

## If you smoke, please do not neglect the warnings given to you about the dangers of passive smoking:

- Do not smoke when, or where this will harm others.
- Protect your children, partner, family and friends and never smoke indoors.
- Respect your colleagues by not smoking at work.
- Put out your cigarette before entering schools, hospitals, sports clubs, bars, restaurants and other indoor areas.



When you think about these things, you might also think about quitting smoking.

The Ulster Cancer Foundation can help you. Call us on **028 9049 2007** for more information.

## If you are a non-smoker:

- Let others know that you prefer a smoke-free environment.
- Ask for smoke-free facilities.
- Demand your right to clean air.

**"Remember 3/4 of the population do not smoke"**

## IF YOU ARE AN EMPLOYER

The Health and Safety Order (1978) obliges 'every employer to ensure so far as is reasonably practicable, the health, safety, and welfare of his/her employees'.

The right of an individual to be free from passive smoking in public places, including the workplace, is increasingly being recognised. Civil litigation is on the increase, with individuals whose health has been harmed by passive smoking at work now suing past/present employers.

### BENEFITS OF SMOKE-FREE WORKPLACES:

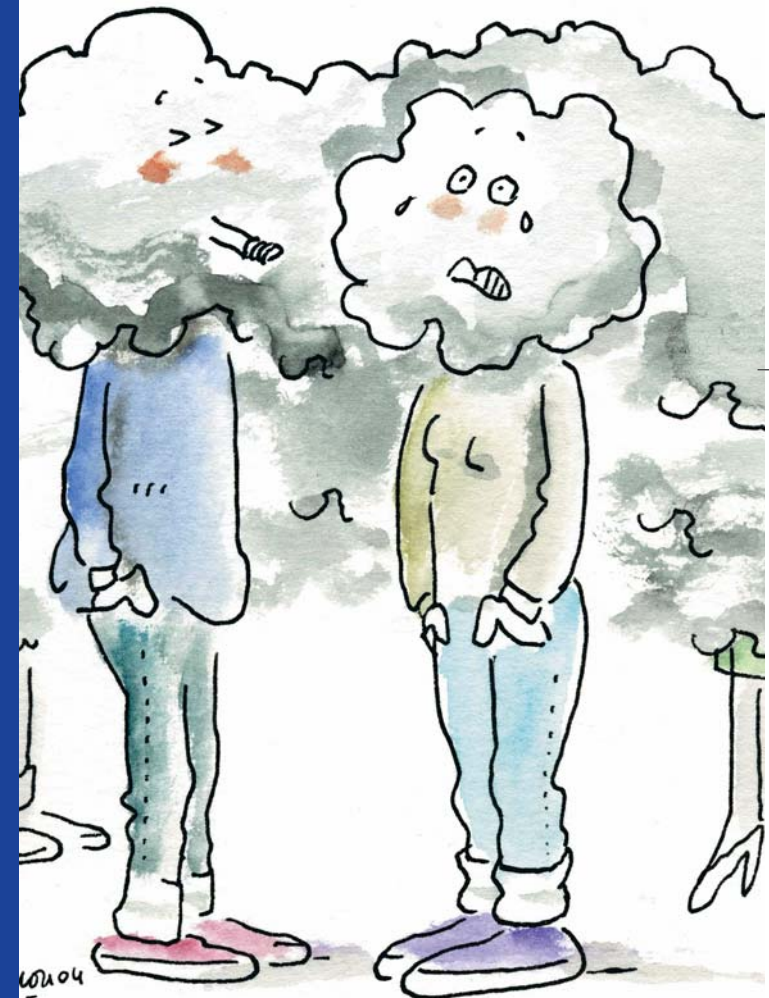
- Fewer sick days
- Less 'smoke breaks'
- Reduced conflict between smokers and non-smokers
- Improved staff morale
- Increased productivity
- Reduced cleaning and decorating costs
- Lower insurance
- Little or no risk of litigation
- **Improved health for all**



Ulster Cancer Foundation  
Tel: 028 9049 2007  
www.ulstercancer.org



## FOR A SMOKE-FREE ENVIRONMENT



**PASSIVE SMOKING DAMAGES YOUR HEALTH**

## What is passive smoking?

Passive smoking is inhaling tobacco smoke from the surrounding air.

When you share a space with someone who is smoking, you are exposed to tobacco smoke, which can be very dangerous. Young children whose parents smoke, and people living or working with heavy smokers are the most at risk from the dangers associated with passive smoking.

## Attributable risk: lung cancer and cardiovascular disease

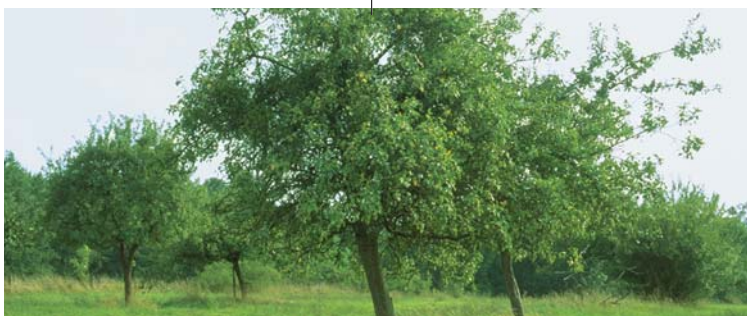
It has been estimated that passive smoking **kills tens of thousands of adult non-smokers** in the European Union each year.



## The public's attitude towards passive smoking

Many studies in the United Kingdom and Northern Ireland show massive public support for healthy smokefree workplaces.

Research conducted on behalf of the European Commission shows that only 2% of respondents believed that passive smoking is harmless.



## The promotion of a healthy environment

The importance of promoting and maintaining a healthy environment is increasingly being recognised. The risks of passive smoking justify taking measures to protect the right to health of those exposed to smoke.

That is why **we are campaigning for the introduction of smoke-free public places. It is quite reasonable that non-smokers defend their right to clean air.** People should only smoke when and where it doesn't harm others.

## Passive smoking and cancer

The International Agency for Research on Cancer (IARC) is part of the World Health Organisation. According to IARC, the evidence shows that passive smoking **causes lung cancer in non-smokers.**

More than 50 studies of passive smoking and lung cancer risk in non-smokers have been published during the last 25 years. These studies show a clear association between the risk of lung cancer and living with a smoker.

## Heart disease

According to IARC, epidemiological studies have demonstrated that exposure to passive smoking causes coronary heart disease: it has been estimated that **passive smoking increases the risk of a heart attack by 25-35%.**

## Respiratory diseases

Children are particularly vulnerable to the effects of passive smoking as their bodies' defence mechanisms are less developed. They are also less able to avoid or object to being exposed to smoke. Smoking by parents can cause serious illness in young children and make them more likely to suffer health problems later in life. **Cough, phlegm and wheezing, respiratory infections** like pneumonia and bronchitis and childhood asthma all occur in children exposed to passive smoking.

Moreover, the incidence and severity of **asthma** is increased in children exposed to passive smoking but this decreases when exposure stops.

There is evidence that passive smoking causes **emphysema** in non-smoking adults and children.

## Other effects

**Irritation of the eyes, nose and respiratory tract** are the most common adverse health effects associated with passive smoking.

The exposure of pregnant women to passive smoking causes **lower birth weight in their babies.** Passive smoking is a cause of **middle-ear disease** (glue ear), the most common cause of deafness in children. The frequency of **Sudden Infant Death Syndrome** (cot death) is increased as a result of parental smoking.

