



Workplace 28 day stop smoking challenge

The Northern Ireland Health Survey (2014/15) reported that 22% of adults in Northern Ireland smoke, with smoking being most common among manual workers.

Using the workplace setting to encourage and support people to quit smoking helps ensure:

- better health in the workforce;
- increased productivity and reduced absence due to sickness;
- improved staff morale and a good corporate image.

The booklet includes details on how to support employees who want to stop smoking and how to organise and participate in the workplace 28 day stop smoking challenge.

The poster is designed to be displayed in workplaces throughout Northern Ireland, encouraging staff to take part and signposting them to available services to support them in their quit attempt.

Published

04 October 2016

Last reviewed

13 September 2018

Details

Format

A5, 4 pages, leaflet and A3 poster

Target group

Smokers

Downloads

Attachment	Size
Smoking 28 day challenge A5 leaflet 08_16_0.pdf	463.95 KB
Smoking 28 day challenge A3 poster 08_16_0.pdf	793.22 KB

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