levels are recorded each week to motivate smokers and to see visible improvements in their expired carbon monoxide levels.

Week 3 is Quit Week when everyone quits together. Weeks 4 to 7 are based around group support where group members discuss how they've been doing, their ups and downs, coping techniques etc.

The groups are very relaxed, informal and lively.

#### Does everyone use NRT?

Almost everybody attending a group uses NRT to assist with their quit attempt. NRT is discussed at weeks 1 & 2 and group members discuss individually with the facilitators which product would be best suited to them.

Group members take their recommendation form to one of the Starting Fresh pharmacies and pick up their chosen NRT. Group members pick up their product each week from the same pharmacy. The pricing is the same as above for the prescription charges.

#### What happens after the group?

At the end of the 7 week group, members continue to attend the pharmacy to pick up their product for a further 5 weeks and receive brief support from the pharmacist or trained assistant and Carbon Monoxide monitoring. Group members are also followed up at 12 months from their quit date.

#### How do I find out more?

There are groups running regularly throughout the city (including workplace groups based in the city centre). For more information on your nearest group call Smoking Concerns on 0141 201 9825 or check out our website at [www.smokingconcerns.com](http://www.smokingconcerns.com) (active early 2004).

For those who find NRT unsuitable the option of Zyban can be discussed in the groups.