

Jobsite: \_\_\_\_\_  
Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_  
G.C. \_\_\_\_\_

**SMOHIT Body Maintenance**  
Toolbox Talks for the Sheet Metal Industry

### Smokeless Tobacco

- The two main types of smokeless tobacco in the United States are chewing tobacco and snuff.
- Cancer:
  - Smokeless tobacco contains 28 cancer-causing agents (carcinogens).
  - Smokeless tobacco is a known cause of developing cancer of the oral cavity (mouth, parts of the throat and pharynx or voice box).
    - Mouth cancer can quickly spread in the body.
    - Surgery needed to treat oral cancer is often extensive and disfiguring.
    - On average, only half of those with mouth cancer will survive more than five years.
- Oral health:
  - Smokeless tobacco is strongly associated with leukoplakia—a precancerous lesion of the soft tissue in the mouth that consists of a white patch or plaque that cannot be scraped off.
  - Smokeless tobacco is associated with recession of the gums, gum disease, and tooth decay.
- Reproductive health:
  - Smokeless tobacco use during pregnancy increases the risks for preeclampsia, premature birth, and low birth weight.
  - Smokeless tobacco use by men causes reduced sperm count and abnormal sperm cells.
- Smokeless tobacco can lead to nicotine addiction, an increase in the severity of hypertension (by narrowing the veins), heart disease, increased heart rate, clotting within blood vessels, and stomach ulcers.

**Notes:**

### Instructor Tips

- **Explain that every year about 30,000 new cases of oral cancer are diagnosed in the U.S.**
- **Explain that smokeless tobacco use leads to more than 8,000 oral cancer related deaths a year in the U.S.**
- **Ask workers if they think that smokeless tobacco is safer than cigarettes, and if so, why.**
- **Stress the fact that smokeless tobacco is not a safe substitute for cigarette smoking.**

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