



ADOPTING A
TOBACCO FREE
WORKSITE POLICY
MAKES GOOD SENSE.

TOBACCO FREE WORKSITES

- Increase PROFITABILITY
- Lower ABSENTEEISM
- Increase PRODUCTIVITY
- Lower MAINTENANCE COSTS
- Reduce INSURANCE RATES

Quit Now
Virginia

1-800-QUIT NOW

1-800-784-8669

QuitNow.net/Virginia

MAKE YOUR
WORKPLACE
TOBACCO
FREE



**CLEAR
THE AIR**

VDH VIRGINIA
DEPARTMENT
OF HEALTH

1-800-QUIT NOW
VIRGINIA



GOOD BUSINESS, GOOD HEALTH

Prohibiting smoking and tobacco use can have a significant impact on the bottom line. Making simple changes to the work environment improves the health of employees and saves the company money by increasing profitability and productivity, lowering absenteeism and costs.

Rising healthcare costs are one of the biggest threats to the bottom line. What is not recognized is the significant role of smoking and other tobacco use in driving these costs. Tobacco use is the leading preventable cause of death and disease in the United States. Reducing tobacco use and its related costs are critical to optimizing profits and improving worker health and productivity.

FINANCIAL BENEFITS FOR A TOBACCO FREE WORKSITE:

Reduced Direct Health Care Costs

Businesses in the U.S. pay significantly higher health insurance costs and disability insurance costs for smokers than nonsmokers.

Absenteeism Reduced

Smokers miss an average of 6.16 days of work per year due to sickness, nonsmokers miss 3.86 days.

\$ Lost Productivity

The U.S. Centers for Disease Control and Prevention puts a \$3,391 price tag on each employee who smokes. (\$1,760 in lost productivity and \$1,631 in excess medical expenditures)

\$ Maintenance and Renovation

Costs are seven percent higher on buildings that allow smoking according to the Organization for Economic & Development. A tobacco free building office equipment, carpets, paint, and interior furnishings will last longer.

\$ Fire and Property Insurance

Premiums can be reduced 25-30 percent through negotiations.

5 STEPS TO ESTABLISH AN EFFECTIVE, WORKPLACE TOBACCO POLICY

1. Assess the current situation
2. Decide on a new Tobacco Free policy
3. Create a plan and implementation timeline
4. Announce policy
5. Communicate with employees and management.

The emphasis of communication should focus on protection of employee health and safety.

Help your employees clear the air.



For Assistance With Tobacco Cessation, Call 1-800-QUITNOW or 1-800-784-8669
or visit QuitNow.net/Virginia

For Deaf and Hard of Hearing - TTY (1-877-777-6534) For Spanish - 1-855-DEJELO-YA (1-855-335-3569)