

Second-Hand Smoke

Tips and Facts

Two thirds of the smoke from a cigarette is not inhaled by the smoker, but enters the air around the smoker who inhales this smoke.

It takes three hours to remove 95% of the smoke in the air from a single cigarette.

Designated smoking rooms have not been successful in preventing exposure to second hand smoke because of problems such as leakage of smoke through door openings, ceilings and faulty ventilation.

Your risk of developing cancer from second-hand smoke is about 100 times greater than from outdoor cancer-causing pollutants.

Designated Smoking Rooms (DSRs) are now prohibited. An employer may choose to accommodate employees who smoke by providing an outdoor smoking shelter. However, this shelter must consist of no more than two walls and a roof.

Smoking is banned in all enclosed workplaces including work vehicles.

Regular exposure to second-hand smoke increases the chances of contracting lung disease by 25% and heart disease by 10%.

Exposure to second-hand smoke for as little as eight to 20 minutes causes physical reactions linked to heart and stroke disease.