

## **APPENDIX 32 – SMOKING POLICY AT NICVA**

Due to evidence that second-hand smoke can cause a number of health problems for non-smokers, NICVA has established a smoking policy that effectively protects non-smokers from involuntary exposure to tobacco smoke.

### **Health Risks of Second-hand Smoke**

Second-hand smoke is a mixture of the smoke given off by the burning end of a cigarette, pipe or cigar, and the smoke exhaled from the lungs of smokers. This mixture contains more than 4,000 substances, more than 40 of which are known to cause cancer in humans or animals and many of which are strong irritants. Second-hand smoke is also called environmental tobacco smoke (ETS); exposure to second-hand smoke is called involuntary smoking, or passive smoking.

### **Other Health Implications**

Exposure to second-hand smoke causes irritation of the eye, nose and throat. Passive smoking can also irritate the lungs, leading to coughing, excess phlegm, chest discomfort and reduced lung function. Second-hand smoke may affect the cardiovascular system and some studies have linked exposure to second-hand smoke with the onset of chest pain.

### **The Policy**

All staff must abide by NICVA's non-smoking policy. Staff must use the designated smoking areas situated external to the building. Staff should not smoke near an open door; all doors should be closed to prevent smoke entering the building.