

Let's Clear the Air at Work



The Problem



Second-Hand Smoke (SHS) exposes staff and residents (both smokers and nonsmokers) to several thousand chemicals, including over 50 chemicals that are known to cause cancer.

- Some of the toxic substances are in higher concentrations in SHS than in smoke inhaled directly when a cigarette is smoked.
- SHS increases the risk for heart disease, breast cancer, lung cancer, nasal sinus cancer, and respiratory diseases such as chronic bronchitis and emphysema.
- Exposure to SHS aggravates asthma and allergies and irritates the eyes, nose, throat and lungs.
- Approximately 80 percent of a nonsmoker's exposure to SHS happens at work.

The Solution

- The Smoke-Free Ontario Act protects the health of all staff and residents in LTC Homes by eliminating exposure to SHS, by allowing only the operation of Controlled Smoking Areas (CSA) indoors, and restricting outdoor smoking to 9 meters from the entrances.
- Ninety percent of Ontario workers - including 70 percent who smoke - support smoke-free work environments that protect health.
- Smoke-free policies help people who smoke to cut down or quit. They also help former smokers stay smoke-free.

What You Can Do

- Focus on smoking, not on people who smoke
- Support fellow residents and staff who want to cut down or quit
- Find out more about SHS and workplace policies

FOR MORE INFORMATION, PLEASE CONTACT:
