

**ONE YOU  
SURREY**

# **SMOKE FREE AND HEALTHIER WORKPLACES**

**A WELLBEING GUIDE FOR  
SURREY EMPLOYERS**



# WHY SMOKING MATTERS IN THE WORKPLACE

Smoking often becomes tied to workplace routines such as breaks, social interaction and stress.

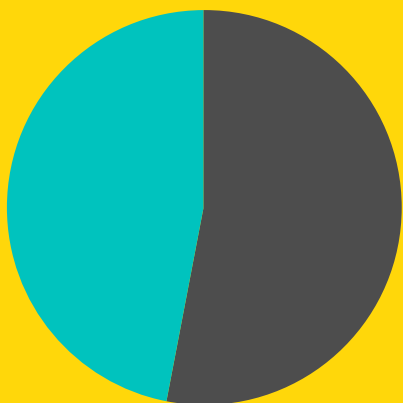
Because of this, the workplace has a powerful influence on smoking behaviour.

When employees see colleagues quit, they're more likely to try themselves.

Employers therefore play a key role in helping staff make positive, long-term changes.

## DID YOU KNOW?

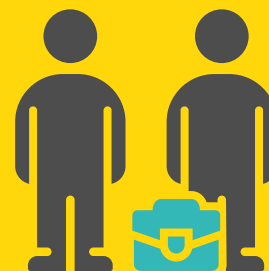
**53%**  
OF SMOKERS  
WANT TO QUIT



**1 IN 5** PLAN TO DO SO WITHIN  
THE NEXT 3 MONTHS



PEOPLE ARE  
**34%**  
MORE LIKELY TO QUIT  
WHEN SOMEONE THEY  
WORK WITH STOPS



# PRODUCTIVITY AND WORKFORCE IMPACT

The impact of smoking goes far beyond individual health. For employers, it can influence productivity, sickness absence and overall staff wellbeing.

When workplaces support people to quit, they gain healthier, more engaged teams and see real organisational benefits.

## £367 MILLION

LOST IN PRODUCTIVITY ACROSS SURREY EVERY YEAR.



PEOPLE WHO SMOKE ARE

## 33%

MORE LIKELY TO BE ABSENT FROM WORK THAN NON-SMOKERS.

THEY TAKE AN AVERAGE OF



## 2.7 MORE SICK DAYS PER YEAR.

FIVE 10-MINUTE SMOKE BREAKS A DAY ADD UP TO OVER

## £1000

PER YEAR IN LOST PRODUCTIVITY.



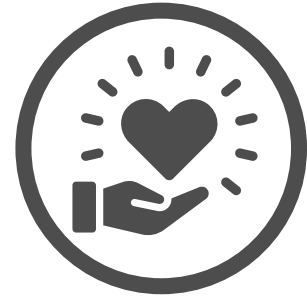
Supporting your employees' health brings real benefits:

- ✓ Reduced sickness absence
- ✓ Increased productivity
- ✓ Improved staff morale
- ✓ A more pleasant working environment
- ✓ A stronger company image

# TOBACCO KILLS TWO IN THREE OF IT'S LONG-TERM USERS

Tobacco kills two in three long-term users

The average smoker shortens their life by 10 years



**3X**

Nicotine vaping is significantly less harmful than smoking and can triple your chances of success.



You're three times more likely to quit successfully with help from a stop smoking service and nicotine replacement.



**72 hours:**  
Breathing feels easier, energy increases



**3-9 months:**  
Coughs, wheezing or breathing problems begin to improve.



**1 year:**  
Heart attack risk is reduced by half

# WHAT SUPPORT IS AVAILABLE IN SURREY?

Free support is available for anyone living or working in Surrey who wants to quit smoking.

People are three times more likely to quit successfully when they combine structured support with stop smoking aids such as Nicotine Replacement Therapy (NRT) or a nicotine vape.

These products help ease cravings by providing controlled doses of nicotine in a safer way, without the harmful chemicals found in tobacco smoke.



## PERSONAL SUPPORT

- 12 week programme
- Flexible appointments including weekends & evenings
- Friendly, confidential advice



## FREE STOP SMOKING AIDS

- Patches
- Gum
- Lozenges
- Mouthspray
- Vapes
- Prescription medication



## EXTRA BENEFITS

- Digital on-the-go stop smoking programme
- Free online gym pass
- Access to healthy weight programmes (MAN v FAT, Slimming World and gloji)

# VERY BRIEF ADVICE (VBA) ON SMOKING

Every interaction is an opportunity to support someone who smokes.

Very Brief Advice (VBA) is a simple, non-judgemental conversation that anyone in your organisation can deliver, helping staff access the support available when they feel ready to quit.

**It follows three simple steps:**

## ASK

Do you smoke?

## ADVISE

Did you know you are three times as likely to quit successfully with support and stop smoking aids?



## ACT

Signpost or refer to One You Surrey. Visit [www.oneyousurrey.org.uk](http://www.oneyousurrey.org.uk) or call 01737 652168.

Book a free training session for your workplace by contacting [marketing@oneyousurrey.org.uk](mailto:marketing@oneyousurrey.org.uk).

# WHAT TO DO NEXT

Creating a smoke free workplace is an ongoing process that works best when employers take small, consistent actions.

By training staff, raising awareness and building a supportive culture, workplaces can help more people make lasting, positive changes.



## TRAIN

- Train staff to deliver Very Brief Advice



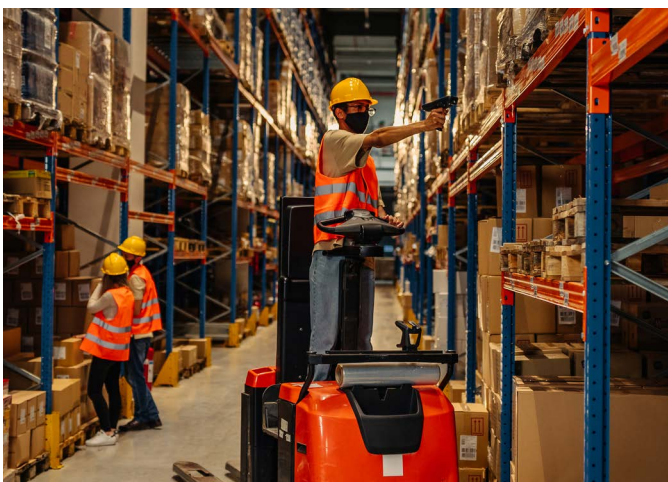
## PROMOTE

- Share stop smoking information across your workplace
- Display posters
- Take part in Stoptober and No Smoking Day



## SUPPORT

- Allow time for employees to attend appointments
- Check in during their quit journey
- Invite us onsite for an information stall or drop-in session



Find out more and order free posters and leaflets at [www.oneyousurrey.org.uk/employers/](http://www.oneyousurrey.org.uk/employers/)

# APPENDIX

1. <https://www.gov.uk/government/publications/smoking-and-tobacco-applying-all-our-health/smoking-and-tobacco-applying-all-our-health#:~:text=difficult%20to%20quit.-,Quitting%20smoking:%20the%20importance%20of%20support,choose%20to%20help%20them%20quit.>
2. <https://ukhsa.blog.gov.uk/2015/10/27/smokefree-workplaces/>
3. <https://ash.org.uk/resources/view/ash-ready-reckoner>
4. <chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://ash.org.uk/uploads/LandmanEconomics-smoking-employment-earnings-technical-report.pdf>
5. <https://www.nottingham.ac.uk/news/pressreleases/2012/october/university-research-reveals-smokers-take-27-extra-sick-days-per-year.aspx>
6. <https://www.nice.org.uk/guidance/ng13>
7. <https://ash.org.uk/uploads/Facts-At-A-Glance-Fact-Sheet.pdf>
8. <https://cebr.com/reports/smoking-costs-uk-businesses-8-7bn/>

