

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Methods for Quitting Smoking

- Effective treatments that can increase the chances of successful cessation include the following:
 - Brief clinical interventions:
 - When a doctor takes 10 minutes or less to deliver advice and assistance about quitting
 - Counseling:
 - Individual, group, or telephone counseling
 - Behavioral cessation therapies:
 - Training in problem solving
 - Treatments with more person-to-person contact and intensity:
 - More time with counselors
- Cessation medications found to be effective for treating tobacco dependence include the following:
 - Over-the-counter and prescription nicotine replacement products:
 - Nicotine gum
 - Inhaler
 - Nasal spray
 - Lozenge
 - Patch
 - Prescription nonnicotine medications:
 - Bupropion SR (Zyban®)
 - Varenicline tartrate (Chantix®)
- The combination of medication and counseling is more effective for smoking cessation than either medication or counseling alone.

Notes:

Instructor Tips

- **Ask workers to share any successful or unsuccessful experiences they may have had with attempts to quit smoking.**

- **Explain that help for quitting is available from a number of resources such as:**

CDC hotline at 1-800-CDC-INFO

[CDC website](#)

[1-800-QUIT-NOW hotline and website](#)

Or by contacting the CDC by emailing tobaccoinfo@cdc.gov

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Tobacco (4)