



The Workplace Smoking Cessation Specialist provides a service for employers in the following council areas: **Newtownabbey, Antrim, Ballymena, Ballymoney, Coleraine, Moyle, Carrickfergus, Larne, Magherafelt, Cookstown.**

For further information contact:

**Gillian Mc Attackney**

Workplace Smoking Cessation Specialist  
Northern Group Systems (Environmental Health)  
Unit 1 Hugomont Business Park  
Hugomont Drive  
Ballymena  
BT43 6HN

Tel: **028 2566 5803**

Mobile: **07841 954 240**

Fax: **028 2566 5825**

Email: **[gmcatackney@ngs-ni.org.uk](mailto:gmcatackney@ngs-ni.org.uk)**

This service is funded by Northern Tobacco Control Group and Public Health Agency



# QUIT SMOKING



## With WORKPLACE SUPPORT





## CASE STUDY

### G4S smoking cessation programme

G4S's Mallusk cash centre is a part of G4S plc, the world's leading security solutions group. There is a strong corporate social responsibility policy which includes a commitment to employees' health and well-being.

#### THE CHALLENGE

The efficiency of G4S's manufacturing line was impacted in a number of ways by employees taking their smoking breaks during working hours. Given the requirement to security search all staff every time they leave the secure areas within the centre, there were increased non-productive hours. Non-smoking colleagues were required to cover the manufacturing line in the smokers' absence.

#### THE SOLUTION

G4S engaged with the Workplace Smoking Cessation Specialist, who worked with the management team at Mallusk to assess the needs of the employees who smoked. Part of the initiative linked the Company with a pharmacist who was willing to provide a smoking cessation clinic in the workplace during normal working hours, offering nicotine replacement therapy and professional support and advice. The clinic was able to help seven out of ten smokers quit.

#### BENEFITS

There have been a number of direct and indirect benefits to both the Company and the employees. There has been a considerable reduction in non-productive hours and staff have taken fewer days off. The staff's perception of the Company has been improved and staff morale has increased. Beyond these benefits to the Company, there has been a positive impact on employees' lives and families and those that have managed to quit have inspired others to give up smoking too.

Gawain Foster, Service Manager G4S, said, "I would certainly recommend running a pilot within any company. G4S staff really benefited from having perceived barriers to accessing help removed through a workplace smoking cessation service."

## WORKPLACE SMOKING CESSATION SERVICE

All businesses, whatever their size, can benefit from investing in the health of their employees. Healthier employees take less time off work and are more productive when at work. A significant proportion of the population still smoke and smoking-related conditions lead to high levels of ill-health which in turn result in absenteeism from work and a shortened working life. Using the workplace setting to encourage and support people to quit smoking creates a win-win situation for everyone - better health, increased production hours, improved staff morale, a pleasant working environment and a good corporate image.

The service is free and the Workplace Smoking Cessation Specialist can visit you on site, at your convenience, to provide expert guidance on what steps you can take to maximise your investment in your employees' health through addressing smoking cessation at work.

The Workplace Smoking Cessation Specialist can offer you the following range of services, tailored to suit your individual business needs.

1. Provide information and materials regarding smoking cessation to employers for distribution to employees at work.
2. Provide information sessions and advice direct to employees e.g. manned information stands and short talks.
3. Provide information to workplaces on how employees can access smoking cessation services in their locality.
4. Where numbers permit, work with employers to offer a workplace stop smoking service during work time.
5. Provide support for employers to review/revise policies and staff induction programmes to embed a smoke free culture.
6. Train key individuals in the workplace (Health & Safety Advisers, Union Reps, Occupational Health professionals, Human Resources, managers & supervisors etc.) in Brief Intervention Training to help support new and existing employees in their quit attempts.
7. Provide opportunities for workplace 'Champions' to become trained as in-house Smoking Cessation Specialists.
8. Support businesses to develop stop smoking activities that link with company employee health and well being programmes and recognition awards, e.g. Investors in People.

