

The Facts about Secondhand Smoke

Secondhand smoke is a serious health hazard.

- Secondhand smoke contains more than 4,000 chemical compounds, more than 60 known to cause cancer including formaldehyde, arsenic, cyanide, and carbon monoxide.ⁱ
- Secondhand smoke causes as many as 53,000 deaths every year in the U.S. from heart disease and lung cancer deaths among nonsmokers each year.ⁱⁱ
- Secondhand smoke can cause or exacerbate a wide range of adverse health effects, including cancer, respiratory infections, and asthma.ⁱⁱⁱ

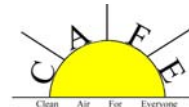
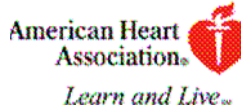
There is no risk-free level of exposure to secondhand smoke.

- The US Surgeon General concludes 100% smoke-free workplace policies are the only effective way to eliminate secondhand smoke exposure in the workplace.ⁱⁱ
- Separating smokers from nonsmokers, cleaning the air, and ventilating buildings cannot eliminate exposure of nonsmokers to secondhand smoke.ⁱⁱ
- The American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE), the preeminent U.S. body on ventilation issues, has concluded that ventilation technology cannot be relied on to control health risks from secondhand smoke exposure.ⁱⁱ
- Smoke-free laws should create places that are completely smoke-free – 100% smoke-free workplaces and restaurants and bars. Exemptions do not protect employees or the public from secondhand smoke.ⁱⁱ

No one should have to choose between their health and a good job.

- Nonsmokers exposed to high levels of tobacco smoke on the job double their risk of getting lung cancer.^{iv}
- Casino workers are at greater risk for lung and heart disease because of secondhand smoke exposure.^v
- Food service workers have a 50% greater risk of dying from lung cancer than the general population, in part, because of secondhand smoke exposure in the workplace.^{vi, vii}
- Research published in leading, scientific journals has consistently and conclusively shown that smoke-free laws have no adverse economic effects on the hospitality industry.^{viii, ix}
- Establishing smoke-free workplaces is the simplest and most cost effective way to improve worker and business health.ⁱⁱ
- Smoke-free policies decrease absenteeism among non-smoking employees, increase productivity, reduce housekeeping and maintenance costs, lower insurance rates and lowers the risk of fires.^x

Everyone Has the Right to Breathe Smoke-free Air.



ⁱ U.S. Environmental Protection Agency (EPA) (1992). *Respiratory Health Effects of Passive Smoking: Lung Cancer and Other Disorders*. Washington, D.C.: EPA.

ⁱⁱ U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006.

ⁱⁱⁱ California Environmental Protection Agency. *Health Effects of Exposure to Environmental Tobacco Smoke*. June 2005.

^{iv} Stayner, L., et al. (2007) Lung Cancer Risk and Workplace Exposure to Environmental Tobacco Smoke. *American Journal of Public Health*, 10.2105/AJPH.2004.061275.

^v Curran, J., "For casino workers, smoke study underscores hazard," *Newsday/AP*, October 17, 2004.

^{vi} Shopland, D.R.; Anderson, C.M.; Burns, D.M.; Gerlach, K.K., "Disparities in smoke-free workplace policies among food service workers," *Journal of Occupational and Environmental Medicine*, 46(4): 347-356, April 2004.

^{vii} Siegel, M. "Involuntary Smoking in Restaurant Workplace: A Review of Employee Exposure and Health Effects." *JAMA*, 270:490-493, 1993. Available at: http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=8320789&dopt=Abstract.

^{viii} Scollo, M., A. Lal, A. Hyland, and S. Glantz (2003). Review of the Quality of Studies on the Economic Effects of Smoke-Free Policies on the Hospitality Industry. *Tobacco Control* 12: 13-20.

^{ix} Scollo, Michelle and Anita Lal (2004). Summary of Studies Assessing the Economic Impact of Smoke-free Policies in the Hospitality Industry. Melbourne: VicHealth Centre for Tobacco Control. <http://www.vctc.org.au/tc-res/Hospitalitysummary.pdf>.

^x Centers for Disease Control and Prevention. *Saves Lives, Saves Money; Make Your Business Smoke-Free*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, June 2006.