

With World Smokefree Day at the end of this month, why not encourage your employees to go Smokefree?

Read on in this **Healthy Workplaces Update for May** to find out about ways to spread the Smokefree message, how to help employees who smoke to quit, and how to create a workplace environment where people are discouraged from taking up the habit. ...

- **Smokefree workplaces**
- **Upcoming dates for your health calendar**
- **Ideas to be more active in Christchurch**



Smokefree workplaces

Why should your workplace become Smokefree? The **benefits** are clear:

- **healthier workers and fewer sick days** – smokers stay sicker longer and take about 3 times more sick days as non-smokers
- **getting more done** – a smoker who takes four 10-minute breaks each day works 1 month less a year than a non-smoker
- **reduced cleaning and maintenance costs** – office equipment, carpets and furniture will last longer.



For **free** help to support your employees (and/or their whānau) become Smokefree (while at work, and/or for good) or if your work is interested in extending or updating their Smokefree policy, please contact:

Christina Lewis on Christina.lewis@cdhb.health.nz

Mitchell Jordan on 378 6703, 021 706 731 or Mitchell.Jordan@cdhb.health.nz

What can your organisation do?

There are many steps workplaces can take to encourage anyone who smokes to give up the habit.

Start at an organisational level by including Smokefree in your standard [employee wellbeing policy](#). Make sure your people know about the change in policy well ahead of implementation.

Consider:

- your Smokefree workplace to include all buildings, outdoor areas including car parks, worksites and vehicles. If necessary, provide a specified designated smoking area that is away from other staff and the public (especially young children, to de-normalise smoking).
- the importance of adhering to the [legal requirements](#) around Smokefree
- encouraging managers to lead by example and support staff who are wanting to quit smoking

- referring to your Smokefree policy in all workplace agreements, contracts, recruitment information and orientation packs.
- ensuring all visitors and contractors know about the Smokefree policy. Visitor sign-in books have the Smokefree logo on the sign-in pages to clearly show the whole workplace is Smokefree.
- promoting Smokefree messages and offering support to those wanting to quit by promoting either [Quitline](https://www.quitline.co.nz/) (0800 778 778) or Te Hā – Waitaha Stop Smoking Canterbury on 0800 425 700 or smokefree@cdhb.health.nz

**Remember that having a Smokefree policy will not infringe upon the rights of smokers.
Your Smokefree policy simply limits their use in certain areas.**

The **next step is to consider the Smokefree environment you want to create.** Examples of what you can do in your workplace include:

- banning smoking in the workplace (including grounds, building, and vehicles) or restrict areas where staff can smoke
- prominently display Smokefree signage and remove ashtrays in smoke-free areas
- display Smokefree resources and Quitting information in the workplace
- offer nicotine replacement therapy to help employees stay Smokefree throughout their work shift
- make areas around entrance ways and walkways Smokefree

And **finally, at an individual level**, continue to support employees to become or stay Smokefree by:

- offering access to support services (e.g. EAP - Employee Assistance Programme, free smoking cessation provider services)
- providing information sessions or resources (e.g. the organisation's workplace Smokefree policy, Smokefree [resources](#) and fact sheets, [quitting information](#) and available support services)
- encouraging staff to support each other when quitting smoking
- promoting or participating in awareness days, such as World Smokefree Day (31 May) or Stoptober
- considering extending stop smoking support to workers' families – your people spend more time around whānau than at work.

A few words on **vaping**

Each workplace can decide whether it includes vaping in their Smokefree policy – or not.

Smoking E-cigarettes or vaping at work, while currently legal, can be controlled by the employer to help limit the effect on non-smokers or non-vapers. Employers do not *have* to allow smoking or vaping at their workplace.

Some workplaces do choose to allow vaping for a set period of time (i.e. 6 months) after a Smokefree policy is implemented or extended. This is for a designated area and to support staff so they can use vaping as a *cessation tool* (to encourage them to eventually stop smoking). Make sure to include education and vaping etiquette in your policies.



For more free resources and information on promoting Smokefree in your workplace, go to:

The Health Promotion Agency has created a [toolkit to help communities and employers](#) promote being Smokefree around World Smokefree Day. But you don't need to wait until the end of May – the toolkit links to [a range of resources](#) you can use in your business to highlight the benefits of being Smokefree. Also see Smokefree resources on Wellplace.nz, including [articles](#) you can use in your workplace communications.

Go to <https://www.cph.co.nz/order-resources/> to order your free posters, pamphlets, Smokefree signage, stickers etc (free delivery within Canterbury)



New cost of smoking infographics with updated 2018 pricing are now available for download. <https://www.smokefree.org.nz/smokefree-resources/cost-of-tobacco-infographics-2018>

Check out http://www.workwell.health.nz/workwell_community_links

Upcoming dates for your calendar

- May - Haratua**
- 5** World Hand Washing Day www.handhygiene.org.nz
 - 18** Pink Shirt Day (anti-bullying campaign)
 - 27** Samoa Language Week www.mpp.govt.nz
 - 31** World Smokefree Day www.smokefree.org.nz/
- June - Pipiri**
- 1 – 30** Men's Health month [#MenStartTalking](https://twitter.com/MenStartTalking)

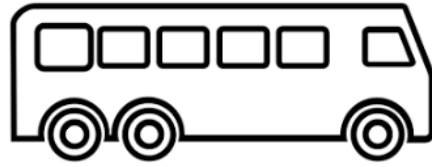
Want more information about the **Healthy Workplaces Update?**

Please contact **Ann Vanschevensteen** at Community & Public Health (a division of the Canterbury DHB) on 378 6781 or ann.vanschevensteen@cdhb.govt.nz

Ideas to share and become more active in Christchurch

Remember to check out

www.metroinfo.co.nz/journeyplanner/?Region=Christchurch&mode=full



to help plan your

trip to and from these events

Kennedys Bush Track has reopened – go for a walk with the whānau

You can read more about the reopening on [Newsline](#).

Free Community Bootcamp, from 1pm to 2pm on Tuesdays at the NZ Institute of Sport, 66b Wharenui Road

Free fitness sessions to the local community to suit all age groups and fitness levels! Wear exercise clothes. Any updates or cancellations will be posted on [Riccarton Neighbourhood Updates](#)'.



Be Active is an eight-week programme for people wanting to increase their level of activity and have fun along the way.

BE ACTIVE
Term 2 2018

Ever wanted to try out a range of low-impact activities such as circuit, badminton, Tai Chi and Zumba? Join **Green Prescription** by contacting Anna Wilson on 03 373 5045 or anna.wilson@sportcanterbury.org.nz

Term 2 times:

Starting 30 April at Aranui Wainoni Community Centre, 31 Hampshire St - Mondays 1pm – 2.30pm

Starting 1 May at Riccarton High School, 31 Vicki Street – Tuesdays 6.30pm – 7.30pm

Starting 1 May at Belfast Rugby Football Clubrooms, 18 March Place - Tuesdays 1.30pm – 3pm

Starting 2 May at Te Hapua Halswell Centre, 341 Halswell Road - Wednesdays 1pm – 2.30pm

Free Pilates classes on Saturday 5 May, from 8:15am and 9.30am at Te Hāpua Halswell Centre, 341 Halswell Road

For International Pilates Day - contact start@adaptedyogaandpilates.com to secure your spot on the mat!

The 'Mother of all Clean Ups' for river banks, Saturday 12 May at 9.30am

Te Rūnaka ki Ōtautahi o Kāi Tahu will be taking responsibility for a river banks clean-up and would welcome helpers. Meet at Cambridge Green (corner of Barbadoes Street/Cambridge Terrace/Salisbury Street). Wear gloves and bring a rake if you can.

Mother's Day Fun Run, 10am, Sunday 13 May, South Hagley Park

Free opportunity to join 5km run, walk, or stroll. All participants receive an event t-shirt designed by Dick Frizzel. Register online at www.jennianmothersday.com

AVIVA Street Appeal, 18 - 19 May 2018

The Aviva annual street appeal is coming up fast and they need 120 volunteers to help collect at 30 sites in Christchurch, Kaiapoi, Rangiora, Amberley, Lincoln and Rolleston. The appeal is a chance to raise money to provide life-changing support to people in Canterbury who are living with, and overcoming, family and sexual violence. For more information email enquiries@avivafamilies.org.nz or phone 03 378 3846.