

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Health Risks of Smoking

- Smoking and cardiovascular disease:
 - Smoking causes coronary heart disease, the leading cause of death in the United States.
 - Cigarette smoking causes reduced circulation by narrowing the blood vessels (arteries) and puts smokers at risk of developing peripheral vascular disease (i.e., obstruction of the large arteries in the arms and legs that can cause a range of problems from pain to tissue loss or gangrene).
 - Smoking causes abdominal aortic aneurysm (i.e., a swelling or weakening of the main artery of the body—the aorta—where it runs through the abdomen).
- Smoking and respiratory disease:
 - Smoking can cause lung cancer and lung diseases (e.g., emphysema, bronchitis, chronic airway obstruction) by damaging the airways and alveoli (i.e., small air sacs) of the lungs.
- Smoking and cancer:
 - Lung cancer
 - Bladder, kidney, and stomach cancer
 - Acute myeloid leukemia
 - Cancer of the oral cavity (mouth), pharynx (throat), larynx (voice box), and esophagus
 - Cancer of the cervix and uterus (in women)
- Reproductive and early childhood effects of smoking include; infertility, preterm delivery, stillbirth, low birth weight, and sudden infant death syndrome (SIDS).

Notes:

Instructor Tips

- **Explain that smoking harms nearly every organ of the body.**
 - **Ask workers to share any experiences they, or person they know, have had with a smoking related illness.**
- Use their experiences to stress the seriousness of the negative effects of smoking.**

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

Name		Init.	Name		Init.
1.			13.		
2.			14.		
3.			15.		
4.			16.		
5.			17.		
6.			18.		
7.			19.		
8.			20.		
9.			21.		
10.			22.		
11.			23.		
12.			24.		

Tobacco (2)