

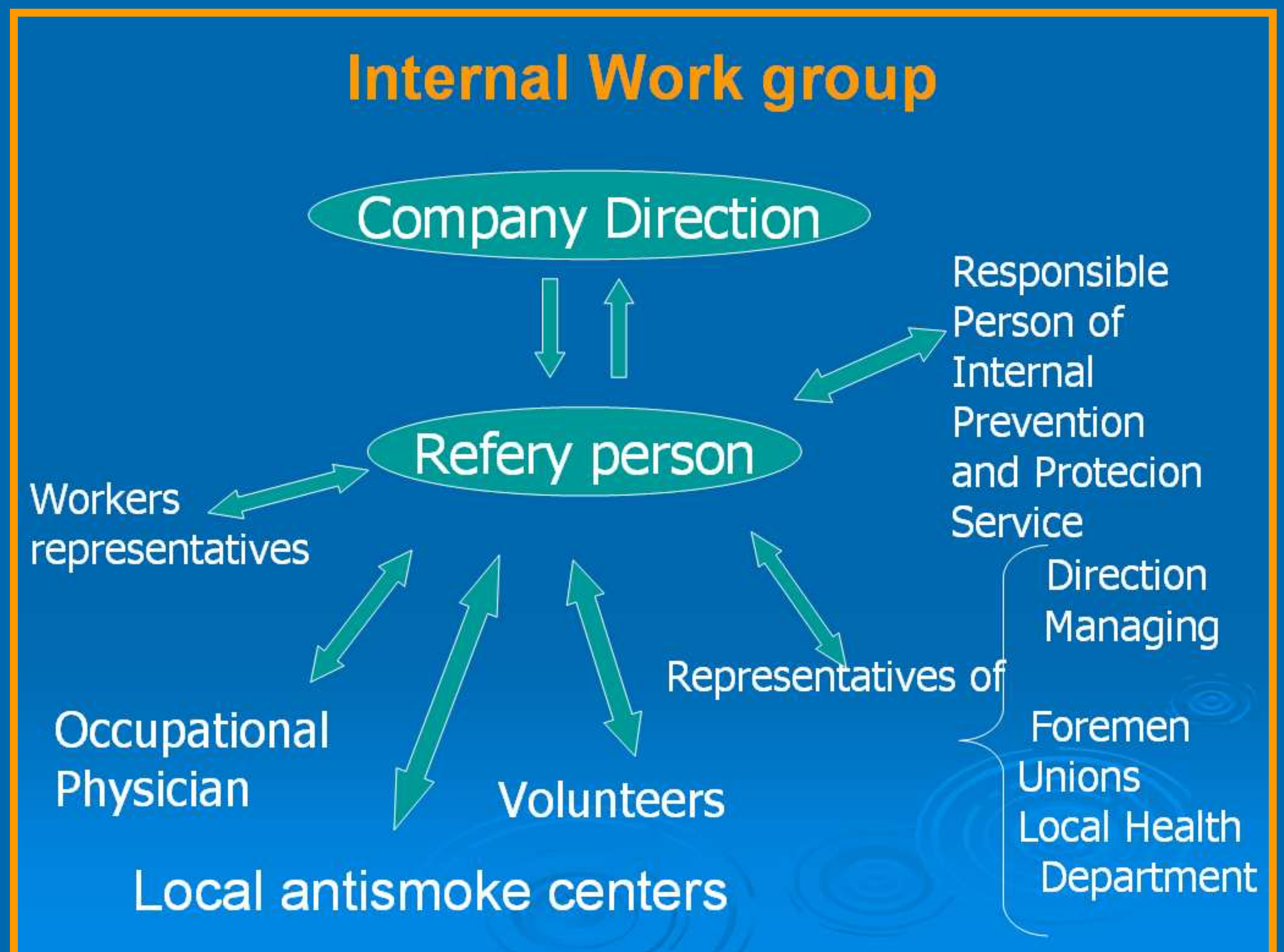
## Introduction:

A smoke-free workplace defends non-smokers from damages derived from passive smoking, leads to a 4% reduction of smokers and to a decrease in the smoked cigarettes' number.

## Methods:

At workplaces it is possible to involve employees in working groups dealing with: appraisal of existing situation in their enterprise (inspections, questionnaires, etc.) choice of absolute or partial restriction of tobacco smoking (designated smoking rooms), definition of enterprise's targets and action's plans (smoking prohibition or health promotion), regulations' drafting (rules, prohibitions, smoking areas, disciplinary measures), company policy's communication to all employees (advertising posters, meetings, e-mails), counselling concerning smoke weaning, surveillance on project's development (to point out critical points), assessment of short-term and long-term results (6-12 months).

In detail, the following points must be developed: 1) institution of smoking prohibition in enclosed places; 2) protection of non-smokers; 3) respect for smokers; 4) assessment of chemical and carcinogenic risk where smoking is permitted; 5) health surveillance of exposed workers; 6) information and training about tobacco smoke hazards; 7) health promotion activities.



## Results

In Italy, such experiences have been developed in a large hospital in the city of Rome, in a private concern in Piedmont and in an Emilian local health unit. As a result, it has been observed a meaningful decrease in the number of smokers in each of the enterprises where smoking control policies were applied. The more, workers received finally clear messages about indoor smoking prohibition; the project improved psychophysical welfare, optimization of workplaces and the companies reputation.

**The only effective way to eliminate the risks for the health resulting from exposure to passive smoking is to forbid tobacco smoke in enclosed environments.**

## Discussion

Points of strength of the projects have been the involvement of all the workers, the production of health promotion material devoted to the workers, the dialogue among the business figures that deal with the health of the workers and the institutions.

### WHAT WE HAVE TO DO TO MANAGE TOBACCO SMOKE IN COMPANIES

Smoking Ban and prohibition surveillance in all closed areas

Risk assessment in smoking rooms

Psycho-physical wellbeing working assessment regarding the smoke

Information and training about tobacco smoke hazards

Medical supervision of exposed workers (passive smoke exposed workers)

Internal working group managing tobacco smoke in the workplace

Separated smoking rooms/external areas (if decided by Companies)

Initiatives for smoking weaning (company courses, facilitations for external structures access, periodical presence of experts in the Company, business incentives for the ones who quit smoking, "health packets" offers)

Periodical monitoring on the policy of Company regarding the smoke (6-12 months)

## References:

- Fichtenberg C.M., Glantz S.A. "Effect of smoke-free workplaces on smoking behavior: systematic review" BMJ 2002;325:188 (27 July).
- World Health Organization 2007: POLICY RECOMMENDATIONS ON PROTECTION FROM EXPOSURE TO SECOND-HAND TOBACCO SMOKE .