

**Healthy Workplace Resources
Request information:**

Contact Person:

Contact Number/email:

Date materials required:

Please make sure to check off the resources that you are interested in and send your requests by email workplace@hamilton.ca or print off the form and fax 905-546-3658

Resources will be sent electronically where possible.

For more information please contact:

web: www.hamilton.ca/workplace

tel: 905-546-4680

email: workplace@hamilton.ca

Healthy Workplaces Making it Easier.

A comprehensive list of resources available to workplaces to assist with health and wellness programming.

Tobacco Free Living

2010 Resource Series



Hamilton

Public Health Services

[Awareness raising activities & ideas](#)

Handouts

Make Your Home and Car Smoke-Free

Booklet for employees on how to remove second-hand smoke from their homes and cars. Also available in electronic copy on the web at www.hc-sc.gc.ca/hc-ps/tobac-tabac/index-eng.php (search publications)

On the Road to Quitting

This guide provides help to employees that want to take action to successfully stop smoking. Available in electronic copy on the web at www.hc-sc.gc.ca/hc-ps/tobac-tabac/index-eng.php (search publications)

Fact sheets/handouts (electronic copies):

Preparing to Quit Smoking, Contemplating Quitting, Dealing with Withdrawal Symptoms, Second-hand Smoke facts (can be shared with employees for inclusion in interoffice communications-emails, intranet, memos, bulletin boards, pay stubs), Second-hand Smoke in your home

Displays*

Quitting Smoking

Provides information to assist with quitting smoking. Learn where to get help in quitting, how to quit, and how to access resources.

Breathing Space: Community Partners for Smoke-Free Homes

Provides information on how to make homes and cars smoke-free.

Decreasing Youth Access to Tobacco

Provides information on how to decrease youth access to tobacco.

* we will require some additional information before displays can be confirmed through email/telephone. Available on loan for up to one week.

[Presentations & skill building opportunities](#)

A Tobacco Control Specialist or Public Health Nurse can talk to your workplace about:

- How to Quit Smoking**
- Second-hand Smoke**
- Smoke-Free Ontario Act**

Presentations can be customized to meet the needs of your workplace.

note: presentations subject to staff availability and a minimum attendance of 20 participants.

How to Quit Smoking (self-run presentation)

Second-hand Smoke (self-run presentation)

Self-run PowerPoint presentations in CD format. The presentation can be uploaded onto your intranet, sent through email or saved on a computer station for independent reviewing by employees.

[Creating a supportive environment](#)

Smoking cessation in the workplace: A guide to helping your employees quit smoking.

This guide provides practical, relevant material on smoking cessation that can be used either as part of a comprehensive wellness program or as an initiative on its own. (limited hard copies available, also available at www.hc-sc.gc.ca/hc-ps/tobac-tabac/index-eng.php – search publications)

Towards a healthier workplace: A guidebook on tobacco control policies.

This guidebook is designed to help employees and employers who are preparing to create or strengthen tobacco control policies in their workplaces. (limited hard copies available, electronic version also available at www.hc-sc.gc.ca/hc-ps/tobac-tabac/index-eng.php - search publications)

Consultation/policy support

Meet with a Tobacco Control Specialist who can help you develop policies and guidelines to support employees with quitting smoking and avoiding second-hand smoke in the workplace.

Sample policies (hard copy only)

A collection of policies that can be adapted to individual workplaces with respect to smoke-free workplaces and supporting employees with quitting smoking.

What Can You Do in Your Workplace?

One page list of ideas and resources for smoking cessation support in your workplace.

Report: The Business Case for Coverage of Tobacco Cessation

A cost-benefit analysis on various forms of cessation programs.

Why Should Employers Be Involved?

Resource that details six reasons why employers should help their employees quit smoking.