



2ND HAND SMOKE IN THE WORKPLACE IS A REAL THREAT.

PROFILE.

Heather Crowe, 57, never smoked.
But she worked in restaurants with smoking sections.
Now Heather has lung cancer.

Years ago, when Heather began working as a waitress,
she didn't know 2nd hand smoke could damage her health.
As little as 15 years ago, the tobacco industry said
2nd hand smoke did no harm, and she felt secure in her
workplace. Today, Heather can no longer work. Her livelihood
is compromised, her health is affected, her future is gone.



WHAT IS 2ND HAND SMOKE AND WHY IS IT SO DANGEROUS?

It's the smoke that's released from the end of a burning cigarette.

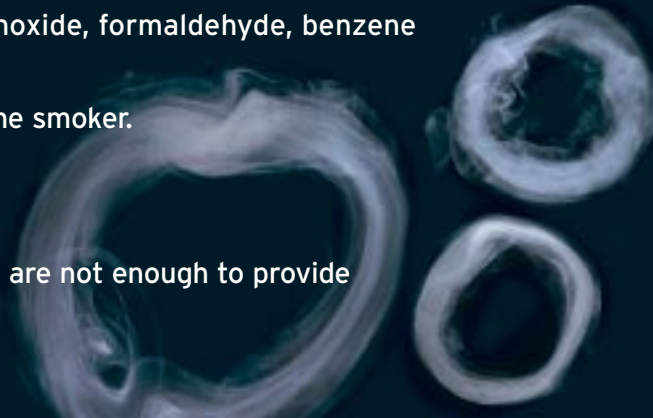
It's the smoke that's exhaled by a smoker.

It contains more than 4,000 chemicals, including carbon monoxide, formaldehyde, benzene and hydrogen cyanide.

It contains the same toxic chemicals as the smoke inhaled by the smoker.

Even after a cigarette is out, 2nd hand smoke remains in the environment (furniture, carpets, blinds...) and is still toxic.

Ventilation systems, air purifiers and designated smoking areas are not enough to provide protection from 2nd hand smoke.



WHY DOES THE WORKPLACE PRESENT SUCH A RISK?

3 million Canadian workers have no protection from 2nd hand smoke.

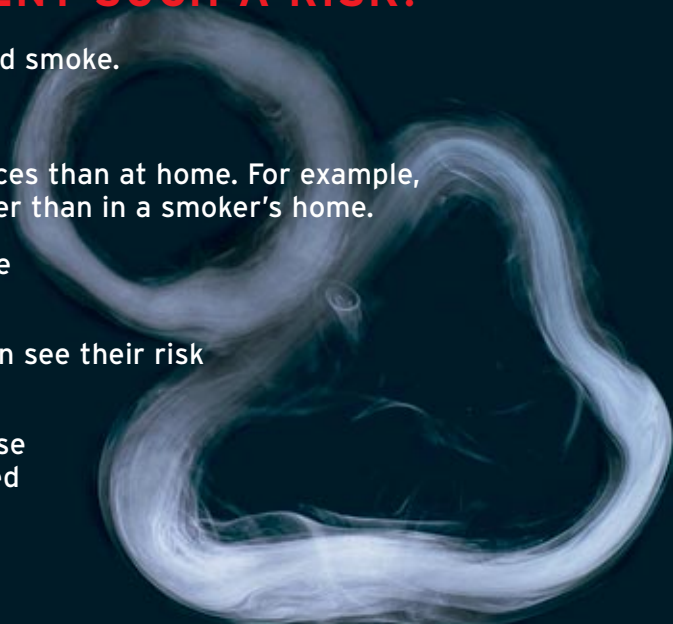
Another 8 million have only partial protection.

Exposure to 2nd hand smoke can be higher in some workplaces than at home. For example, the level of nicotine in the air in bars is up to 15 times higher than in a smoker's home.

Non-smokers who work in a smoke-filled environment inhale the same toxic chemicals as the people smoking.

Employees who are routinely exposed to 2nd hand smoke can see their risk of lung cancer increase by 20%.

The risk of a non-smoker developing coronary heart disease can be considerably higher if he or she is regularly exposed to 2nd hand smoke on the job.



YOU CAN MAKE A DIFFERENCE.

- Let people know how bad 2nd hand smoke is.
- Discuss your concerns with co-workers and employers.
- Support municipal by-laws that restrict smoking in public places.

And visit www.GoSmokefree.ca to find out about *Smoke Free Places*. It's a toolkit that will help you make your community smoke-free.

Heather didn't know she was a target for 2nd hand smoke. Are you a target?

For information on the Tobacco Control Strategy or other Government of Canada programs and services, please call

1 800 O-Canada (1 800 622-6232)

TTY: 1 800 465-7735 www.GoSmokefree.ca

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