

Health

Developing a smokefree policy shows a commitment to the well-being of staff and customers and it may help to reduce the risk of being sued because of smoking related ill health claims.

For smokers:

- For many smokers almost a third of their time is spent at work so an attempt to quit is made much harder when smoking is allowed in their workplace.
- Smoking related illnesses account for 120,000 deaths each year.
- One in two smokers will die as a result of their smoking before retirement.
- One in seven deaths from heart disease are caused by smoking.
- One in three deaths from cancer are caused by smoking.
- Four out of five smokers wish they had never started.
- Smoking while pregnant can cause complications during pregnancy and damage the health of the baby.
- Smoking 20 cigarettes a day can cost the smoker more than £1,500 every year.

Non-smokers:

- Second hand smoke (or passive smoking) can cause heart disease, lung cancer, asthma attacks and worsening of existing conditions.
- To quote the British Medical Association, "In adults, second hand smoke increases the risk of lung cancer by 20-30 per cent and the risk of coronary heart disease by 25-35 per cent."
- The most vulnerable are pregnant women, children, people with heart or circulatory problems and people with asthma or other respiratory problems.
- A research paper produced by Action on Smoking and Health (ASH), called 'A Killer on the Loose' estimated 1,200 people each year die due to passive smoking at work.