


Workplace strategies to promote going smoke free

The following table lists several local and peak national organisations that support workplaces and individuals to quit smoking or create a smoke-free environment. Additionally there are listed other websites that contain information and resources that might be useful to you in planning your activities and events and/or provided to employees.

Ideas to get you started

Strategies	Healthy vision	Healthy places	Healthy people	
Promote a smoke-free workplace by developing and implementing a 100% smoke free policy directed at the workplace environment and culture including conducting information sessions to inform employees of policy	•			A guide for South Australian workplaces going smoke free – Page 5
Provide and promote a smoke-free workplace		•		A guide for South Australian workplaces going smoke free Free No Smoking signage
Include smoke-free policy and information in staff induction materials	•			
Foster the quit smoking message with promotional materials, embed these messages into communication and media forms, for example memos, newsletters and notice boards			•	Order online or download QuitSA resources Information about e-cigarettes




<p>Update your knowledge in regard to existing South Australian tobacco legislation</p>	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	<p>Laws and Legislation</p> <p>Support from SA Health: Health Protection Operations</p> <p>SafeWork SA can advise on SA workplace legislation. Visit the website or call 1300 365 255 or (08) 8303 0400 (for mobile and interstate callers)</p> <p>Information about e-cigarettes</p>
<p>Promote and provide access to support services for those wanting to quit or reduce smoking</p>		<ul style="list-style-type: none"> • 	<p>QuitSA online order form for free-of charge information, self-help materials and quit resources available at www.quitsa.org.au in the Resources tab.</p> <p>Includes: referral cards, posters, quitting resources and audio-visual resources</p>
<p>Remind staff that a general practitioner can assist, support and provide referrals to other health professionals</p>		<ul style="list-style-type: none"> • 	<p>South Australian GPs and other health services</p>
<p>Workplace Employee Assistance Programs can often focus on goal setting and behavioural change. Promote your workplace program widely and inform employees of access options and topics</p>		<ul style="list-style-type: none"> • 	<p>Find an EAP service for your workplace. Also ask your insurers or peak industry association about EAP discounts</p>





Building on your program

Strategies	Healthy vision	Healthy places	Healthy people	
Embed no-smoking support procedure into Work, Health and Safety procedures and policies	<ul style="list-style-type: none"> • 			
Sponsor comprehensive quit programs, for example subsidise aids to quit smoking such as nicotine replacement therapy (NRT) or provide incentives for those who quit smoking (as appropriate)			<ul style="list-style-type: none"> • 	<p>NRT information</p> <p>Further information regarding NRT options is available at https://www.cancersa.org.au/quitline</p> <p>For information regarding which products are subsidised by the PBS, contact Quitline, pharmacist or GP</p> <p>Whilst some individuals achieve outcomes using NRT, it is not suitable for everyone. It is recommended that advice be sought from a doctor, pharmacist or health practitioner prior to using these products. Any subsidy scheme offered by the workplace should incorporate this step.</p>
Provide or support participation in quit smoking programs during work time			<ul style="list-style-type: none"> • 	<p>Quit SA can visit your workplace to run education sessions</p> <p>Service Providers can provide on-site information sessions and counselling to support employees</p>

