

# Keep our place a smoke-free space



## Our Workplace Champion



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

- Leave the smokes 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 and support each other to be smoke-free

## Why are smoke-free workplaces important?

Successful smoke-free policies:

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

## Play your part in maintaining a smoke-free workplace

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

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

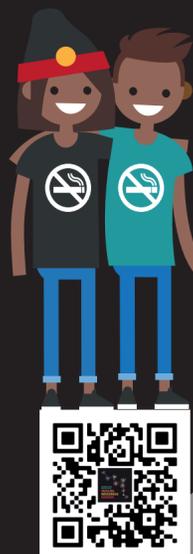


Scan the QR code for more information on the 'Keep our place a smoke-free space' initiative.



## 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
- Increasing awareness of pathways to quitting
- Seeking to reduce environmental smoke and exposure to passive smoking, for example, in workplaces.



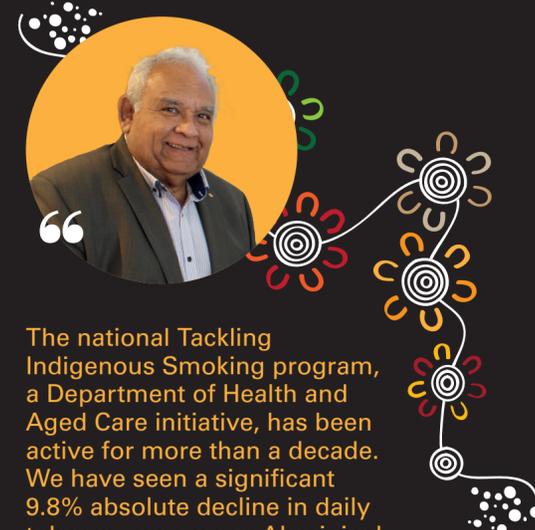
For more information about local TIS Team activities, scan the QR code.

## Psst! More clever tips towards being smoke-free at work

We know it can be challenging to be smoke-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
- Replace your usual smoke 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 at work.
- Commit to small personal rewards for making it a day, a weekend or a week without having a cigarette at work.

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



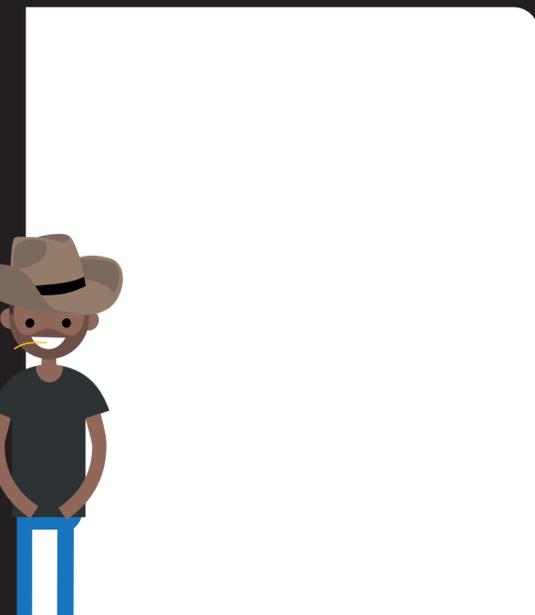
The national Tackling Indigenous Smoking program, a Department of Health and Aged Care initiative, has been active for more than a decade. We have seen a significant 9.8% absolute decline in daily tobacco use among Aboriginal and Torres Strait Islander peoples since 2004-05, compared to a 7.5% decline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

## Contact Us



NATIONAL BEST PRACTICE UNIT  
**TACKLING INDIGENOUS SMOKING**

TACKLINGSMOKING.ORG.AU

**Play your part in making your smoke-free space a positive workplace environment!**