

Congress-Smoke Free Workplace

Smoke Free- The way to be !



Central Australian
Aboriginal Congress
ABORIGINAL CORPORATION | ICN 7823

TACKLING INDIGENOUS SMOKING TEAM

- **Lillian Watson** - Tobacco Community Engagement Officer
- **Glenn Clarke** - Senior Tobacco Action Worker
- **Terry Braun** - Tobacco Action Worker



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WHY?

Why have a Smoke Free Workplace?

- Congress is a health organisation – Decrease exposure to cigarette smoke to everyone
- Congress has over 400 staff
- 52% of the staff are Aboriginal
- Protect staff, clients and visitors from the dangers of smoking (Second and Third Hand Smoke)
- Positive role model for the Aboriginal people and the community-positive image for the work place
- Encourage others to quit or reduce their cigarette intake on a day to day bases
- Happier, Healthier workplace and to improve work productivity



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CONGRESS AS AN ORGANISATION

- Congress became Smoke Free in 2008
- Staff, clients and visitors need to be 15 meters away of the premises boundaries
- Decrease clients and visitors exposure to cigarette smoke
- Promote change in attitudes and behaviours towards smoking
- Encourage and assist staff and clients through their quit journey
- Encouraging a workplace culture that supports workers who want to quit smoking
- Smoking is strictly prohibited in Congress vehicles and sites.
- Staff who do smoke are made to clock on/off if out side of lunch breaks



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SURVEYING CONGRESS

Tackling Indigenous Smoking conducted a company wide Smoking Survey at the start of 2017 and 2018.

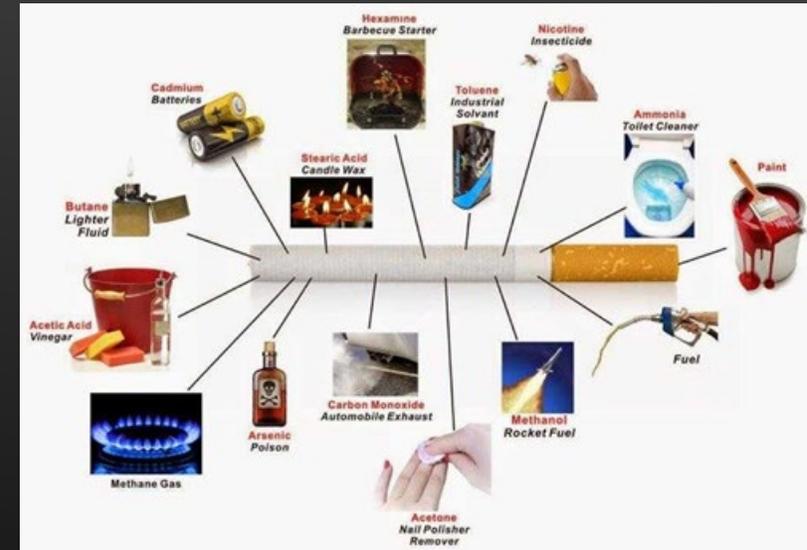
- **Not all Staff knew about our “Smoke Free Workplace” Policy**
- **Didn’t know what Second and Third Hand smoking was**
- **Referral path ways/ support**



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WEDNESDAY'S: CLINICS HAVE STAFF MEETINGS

- TIS team have come in to do a presentation on the effects of smoking
- Information on Second and Third hand smoking
- Support for staff
- Reinforce our policy
- Reminding clinic staff to do brief interventions
- Information on NRT
- After these session-staff came to the TIS team about quitting



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HOT SPOTS

- We targeted key areas around congress that staff would smoke at such as in alley ways, behind big trees
- We removed the chairs as it was not 15 meters from Congress premise
- Signs were made up as to where they could smoke



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OUTCOMES & CHALLENGES

Outcomes:

- Staff were showing interest in wanting to quit
- TIS staff noticed chairs were removed
- Hot Spots areas were clean and butt free (as we noticed filth prior to the meetings)
- TIS staff noticed smoking in correct areas
- Attitude in smoking has changed through out Congress

Challenges

- New staff not knowing the Policy
- Staff still smoking in Uniform
- Visitors still smoking on Congress grounds



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CONGRESS SMOKE FREE CLINICS

CONGRESS HAS TWO CLINICS WHERE THE STAFF ARE COMPLETELY SMOKE FREE. FOR THEIR EFFORTS THE TACKLING INDIGENOUS SMOKING TEAM PRESENTED EACH TEAM WITH A THANKS YOU LUNCH FOR LEADING THE WAY IN OUR SMOKE FREE WORK PLACE.

WE ARE HOPING MORE SECTIONS ON CONGRESS FOLLOW!



THANK YOU
ANY
QUESTIONS?



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