

## Jason Mechanical Corp

# Tool Box Safety Talk

### SMOKING

Even the most adamant of smokers would be hard pressed to put forth a valid argument for smoking. Few smokers would encourage their children to smoke. There is no question that smoking presents a serious health risk.

OSHA has rules about smoking on job sites and they generally relate to the immediate (acute) health risk of fire or explosion. Other times they relate to certain procedures such as asbestos or lead abatement (where smoking is prohibited).

The smoke from cigarettes has three (3) major hazardous ingredients: nicotine, tar, and carbon monoxide. In addition to these elements, there are thousands of other chemicals which are delivered in trace amounts. Tar, produced by the burning of organic matter in combination with air and water, can produce cancer and emphysema by filling the alveoli in the lungs. Carbon monoxide, bound with one's hemoglobin, can starve your body for oxygen. Nicotine reaches the brain within ten seconds of inhalation. Nicotine, which provides a temporary lift, is not as medically dangerous as tar and carbon monoxide, but it is habit forming.

Diseases and medical problems caused or aggravated by smoking include: cancer of the lungs, lips, tongue, palate, larynx, esophagus, kidney and bladder; arteriosclerosis (constricting of the arteries); heart problems; bronchitis; and asthma. For women, smoking affects the unborn child and there is a possibility of increased chance of cancer of the womb.

Due to our current social environment of activism and legalism, smoking restrictions are more and more commonplace. From government buildings, public places, work places, and on and on, smoking is not being tolerated. Most buildings in which we work will have smoking prohibitions. If you must smoke, only smoke in authorized smoking areas. Of course, there will be no smoking in the vicinity of flammable liquids or gases. Respect the smoking policy at each job site. The overall smoking policy may have been set by the owner, other contractors, or ourselves.

All employees are encouraged to not start smoking, reduce their smoking habits, and, preferably, quit smoking altogether. This is much harder than it sounds. It has been said that nicotine is one of the most addictive drugs known to man and it is no easy task to quit.

Be encouraged! The more times you try to quit, the greater your chances of success.

Use caution when smoking on the job sites.

Safety Concerns:

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