

### Vaping Risks

- Using an e-cigarette is sometimes called vaping, from the word vapor. E-cigarettes are battery-operated devices that heat liquid to release an aerosol (vapor) inhaled by the user. The liquid can contain propylene glycol, nicotine, flavorings and other substances. E-cig makers and supporters claim they provide a healthier alternative to smoking. Many users think they are an acceptable way to use nicotine where smoking isn't allowed, but that isn't the case.
- There's an estimated 9 Million people who vape in the United States.
- 1 in 20 Americans vape, and teenage e-cigarette consumption has increased by 1,800% over the last year.
- 14.1% (2.14 million) of high school students and 3.3% (380,000) of middle school students reported current e-cigarette use.

#### What are the risks?

- Although e-cigarette vapor has fewer toxic substances than cigarette smoke, users are still exposed to nicotine, which is a dangerous and highly addictive chemical, as well as toxins, metals and contaminants.
- Non-users around them may also be exposed to these harmful chemicals through exhaled vapor.
- The liquid can be toxic if eaten or absorbed through skin – a poisoning risk to young children in users' households.
- Vaping may help re-normalize tobacco use and get kids started, even leading them to regular cigarettes over time. In 2018, vaping went up by 78 percent for high school students, and today as many as 1 in 5 high schoolers report vaping.

#### Can it really help me stop smoking?

- E-cigarettes are sometimes marketed as a way to quit smoking, but there is not enough conclusive scientific evidence that it works. One study reported adult smokers who used e-cigs were 28% less likely to quit successfully. There is no such thing as a risk-free tobacco product and it is recommended to use proven methods to quit smoking.

**Notes:**

### Instructor Tips

- **Take a survey of how many workers vape and compare it to the statistics provided.**
- **Explain that smokers can quit without vaping and today there are more former smokers than current smokers.**
- **Explain that someone vaping just one time has over 20% chance of becoming a regular user.**
- **Explain that The Federal Drug Administration has not approved e-cigarettes as an aid to quit 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 (1)