

Not too long ago, smoking was the cultural norm:

- It was an expectation that hosts and hostesses supply ashtrays and tobacco products for their guests
- Health care professionals smoked at their work stations
- Patients smoked in their hospital rooms
- Office workers smoked at their desks
- Passengers smoked on buses and planes
- Smoking etiquette meant:
 - * Using an ashtray vs. extinguish a cigarette on a piece of furniture
 - * Not dropping ashes on the floor or in a plant
 - * Not lighting up at a host's dinner table until they lit up first
 - * Not lighting up while visiting a patient in the hospital, unless they suggested it or lit up first

Then...



How to Be a Responsible and Respectful Smoker at Work

...Now



Times have changed. All around the world smoking is no longer the cultural norm:

- Try using a Nicotine patch/gum during work hours to reduce cravings, or when working long hours
- Abide by the provincial laws, bylaws and policies governing appropriate places to smoke
- Always smoke outdoors to prevent second hand smoke exposure to your colleagues and patients
- Remember some people are sensitive to smoke due to allergies or compromised lung function
- Third hand smoke that lingers on objects in the room, your skin and clothes is also harmful
- Wear a jacket and cap while smoking to protect hair and work clothes
- Wash clothes daily and don't smoke in enclosed spaces, such as work vehicles
- Brush your teeth and use gum or mints to cover your breath
- Carry and use a personal ashtray at all times and place all butts in a disposal unit
- Fully extinguish your cigarette in a proper receptacle to prevent accidental fires
- Littered cigarette butts cause damage to our public utilities sewer/storm drains
- Cigarette butts affect the environment by introducing bioaccumulotoxins
- Cigarette butts are poisonous and can be a choking hazard to small children or animals
- Be a role model and avoid smoking in front of young people or people who are trying to quit
- Help people who want to stop smoking and prevent others from starting

Tobacco-free role modeling promotes health and healing. For smoking cessation information visit: <http://www.viha.ca/mho/tobacco/>