

### *A Guide to Creating a Tobacco-Free Workplace*

A tobacco-free environment creates a safe and healthy workplace by eliminating workers' exposure to secondhand smoke. It can also save employers money. The CDC reports that Tennessee employers lose an annual \$2.96 billion in smoking-caused productivity losses. Indirect costs, such as costs from maintenance and preventable fires, can also be reduced by implementing a tobacco-free campus policy. Additionally, tobacco-free environments have been shown to encourage employees that use tobacco to reduce or quit tobacco use.

### **Quick Tips on Creating a Tobacco-Free Workplace**

#### **Low Resources**

- Enact 100% tobacco-free workplace policy
- Provide self-help tobacco cessation materials
- Promote the Tennessee Tobacco Quitline (1-800 QUIT NOW)

#### **Medium Resources**

- Offer tobacco cessation classes onsite to employees
- Ensure tobacco cessation counseling and medications are covered in insurance plans

#### **High Resources**

- Provide monetary incentives to encourage employee cessation efforts
- Provide tobacco cessation aids such as the patch, gum, or lozenges to employees

For more information about a Tobacco-Free Workplace visit [NashVitality.org](http://NashVitality.org)