

Tobacco & Health on the Job

Kaiser Permanente
cares about your health,
which is why we ask you about
tobacco use at every medical visit.

We know quitting is difficult --
but it can be done and our stop
smoking programs can make it easier.



*To enroll in a stop smoking program,
at no additional cost to you,
please call Health Education at 752-6150*

Here are some ways that smoking can affect your health on the job:

- Workers who smoke have twice the accident rate of nonsmokers on the job.
- Cigarette smoking significantly increases the risk of dominant hand carpal tunnel syndrome.
- Smokers are absent from work 50 percent more than nonsmokers and are 50 percent more likely to be hospitalized.
- A nonsmoker's broken leg will heal 80 percent faster than a smoker's broken leg.

Did you know?

- Smoking cessation medications such as nicotine patches or some quit smoking pills are available to help you quit, and are often a covered benefit when you participate in any approved Kaiser Permanente Oakland stop smoking program.