



# Workplace *Wellness* Program

It's obviously beneficial for your workers to be as healthy as possible. Encouraging and supporting them to take steps towards improving their health will see your business reap rewards.

## You are not alone!

There are a myriad of organisations including Government departments providing support and information enabling both individuals and workplaces to effect positive change in lifestyles and behaviours. The flow on benefits to participants are enormous and include:-

- Improved health awareness and knowledge
- Improved physical and mental wellbeing and resilience
- Increased energy and vitality
- Increased work enjoyment and fulfilment
- Improved concentration and productivity
- Improved team relationships

## Smoking

Today's edition starts our focus on smoking with some background information which we encourage you to share with your staff – **remember there is no safe level of smoking!**

According to the World Health Organisation (WHO) **smoking kills 6 million people each year** (more than 3400 in Queensland alone!) of which **600,000 are non-smokers** and these figures are set to rise to an estimated 8 million by just 2030.

***Counselling and medication can more than double the chance that a smoker who tries to quit will succeed.***

## Workplace Quit Smoking Program

The Workplace Quit Smoking Program is for Queensland workplaces with workers in blue collar occupations who smoke and are interested in stopping. The program is free and is a good opportunity to support your workers to quit smoking.

The program combines the use of behavioural counselling (delivered by the Quitline service) with nicotine replacement therapy such as patches, gum and lozenges.

Latest figures show that 31% of participants who finished the program are still quit at a 12-month follow-up. That's five times the rate for individuals trying to quit unassisted.

## **All workers in the landscaping industry are eligible for this free service which can be accessed by calling Quitline 13 7848**

Quitting smoking is one of the most important things you can do to reduce your risk of cancer. Tobacco smoke contains more than 4000 chemicals, including at **least 69 carcinogens or chemicals known to cause cancer.**

**Carbon monoxide**, a poisonous gas produced by burning tobacco, decreases the amount of oxygen available to your body, forcing your heart to work harder. Carbon monoxide is also found in car exhaust fumes.

**Nicotine** is the addictive drug in tobacco which increases the smoker's blood pressure and heart rate. Concentrated nicotine is a deadly poison and is widely used as an insecticide. Nicotine is more addictive than cocaine or heroin.

**30 metals** have been detected in tobacco smoke including nickel, arsenic, cadmium, chromium and lead. Evidence suggests that many of these compounds may be carcinogenic.

### **Other chemicals found in cigarettes include:**

- **Turpentine** – commonly used as paint stripper.
- **Butane** – a key ingredient of gasoline.
- **Ammonia** – a component of toilet and floor cleaner.
- **Acetone** – more commonly used as nail polish remover.
- **Formaldehyde** – a chemical used by embalmers to preserve dead bodies.
- **Methoprene** – a flea repellent for your pets.

There are immediate health benefits as soon as you put out your last cigarette, even if you already suffer health problems.

## **Benefits of quitting**

- Twelve hours after stopping the level of carbon monoxide in your blood drops dramatically.
- After 72 hours, the sense of taste and smell improve.
- From two weeks, lung function and circulation improves.
- From one month, coughing and shortness of breath decrease.
- After one year, the risk of coronary heart disease is halved compared to continuing smokers.
- After five years, the risk of stroke is reduced and the risk of mouth and throat cancer decreases.
- After 10 years, the risk of lung cancer death is reduced by half.
- After 15 years, the risk of heart disease is the same as someone who has never smoked.

If you smoke your body is constantly working to try and repair the damage caused by the chemicals in tobacco smoke. However, by quitting you can give your body the chance to repair itself. For every hour, week, month and year you don't smoke, you will be better off.

***There is no safe level of smoking...***

Still not convinced? If the health benefits associated with quitting aren't enough think about the financial incentives not to smoke – check out this cost of smoking calculator to see just how much money you could be putting towards other areas of your life

[http://www.cancerqld.org.au/page/prevention/smoking\\_and\\_tobacco/cost\\_of\\_smoking\\_calculator/](http://www.cancerqld.org.au/page/prevention/smoking_and_tobacco/cost_of_smoking_calculator/)

**For more information see -**

[http://www.cancerqld.org.au/icms\\_docs/61020\\_Tobacco\\_and\\_smoking.pdf](http://www.cancerqld.org.au/icms_docs/61020_Tobacco_and_smoking.pdf)

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Landscape Queensland is working with Workplace Health and Safety Queensland on a Healthy Workers Initiative as part of the Queensland Government's Healthier.Happier.Workplaces.Initiative.

**Healthier. Happier. Workplaces**