

**Title of Intervention:** Total Workplace Smoking Ban

**Intervention Strategies:** Environments and Policies

**Purpose of the Intervention:** To reduce environmental tobacco smoke exposure at work and increase smoking cessation among employees

**Population:** Adult white-collar employees

**Setting:** Telecom in Australia; worksite-based

**Partners:** Worksite management

**Intervention Description:**

- Environments and Policies: The workplace instituted a total workplace ban that prohibited smoking anywhere inside the building.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Not mentioned
- Training: Not mentioned
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Written policy
- Evaluation: Survey

**Evaluation:**

- Design: Pre- and post-test
- Methods and Measures:
  - Self-administered surveys addressed smoking status, estimates of the number of cigarettes smoked on workdays and non-workdays and detailed information about the number of cigarettes smoked in the last work week.
  - Other information was collected about smoking restrictions, attitudes about the bans, perceived effects of work performance and staff tension related to the ban.

**Outcomes:**

- Short Term Impact: A majority of staff, including the smokers, approved of the ban.
- Long Term Impact: Smokers were smoking between three and four fewer cigarettes per workday. The number of smokers in the worksite decreased nearly double the number of smokers in the community.

**Maintenance:** Not mentioned

**Lessons Learned:** A total smoking ban can be effective in reducing smoking in the workplace. Factors contributing to cost of smoking in the work place include absenteeism, higher cleaning costs, medical retirement expenses, premature death and liabilities. Implementation is relatively cheap and can be seen as a good investment.

**Citation(s):**

Borland R, Owen N, Hocking B. Changes in smoking behaviour after a total workplace smoking ban. Aust J Public Health. Jul 1991;15(2):130-134.

Hocking B, Borland R, Owen N, Kemp G. A total ban on workplace smoking is acceptable and effective. J Occup Med. Feb 1991;33(2):163-167.