

# Smoking and Your Restaurant

## BENEFITS OF ENCOURAGING YOUR EMPLOYEES TO QUIT SMOKING



Help employees live healthier lives and reduce risk of dying too early



Improve your customer experience by reducing smoke odors



Reduce call outs - nonsmokers take fewer sick days than peers who smoke



Save money

Excessive smoke breaks can cost **\$3,000** a year for each employee who smokes!

Vermont Adults who Smoke Cigarettes

16%

Vermont Adults in the Restaurant Industry who Smoke Cigarettes

33%

The smoking rate is two times higher among restaurant employees.

## SMALL STEPS TO SAVE MONEY AND SUPPORT EMPLOYEE WELLNESS

1

### Establish guidelines for break times

Employees who smoke can feel that taking smoke breaks is their only chance to have a break. Others can feel it's unfair that coworkers who smoke might take several breaks during a shift.

**Set a policy about breaks to make sure everyone is able to take established rest breaks.**

2

### Establish a smoke-free policy

Smoke-free policies protect staff and customers from secondhand smoke, help people who are trying to quit, and create a positive dining experience for everyone.

**Consider adopting a smoke-free policy in outdoor areas too, like patios and entrances.**

3

### Post information about free quit resources

802Quits is a free service that helps people quit smoking with online, phone, and in-person help. Email [tobaccovt@vermont.gov](mailto:tobaccovt@vermont.gov) for more information or to order materials.

**Hang up an 802Quits poster in a staff area or kitchen.**

4

### Create incentives

Some workplaces use incentives or contests to motivate and support employees who are trying to quit.

**Try holding a prize drawing for every smoke-free shift. Encourage staff to quit as a team.**