

Benefits of Being Smoke-Free



The debate is over. The science is clear.
Secondhand smoke is not a mere annoyance
but a serious health hazard.

— U.S. Surgeon General Richard Carmona (June 27, 2006)

Why be smoke-free? Because you care. You care about your employees. You care about your customers. You care about the financial well-being of your business. Providing a smoke-free workplace makes sense. Tobacco use and secondhand smoke can have a devastating effect on your employees, your customers, and your business.

Why Your Business Should Be Smoke-Free

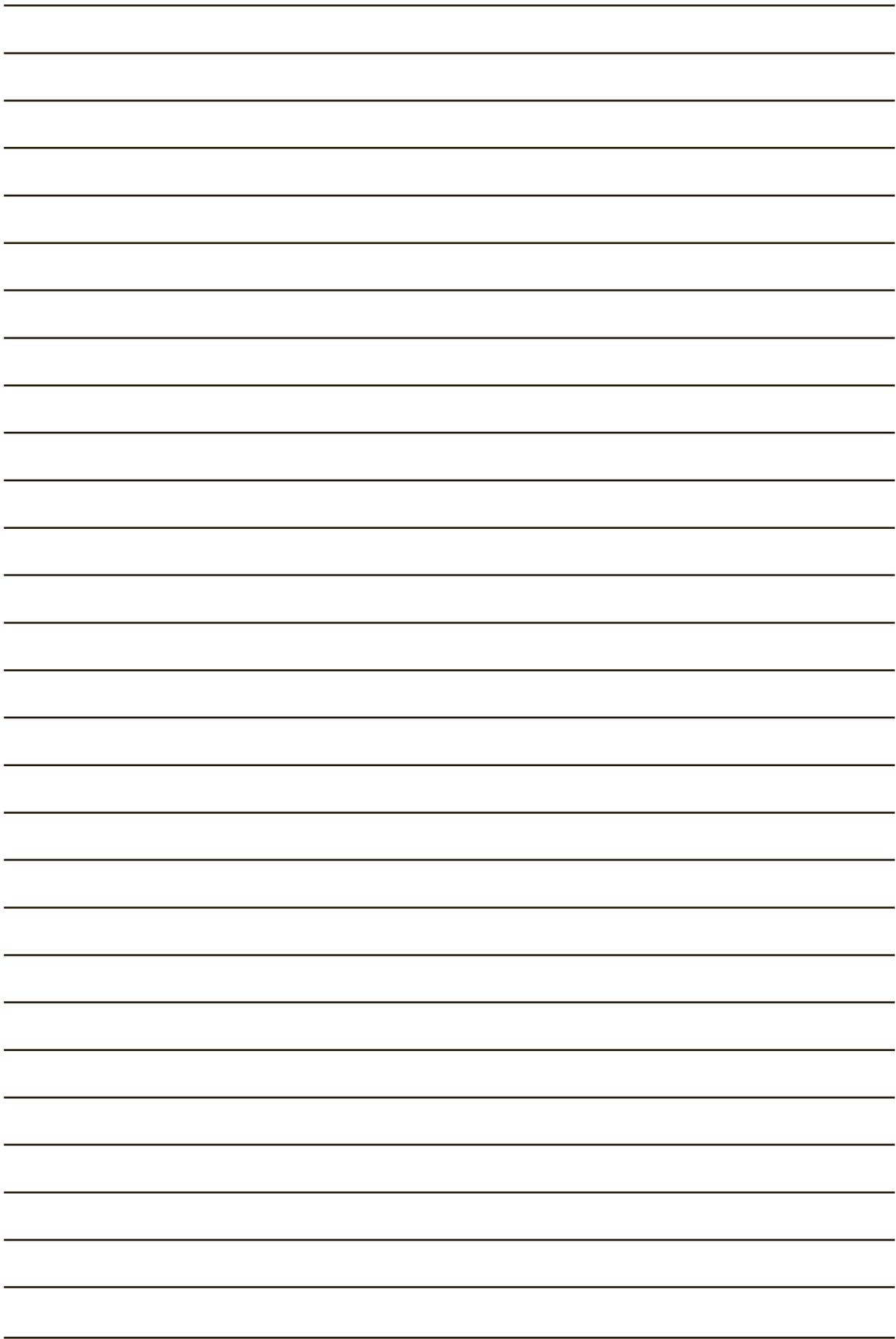
1. Lower your costs.

- The CDC puts a \$3,383 price tag on each smoker: \$1,760 in lost productivity and \$1,623 in excess medical expenditures.⁹
- Businesses pay an average of \$2,189 in workers' compensation costs for smokers, compared with \$176 for non-smokers.¹⁰
- The Environmental Protection Agency (EPA) estimates that smoke-free restaurants can expect to save about \$190 per 1,000 square feet each year in reduced cleaning and maintenance costs.¹¹
- The National Fire Protection Association found that in 1998 smoking materials caused 8,700 fires in nonresidential structures, resulting in direct property damages of \$60.5 million.¹²
- Fire insurance is commonly reduced 25-30 percent in smoke-free businesses.¹³
- The American Cancer Society reports that employees who smoke have an average insurance payment for health care of \$1,145, while nonsmoking employees average \$762.¹⁴

Too many Hoosiers are losing years because they do not embrace healthy habits. And, health care costs in Indiana are among the highest in the country. Our rising cost of health insurance coverage, combined with lost productivity due to illness, has made Indiana a less desirable place to do business.

—Indiana Governor
Mitch Daniels,
INShape Indiana news
release, July 13, 2005

9. Centers for Disease Control and Prevention. Annual Smoking-Attributable Mortality, Years of Potential Life Lost, and Economic Costs – United States, 1995-1999, US Public Health Service, Centers for Disease Control and Prevention, Morbidity and Mortality Weekly, April 12, 2002/ 51(14): 300-3.
10. Musich, S, Napier D, Edington DW “The association of health risks with workers' compensation costs”. Journal of Occupational and Environmental Medicine. 43(6):534-41, June 2001.
11. “The Dollars and (sense) benefits of having a smoke-free workplace,” Michigan Department of Community Health, 2000.
12. Hall, Jr, JR, “The U.S. Smoking-Material Fire Problem,” National Fire Protection Association Fire Analysis and Research Division, April 2001.
13. Centers for Disease Control and Prevention. Saves Lives, Saves Money: Make Your Business Smoke-Free. Atlanta, Georgia: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Promotion, Office on Smoking and Health, June 2006.
14. The Cost of Smoking to Business. Article dated April 13, 2000 by American Cancer Society, <http://www.cancer.org>.



A FEW OF THE MANY COMPANIES THAT HAVE GONE SMOKE-FREE:

- The Coca-Cola Company
- Eli Lilly and Company*
- FedEx Corporation
- The Home Depot, Inc.
- IBM
- Lowe's Companies, Inc.*
- Marriott Hotels
- Prudential Financial
- The Sharper Image
- Starbucks Coffee Company
- Subaru Auto Assembly Plant
- Target Corporation
- Verizon
- Westin Hotels

*Indicates smoke-free campus

U.S. SMOKING RATES BY OCCUPATION

Adults in some occupations average a much higher smoking rate than the U.S. average of 20.9%.

Machine Operators: 45.9%
 Construction Trades: 41.3%
 Material Moving Equipment Operators: 40.5%
 Food Service: 39.8%
 Health Service: 32.8%
 Mechanics and Repairers: 31.5%
 Factory Workers : 28.1%
 Managers/Administrators: 25.2%
 Secretaries: 20.5%



Secondhand Smoke is Toxic

Some of the Toxins Found in Secondhand Smoke Include:

Chemicals

- ☠ Formaldehyde
- ☠ Benzene
- ☠ Polonium-210
- ☠ Vinyl Chloride

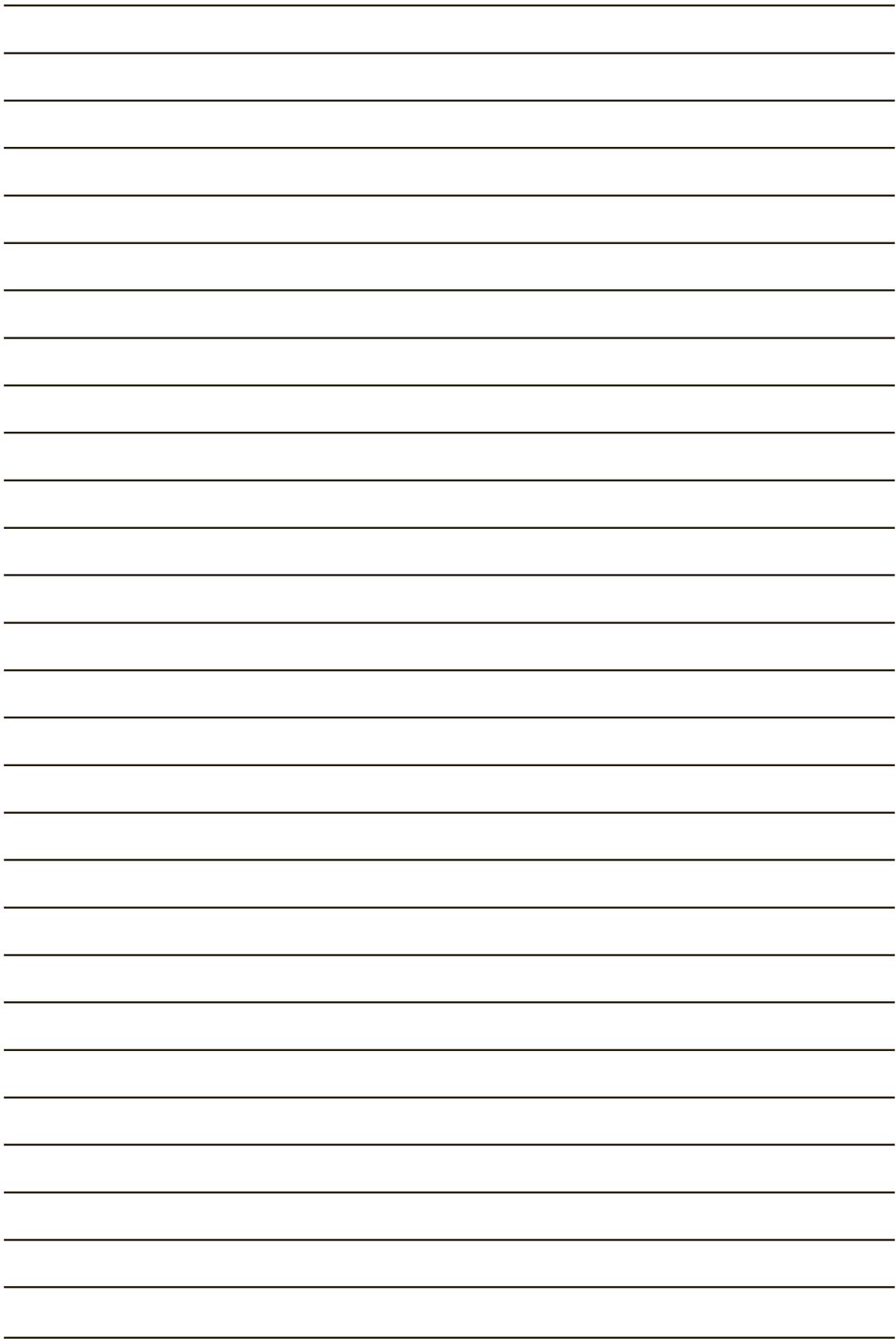
Toxic Metals

- ☠ Chromium
- ☠ Arsenic
- ☠ Lead
- ☠ Cadmium

Poison Gases

- ☠ Carbon Monoxide
- ☠ Hydrogen Cyanide
- ☠ Butane
- ☠ Ammonia
- ☠ Toluene

When you and your employees are around someone who is smoking, you breathe in these chemicals.



2. Increase productivity and morale.

- The American Productivity Audit, a national survey of over 29,000 workers, found that tobacco use was a leading cause of worker lost production time.¹³
- Smoking in the workplace causes inefficiency, errors, eye irritation and lower attentiveness.
- Employee morale suffers when non-smoking employees are forced to be exposed to secondhand smoke.
- A smoke-free workplace is more attractive to employees, since nearly 75 out of 100 adults in Indiana do not smoke. 71.5 percent believe smoking should not be allowed at all in indoor work areas.⁷



3. Reduce absenteeism.

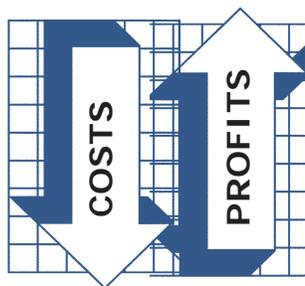
- Smokers, on average, miss 6.16 days of work per year due to sickness (including smoking-related acute and chronic conditions), compared to non-smokers, who miss 3.86 days of work per year.¹⁵

4. Protect your employees' health.

- Employees exposed to secondhand smoke on the job are 12-19 percent more likely to get lung cancer.¹⁶
- Exposure to secondhand smoke increases the risk of an acute coronary heart disease event by 25-35 percent.¹⁷

5. Protect yourself from possible liability.

- Reduce the risk of lawsuits being filed by employees who become ill from breathing secondhand smoke while at work.
- Eliminate disability claims based on secondhand smoke exposure.
- Prevent violations of the Americans with Disabilities Act that result from limiting access by people with respiratory problems who cannot patronize or work in your business due to tobacco smoke pollution.



What's the bottom line? Plain and simple - being smoke-free adds up. It's the right thing to do - for the health of your employees and customers AND the wealth of your business.

7. 2004 Indiana Adult Tobacco Survey; Centers for Disease Control and Prevention.
 13. Centers for Disease Control and Prevention. Saves Lives, Saves Money: Make Your Business Smoke-Free. Atlanta, Georgia: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Promotion, Office on Smoking and Health, June 2006.
 15. Halpern, MT et al. "Impact of smoking status on workplace absenteeism and productivity". Tobacco Control 10(3): 233-38, September 2001.
 16. IARC: "Involuntary smoking, Smoking of Data Reported and Evaluation." 83(5.2): Human carcinogenicity data, 2004).
 17. IARC: "Involuntary smoking, Smoking of Data Reported and Evaluation." 83(5.4): Other relevant data, 2004.

