



Second-Hand Smoke

A Message for Bar and Restaurant Workers



If you work in the hospitality industry, this fact sheet is for you. Scientific studies have proven that second-hand smoke is harmful to non-smokers and smokers alike, especially when they are exposed to high levels of smoke. As a result, food service workers are the least protected from second-hand tobacco smoke of any employee group.¹ But all that will change with the 100% Smoke Free Bylaw in the City of Yorkton.

Did you know?

• Bar and tavern employees have higher rates of lung cancer than almost all other occupations, including fire fighters and miners.²

• The smoke from the burning, non-filtered end of the cigarette has higher concentration of hazardous substances than the mainstream smoke inhaled by the smoker.³ Of course, smokers are exposed to both.

• If it is busy in your establishment and you're working hard, you'll inhale even more second-hand smoke than usual because of your higher breathing rate.⁴

• Many people, especially smokers, don't believe that second-hand smoke is actually dangerous but the *Ontario Occupational Health and Safety Act* lists 15 substances that have no safe level of exposure – 6 of which are found in tobacco smoke.⁵

How a 100% Smoke-Free Bylaw could help your health.

• Less than two months after the implementation of a California law prohibiting smoking in bars, both smoking and non-smoking bartenders reported improved respiratory health and showed improved lung function.⁶

If you're a smoker working in the hospitality industry, you could really benefit from our smoke-free bylaw by either cutting down on the number of cigarettes you smoke or using this as an opportunity to try quitting for good. But remember, smoking is a powerful addiction and it may take you several attempts before you succeed in quitting permanently. Try not to get discouraged. Working in a smoke-free environment will remove some of the temptation to smoke and make your efforts much easier. Many people find quitting easiest with the help of nicotine replacement therapy (patch or gum) or other drugs that help ease withdrawal symptoms. Contact your physician or pharmacist for help or call the Smoker's Help line at 1-877-513-5333.

¹ Siegel, M "Involuntary smoking in the restaurant workplace; A review of employee exposure and health effects", Journal of the American Medical Association, July 1994: 270 (4): 490-493

² "Secondhand Smoke", Physicians for a Smoke-Free Canada

³ Canadian Auto Workers, Secondhand Smoke: Butt it Out pamphlet

⁴ Quan, C: Comparing Environmental Tobacco Smoke Intake Among Restaurant Workers and Adults at Home, found at: <http://www-mcnair.berkeley.edu/98journal/cquan/>

⁵ Regulations of Ontario, *Occupational Health and Safety Act*, Control of Exposure to Biological or Chemical Agents, R.R.O. 1990, Reg.833 Schedule Part 10 – Know Toxic Agents for Which Exposure Values Have Not Been Established, and to Which Any Exposure Should Be Avoided.

⁶ Eisner, M.D. et al, "Bartenders Respiratory Health After Establishment of Smoke-Free Bars and Taverns", Journal of the American Medical Association, 1998, 280: 1909-1914, also found at <http://jama.ama-assn.org/cgi/content/short/280/22/1909>

FACTS ABOUT SECOND-HAND SMOKE

Did you know?

- ⇒ Second-hand smoke is the smoke that comes from the tip of a burning cigarette, cigar or pipe, or when a smoker exhales. ⁽⁵⁾
- ⇒ Second-hand smoke contains over 4000 chemicals including: ⁽³⁾
 - Carbon monoxide - the deadly gas that comes out of your car's tail pipe.
 - Formaldehyde - a chemical used to preserve dead animals.
 - Arsenic - a chemical used to kill bugs and weeds.
 - Ammonia - a chemical used to clean dirty floors and toilets.
 - Cyanide - a gas used in warfare.
 - 50 chemicals that are known to cause cancer. ⁽⁴⁾
- ⇒ Doctors say second-hand smoke kills as many as 3,000 Canadians each year. ⁽²⁾
- ⇒ Non-smoking food service workers are 50% more likely to develop lung cancer than other non-smokers. ⁽⁷⁾
- ⇒ Asthma is the leading cause of hospitalization in Ontario's children and is made worse by second-hand smoke. ⁽⁸⁾

How does second-hand smoke affect me, and others?

Exposure to second-hand smoke puts everyone at risk, particularly children who breathe more rapidly than adults. When exposed to second-hand smoke, people:

- ⇒ may experience headaches and eye, nose and throat irritation; ⁽¹⁾
- ⇒ are at greater risk of chronic respiratory illnesses including asthma, pneumonia and bronchitis; ⁽⁴⁾
- ⇒ can experience more colds and chronic middle ear infections; ⁽⁶⁾
- ⇒ are more likely to have low birth rate babies; ^{(9) (10)}
- ⇒ may increase their chance of getting lung cancer by 30%; ⁽²⁾
- ⇒ can increase their chance of dying from a heart attack. ⁽²⁾

What can you do about second-hand smoke?

- ⇒ Show your support for smoke-free places.
- ⇒ Do not allow yourself or others to smoke around pregnant women, infants and children.
- ⇒ Make your home and car smoke-free.
- ⇒ Avoid locations where smoking is permitted.
- ⇒ Support your favorite restaurants as they go smoke-free.
- ⇒ Encourage your local politicians to support Provincial legislation for smoke-free public places.

PROTECT YOURSELF AND OTHERS FROM SECOND-HAND SMOKE!

(1) Canadian Cancer Society - Where there's smoke; (2) The Dangers of Second Hand Smoke - National Clearinghouse on Tobacco & Health – January, 1999; (3) Second-Hand Smoke - What's In It? - National Clearinghouse on Tobacco & Health - January, 1999; (4) Passive Smoke: Nowhere To Hide - Health Canada; (5) Smoking and Indoor Air Quality - Health Canada; (6) Protecting Yourself and Your Family from Second-Hand Smoke - American Lung Association; (7) Michael Siegel, MD, MPH, "Involuntary Smoking in the Restaurant Workplace: A Review of Employee Exposure and Health Effects (1992);

(8) Ontario Ministry of Health and Long Term Care, May 17, 2000 - Asthma Information Package;

(9) U.S. Department of Health and Human Services, Office for Substance Abuse Prevention;

(10) A Report of the Surgeon General 1986, p.p. 106-107.