

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Benefits of Quitting Smoking

- Quitting will allow you to break from nicotine dependence.
- Quitting will stop the more than 7,000 chemicals in cigarettes from entering your body.
 - Hundreds of these chemicals are toxic and about 70 are carcinogenic (i.e., cause cancer).
- Quitting will reduce the risk of cancer, other diseases, and premature death.
 - Although health benefits are greater for people who stop at earlier ages, quitting is beneficial at all ages.
- Quitting reduces the risk for coronary heart disease, stroke, and peripheral vascular disease.
 - Coronary heart disease risk is reduced within 1 to 2 years of cessation.
- Quitting reduces respiratory symptoms, such as coughing, wheezing, and shortness of breath.
 - The rate of decline in lung function is slower among persons who quit smoking.
- Quitting reduces the risk of developing chronic obstructive pulmonary disease (COPD), one of the leading causes of death in the United States.
- Quitting by women during reproductive years reduces the risk for infertility. Women who stop smoking during pregnancy also reduce their risk of having a low birth weight baby.
- A pack a day can average \$1,920/year and smoking related medical expenses can cost tens and even hundreds of thousands of dollars.

Notes:

Instructor Tips

- **Explain that on average, every cigarette you smoke reduces your life span by 11 minutes.**

Using 11 minutes, ask workers (who smoke) to estimate how much they have reduced their life span by so far.

10 cigarettes a day

**= 70 per week
= 280 per month
= 3,360 per year**

**= 36,960 minutes off life span/year
= 616 hours off life span/year
= 26 days off life span/year**

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Tobacco (3)