

Smoke Free WA Health

Information for Staff, Contractors & Volunteers

No smoking anywhere on grounds



Smoke Free WA Health System Policy

All WA Health owned and leased premises and grounds including hospitals, community health centres, office buildings, car parks and vehicles are completely smoke free.

Visitors, patients, staff, contractors and volunteers are not permitted to smoke on any WA Health owned or leased buildings, grounds or vehicles.

Signage is displayed at prominent sites around health services to inform visitors, patients, staff, contractors and volunteers that we are smoke free.

Why go smoke-free?

There is no safe level of exposure to Environmental Tobacco Smoke (ETS), also known as second hand smoke. Medical evidence has confirmed that tobacco smoking and exposure to tobacco smoke are causes of diseases including stroke, cancer, and bronchitis and can worsen the effects of asthma.

The smoke free policy is not intended to stop people smoking but rather to protect others from exposure to ETS.

Can staff smoke on designated breaks?

Staff and contractors who choose to smoke must leave WA Health grounds to do so. The length of designated tea break times cannot be altered to accommodate smoking.

How can we help staff who want to quit smoking?

Nicotine Replacement Therapy (NRT) is available to staff at different sites to help those who would like to quit smoking and/or manage their nicotine dependence whilst at work. Local smoke free coordinators can be contacted via the Smoke Free website for more information.



What happens if staff do not comply with the smoke free policy?

Staff who do not comply with the policy will initially be counselled. Compliance issues are handled just as would other misconduct or breach of any other WA Health policy or condition of employment. Line managers and supervisors must ensure that the policy is adhered to consistently by all staff.

What if a visitor does not comply with the smoke free policy?

Non-compliance with the policy by visitors should be dealt with in an educative and non-confrontational manner. If this approach fails, the matter can then be referred to relevant management or security.

Who will enforce the policy?

Respectful enforcement of the policy is everyone's responsibility. The issue should be addressed in a non-confrontational manner, and people informed that we are smoke free and that people can only smoke off site. Local smoke free coordinators can be contacted via the Smoke Free website for more information.

What about patients who smoke?

Patients are assessed on admission for nicotine dependence and may be offered NRT to manage cravings and other physical effects of nicotine withdrawal during their stay at hospital.

Staff are trained to assess current smokers and provide support to patients with quitting and controlling nicotine cravings during their stay in hospital. Local smoke free coordinators can be contacted via the Smoke Free website for more information on staff training.

Staff are unable to assist patients to leave WA Health premises to smoke.

What about home visits?

Patients who receive care at home are not permitted to smoke in the company of WA Health staff.

**For further information or to contact a Smoke Free Coordinator visit the Smoke Free WA Health website
www.health.wa.gov.au/smokefree**

Help to Quit:

- **Quitline 13 78 48**
- **www.quitnow.info.au**
- **The Cancer Council WA Fresh Start Course - (08) 9212 4333 or email Freshstart@cancerwa.asn.au**



Government of Western Australia
Department of Health

