

How you can help clear the air

Express your support for the **Smokefree Environments (Enhanced Protection) Amendment Bill** and a smokefree lifestyle. You can:

- ★ Meet with your local Member of Parliament. Express your support for the Bill.
- ★ Write a letter to the Minister of Health, the Hon. Annette King. Tell her that you support the smokefree legislation and the reasons why. Use the simple messages contained in this brochure.
- ★ Make a submission to the Health Select Committee. The office of your local Member of Parliament can help you with this. Just tell them that you want to make a submission and need their help.
- ★ Write a letter to the editor of your local newspaper. Repeat some of the key messages contained in this brochure, to raise awareness of secondhand smoke issues in your community. Remind people of the need for legislation to protect all workers from secondhand smoke.
- ★ Support smokefree businesses.
- ★ Request a non-smoking area when dining out. Politely express your preference for a totally smokefree café/restaurant.
- ★ Encourage people who smoke to quit or at least not smoke around others.
- ★ Declare your home and car smokefree.

Secondhand smoke is a health hazard that kills



Cancer Society

Please contact your local Cancer Society for further information. See your white pages in the telephone book.

hp262/2001



Cancer Society

Cancer Prevention

Clear the air for all workers!



Say NO to secondhand smoke

Secondhand smoke kills



Every year about 400 people die from inhaling other people's cigarette smoke – that's close to the number of people killed on our roads every year. Cigarette smoke is New Zealand's leading environmental killer.

When you breathe in other people's smoke, you are exposed to the same 4000 chemicals as the person smoking the cigarette.

Fatal illnesses linked to secondhand smoke exposure include:

- ★ Heart disease
- ★ Stroke
- ★ Lung cancer

Secondhand smoke is also associated with serious illnesses such as bronchitis and asthma.

All workers deserve protection

All workers deserve protection from unwanted cigarette smoke. Everyone should have the right to work in a smokefree environment, yet thousands are exposed to secondhand smoke daily.

Unless you work in an office, current legislation offers you little protection from secondhand smoke.

Restaurant, café and bar workers, along with blue collar workers, are the most vulnerable to secondhand smoke in the work place.

Current measures to protect these workers, such as non-smoking areas and ventilation systems, do not offer adequate protection from secondhand smoke. Only zero exposure gives zero risk.

The Smokefree Environments (Enhanced Protection) Amendment Bill, currently before Parliament, seeks to ban smoking in all work places and indoor public places.



Health risks to bar and restaurant workers

Bar and restaurant staff have a much higher lifetime risk of developing heart disease, lung cancer, stroke and respiratory illnesses because they breathe in other people's cigarette smoke.

Service industry employees may be exposed to up to six times as much secondhand smoke as workers in other industries.

Current measures to protect workers are not enough.

Non-smoking areas do not protect workers from secondhand smoke. Trying to keep half a room smokefree is like trying to keep half a swimming pool chlorine-free.

Ventilation systems are not the answer either. They just recirculate air, carrying secondhand smoke into non-smoking areas.

Benefits of a smokefree work place

Employers should note the following advantages of a smokefree work policy:

- ★ Reduced cleaning and maintenance costs
- ★ Less absenteeism and sickness
- ★ Reduced risk of fire
- ★ A new pool of non-smoking customers