

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

SMOHIT Body Maintenance

Toolbox Talks for the Sheet Metal Industry

Quitting Smokeless Tobacco

- The first and most important step is deciding to quit.
 - Once you decide, make sure you tell your friends, family, doctor or dentist, and others so they can support you in quitting.

- Talk to your physician or dentist so they can:
 - Do an oral exam to identify lesions caused by smokeless tobacco.
 - Give you advice and help you develop a plan.
 - Provide encouragement.
 - Provide information on how to learn skills to deal with quitting and staying off smokeless tobacco.
 - Discuss nicotine replacement therapy or other therapies.
 - Schedule follow-up contact to see how you're doing.

- Once you decide to quit, you need to:
 - Pick a quit date a week away (prepare yourself).
 - Lower the amount and frequency you use a little each day until your quit date arrives.
 - Build support before quitting - talk to other people who have quit, want to quit, and tell family and friends.
 - Get ready to quit - get rid of the rest of your smokeless tobacco, get substitutes for smokeless tobacco like gum or sunflower seeds.
 - Quit on your quit day - do something special for yourself and stay busy.

- Nicotine replacement products such as gum, patches, nasal spray, nasal inhaler, and lozenges, which are used for quitting smoking, MAY help curb your cravings.

- One-on-one and group therapy, and support group meetings can help you stick to your quitting agenda.

Notes:

Instructor Tips

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

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

CDC hotline at 1-800-CDC-INFO

[CDC website](#)

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

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