

Jobsite: \_\_\_\_\_  
Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_  
G.C. \_\_\_\_\_

**SMOHIT Body Maintenance**  
Toolbox Talks for the Sheet Metal Industry

### Smoking Statistics

- An estimated 46 million people, or 20.6% of all adults (aged 18 years and older) in the United States smoke cigarettes.
- Cigarette smoking is the leading cause of preventable death in the United States, accounting for approximately 443,000 deaths in the United States each year.
- More deaths are caused each year by tobacco use than by all deaths from HIV, illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.
- Compared with nonsmokers, smoking is estimated to increase the risk of:
  - Coronary heart disease by 2 to 4 times
  - Stroke by 2 to 4 times
  - Men developing lung cancer by 23 times
  - Women developing lung cancer by 13 times
  - Dying from chronic obstructive lung diseases (such as chronic bronchitis and emphysema) by 12 to 13 times
- Nicotine is the psychoactive drug in tobacco products that produces dependence, and is the most common form of chemical dependence in the United States.
  - Research suggests that nicotine is as addictive as heroin, cocaine, or alcohol.
- Quitting is difficult and may require multiple attempts.
  - Relapses occur due to stress, weight gain, and withdrawal symptoms, which include irritability, anxiety, difficulty concentrating, and increased appetite.

**Notes:**

### Instructor Tips

- **Take a survey of how many workers smoke and compare it to the statistics provided.**
- **Explain that smokers can quit and today there are more former smokers than current smokers.**
- **Explain that smoking causes an estimated 90% of all lung cancer deaths in men and 80% of all lung cancer deaths in women.**
- **Explain that an estimated 90% of all deaths from chronic obstructive lung disease are caused by smoking.**

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Tobacco (1)