

Keep our place a smoke and vape free space



Place photo of workplace champion here

Our Workplace Champion



Feeling nervous about being smoke and vape free at work? Here are a few tips to help you keep our place a smoke and vape free space:

- Leave the smokes/vapes at home when heading to work, so there's no temptation to light up
- Carry carrot sticks or slices of fruit as snacks to eat when fighting cravings
- Chew sugar-free gum when a craving hits
- Buddy up with a friend or work colleague who smokes or vapes and support each other to be smoke and vape free

Why are smoke and vape free workplaces important?

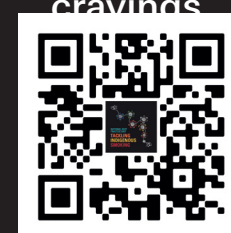
Successful smoke and vape free policies:

- Reduce harmful second-hand smoke and vape aerosol
- Provide a supportive environment for people quitting or who have recently quit
- Lead to smoke and vape free spaces in other areas such as homes and cars
- Encourage workers to try quitting

Play your part in maintaining a smoke and vape free workplace

Everyone can help maintain a smoke and vape free workplace. Some examples of how to get involved include:

- Ensuring all no smoking/vaping signs are clearly displayed
- Reminding colleagues about any designated smoking/vaping and non-smoking/vaping areas
- Promoting smoke and vape free work vehicles by using 'Keep our place a smoke and vape free space' air fresheners
- Removing old cigarette butts/vapes from outside the building or work vehicles
- Supporting colleagues who smoke/vape to avoid triggers and tackle cravings



Scan the QR code for more information on the 'Keep our place a smoke and vape free space' initiative.



Ready to quit? Aboriginal Quitline is there for you.

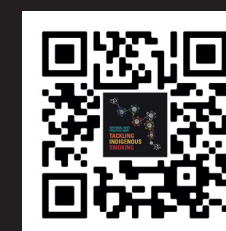
To use this free, confidential counselling service, call Quitline on 137 848 and ask to speak with an Aboriginal or Torres Strait Islander counsellor. Learn more about Aboriginal Quitline by scanning the QR code.



What is the Tackling Indigenous Smoking (TIS) program?

Tackling Indigenous Smoking teams are based across Australia in all states and territories. Their activities include:

- Promoting the benefits of not smoking or vaping
- Increasing awareness of pathways to quitting
- Seeking to reduce environmental smoke/vape aerosol and exposure to passive smoking/vaping, for example, in workplaces.



For more information about local TIS Team activities, scan the QR code.

Psst! More clever tips towards being smoke and vape free at work

We know it can be challenging to be smoke and vape free at work, but you can do it! Here are a few more tips to help you on your way:

- Suck on a drinking straw or toothpick instead of a cigarette/vape
- Replace your usual smoke (or vape) break with a different activity. Go for a walk, do some stretches, call or text someone, or start planning what you will do with the money saved from not smoking/vaping at work.
- Commit to small personal rewards for making it a day, a weekend or a week without having a cigarette/vape at work.

Want more tips? Check out the 'Keep our place a smoke and vape free space' journal for more information and tips on staying smoke and vape free at work.



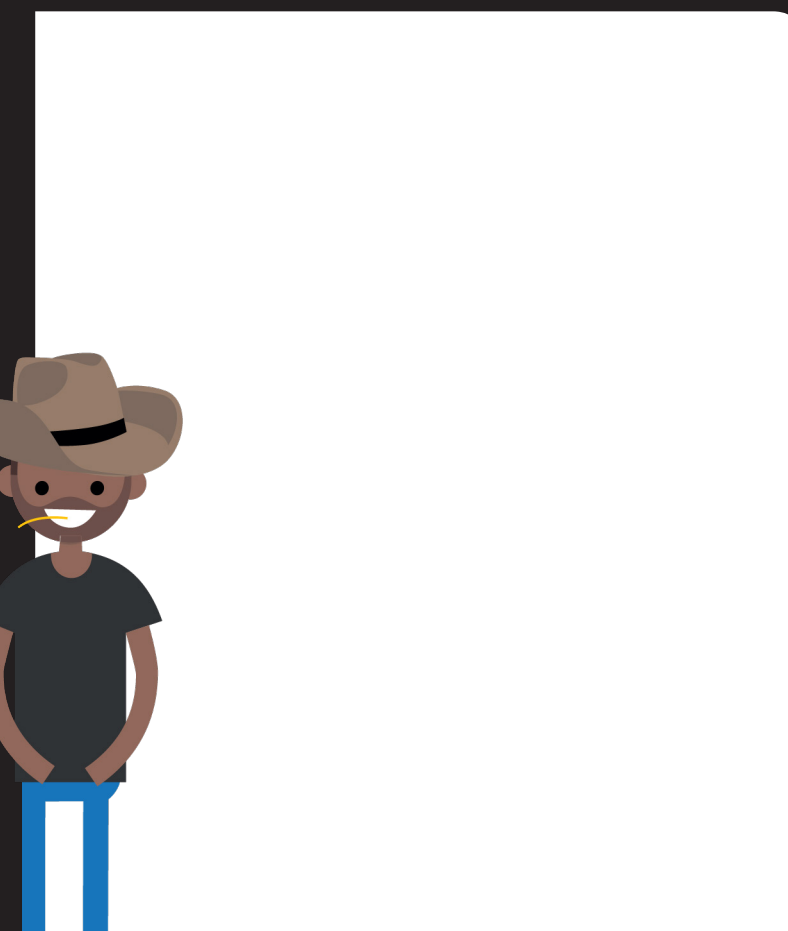
The national Tackling Indigenous Smoking program, a Department of Health Disability and Aged Care initiative, has been active for more than a decade. We have seen a significant 9.8% absolute decline in daily tobacco use among Aboriginal and Torres Strait Islander peoples since 2004-05, compared to a 7.5% decline in the general population, leading to many lives saved.

Professor Tom Calma AO
FAA National Coordinator
Tackling Indigenous Smoking

TIS Teams

We can provide tailored, evidence-based educational activities and resources to support you to keep your workplace 'a smoke and vape free space'.

Contact Us



NATIONAL BEST PRACTICE UNIT
TACKLING INDIGENOUS SMOKING

TACKLINGSMOKING.ORG.AU

Play your part in making your smoke and vape free space a positive workplace environment!