

Alcohol, Smoking and Substance Misuse Level 1

Smoking is the leading cause of premature death and preventable illness in England. Smokers take between **1 and 2.7 more days off sick** per year than non-smokers.

17m working days are lost annually through absences caused by alcohol.



An estimated **8.5%** of **16 - 59** year olds took any drug last year.



Anonymous online alcohol **self-assessment tools** can help employees consider health risks and encourage behaviour change.



E-cigarette use is likely to be at least **95% less harmful** than smoking.



71% of smokers would find free information at work on quitting smoking useful.



Approx **1.5 million people** are addicted to prescription and over-the-counter medicines, which can affect performance, concentration or alertness.



Staff who smoke are **33% more likely** to be absent from work than non-smokers.



Smoking costs employers **£5.3 billion** through increased sickness absence and smoking breaks.



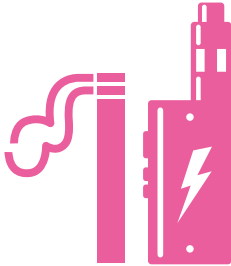
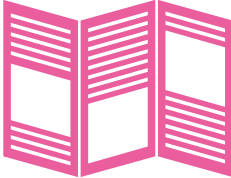
A quarter of the population drink alcohol at levels that increase their long-term risk of becoming ill.

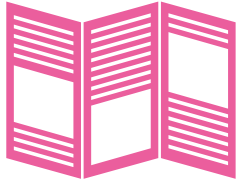
Employees who **misuse drugs and/or alcohol** are more likely to take time off, display poor performance and increase the risk of accidents.



Through lost productivity alone, the business cost in England of alcohol-related harm is **£7 billion**.



	Alcohol, Smoking and Substance Misuse Level 1: Criteria	Local/National Resources:
	<p>Develop and implement a written workplace smoke-free policy.</p> <p>Guidance:</p> <ul style="list-style-type: none"> • The Health Act 2007 prohibits smoking in all enclosed or ‘substantially enclosed’ public places, workplaces and any work vehicles used by more than one person. • The policy should include: <ul style="list-style-type: none"> » How to report breaches » The use of e-cigarettes » Signposting to stop smoking support » Ensure no smoking signs are displayed in works vehicles with more than one person • Consider how you will ensure that employees, contractors and visitors are aware of the policy and that it is adhered to. • The policy should be reviewed regularly and kept up to date • Consider sending the policy to employees to sign when they have read it, including in induction/ handbooks, highlight it in job advertisements and letters of appointment 	<p>Smokefree policy</p> <p>WWW policy guidance template</p> <p>WCC stop smoking webpage including local services and support</p> <p>Better Health - quit smoking website and national support Smoking, alcohol and substance misuse</p> <p>BITC drugs, alcohol and tobacco toolkit</p> <p>PHE campaigns</p> <p>e-LfH all our health e-learning sessions on various topics including alcohol; smoking and tobacco; misuse of illicit drugs and medicines</p> <p>Smoking</p> <p>WCC stop smoking webpage including local services and support</p> <p>Better Health - quit smoking website</p> <p>NCSCT stop smoking advice training</p> <p>NCSCT secondhand smoke training</p> <p>NCSCT e-cigarettes training</p> <p>ASH stop smoking website</p> <p>BHF smoking factsheet and booklet</p> <p>PHE e-cigarettes in workplaces guidance</p> <p>ASH e-cigarettes briefing</p>
	<p>Raise awareness and provide information about smoking, substance misuse and alcohol consumption. This should include:</p> <ul style="list-style-type: none"> • national guidelines/ key messages • risks of alcohol, substance misuse and smoking <p>Guidance:</p> <ul style="list-style-type: none"> • Ensure information is from a verifiable source and is accessible to employees from across the organisation. • Consider the format for providing information that is appropriate and accessible for all employees e.g. leaflets, apps, posters, intranet, notice boards, verbally. 	



Alcohol, Smoking and Substance Misuse Level 1: Criteria

Raise awareness and provide information regarding help and support for smoking, alcohol and substance misuse.

Guidance:

- It is useful to share national helplines as well as local support services for alcohol, substance misuse and smoking in pregnancy.

Local/National Resources:

Alcohol

WCC alcohol [webpage](#) including local services and support

Cranstoun and substance misuse service [website](#)

Better health - drink less [website](#)

BHF alcohol [guide](#)

Alcohol Change UK [website](#) including campaigns

Drinkaware [website](#)

e-LfH alcohol identification and brief advice [training](#)

Substance misuse

WCC drugs [webpage](#) including local services and support

Cranstoun alcohol and substance misuse service [website](#)

NHS drug support [information](#)

NHS effect of drugs [information](#)

HSE managing drugs and alcohol misuse in the workplace [guidance](#)