

Getting Started

A member of the QuitPath Team can work with you to develop a plan that includes:

- What your organization wants to achieve
- Available resources
- Needs Assessment
- Key team members
- Communication/Promotion Strategy
- Monitoring and Evaluation



Helping Employees Be Tobacco-Free

The QuitPath Workplace Cessation Program delivers FREE information and services to individuals who need support to quit smoking. The QuitPath program focuses on direct engagement with your employees by offering the following:

- Promotion and distribution of QuitPath print resources
- Educational Lunch 'n' Learn sessions for Employees
- Carbon Monoxide monitoring clinics
- Presentations for Management on program benefits
- Brief Tobacco Cessation Intervention Training for staff facilitators
- Engagement of other Community Workplace Wellness providers

“Absenteeism rates have been shown to fall significantly among former smokers in the years after they have quit.”



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QuitPath Workplace Smoking Cessation Program



Yukon
Health and Social Services

What is Workplace Cessation?

Workplace Cessation is a flexible approach to engaging employees who need support to quit smoking.



What is Needed for Effective Workplace Cessation Activities



- Workplace culture of readiness
- Champion or Key Decision Maker to assist with coordination
- Practical tools and free resources readily available
- Inclusion of non-smokers to create a supportive environment
- Several opportunities to engage in planned activities

Why Workplace Cessation?

By engaging your employees through the QuitPath program you are taking steps to:

- Reducing Cost
- Improve Productivity
- Improve Employee Health
- Enhance Job Satisfaction
- Enhance Corporate Image



“Helping employees who want to quit smoking sends a clear message to all employees that their well-being is important to your company or organization”.