

## Information for employers – what you can do to encourage your employees to stop smoking

### Make information on local stop smoking support widely available in your workplace

#### What you can do ...

- Contact your local stop smoking service and ask for help in providing information about the local support available. Find your local services at [www.gosmokefree.co.uk](http://www.gosmokefree.co.uk), or call the NHS Smoking Helpline on 0800 169 0169
- Make information about the types of help readily available to all your staff. This should include when support is available, and where and how employees can access it
- Work with your staff to find out if there is extra information and support you can offer in the workplace

### Offer support to help employees who want to give up smoking

#### What you can do ...

- Think about allowing employees to attend stop smoking services during working hours without loss of pay. NICE has produced tools to help you calculate the cost of this, and see the benefits for productivity if your employees give up smoking. See [www.nice.org.uk/PHI005](http://www.nice.org.uk/PHI005)
- Be responsive to individual needs and preferences. If there is sufficient demand, ask your local stop smoking service to offer help on your premises. This might include an on-site stop smoking group
- Work with other local businesses to see if there is an opportunity to share smoking cessation support

### Work with your staff and their representatives to develop a stop smoking policy

#### What you can do ...

- Make the stop smoking policy part of an overall smokefree policy for your workplace
- Think about whether staff will be allowed time off for smoking breaks during working hours
- Think about whether any staff would like training to provide stop smoking advice

NICE develops public health guidance on the promotion of good health and the prevention of ill health. You can find more information about this NICE guidance, and other support to help you implement it in your workplace, on the NICE website at [www.nice.org.uk](http://www.nice.org.uk)

Contact your local authority Environmental Health Department for further help and guidance on how to make sure that you comply with the smokefree law.

© National Institute for Health and Clinical Excellence, 2007. All rights reserved. This material may be freely reproduced for educational and not-for-profit purposes. No reproduction by or for commercial organisations, or for commercial purposes, is permitted without the express written permission of the Institute.