

Tobacco-Free Workplaces: Good for Business, Good for Health



Maine law requires employers to have a written smoking policy.



There is no risk-free level of exposure to secondhand smoke.



Smoking causes more than \$600 million in productivity losses in Maine each year.



Smoke-free policies support a healthier workforce.



Tobacco use is the leading cause of preventable disease and death.



Going tobacco-free supports your employees who are trying to quit.

Tobacco-free workplace policies save lives and money by:

- Protecting worker health
- Supporting employees who are trying to quit
- Reducing maintenance and insurance costs
- Preventing employees from starting to use tobacco products

Learn more at: BreatheEasyMaine.org

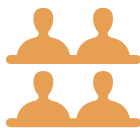
Steps to Create a Tobacco-Free Workplace



1 Assess current policy and review against Maine state law and Good-Better-Best policy language.



5 Announce the policy and regularly communicate upcoming changes.



2 Form an advisory committee to recommend changes to the policy.



6 Educate employees about available quit supports.



3 Create policy plan and implementation timeline.



7 Implement the policy.



4 Draft revisions to the policy and procedures.



8 Maintain the tobacco-free policy and evaluate efforts annually.

BREATHE EASY
REDUCING SMOKE EXPOSURE IN MAINE



**MAINE
PREVENTION
SERVICES**

Maine Center for Disease Control & Prevention
Department of Health and Human Services