An Overview of the Workplace Quit Smoking Program

Under the National Partnership Agreement on Preventive Health (Healthy Workers), the Queensland Government, in conjunction with the Australian Government, is implementing the Workplace for Wellness Initiative.

The range of activities funded as part of this initiative seek to engage and support Queensland workers to make positive and sustainable behaviour changes that reduce lifestyle-related health risk factors and improve their health.


The Workplace Quit Smoking Program

The Workplace Quit Smoking Program is an evidence-based quit smoking program targeting workers in blue collar occupations and high risk industries in Queensland. It is a structured program that combines the use of behavioural counselling with nicotine replacement therapy (NRT). The Workplace Quit Smoking Program is delivered by the Department of Health’s Quitline service (13QUIT); a confidential telephone smoking cessation counselling service dedicated to supporting smokers to quit. The Workplace Quit Smoking Program is provided at NO COST to the workplace or participants.

Benefits for workplaces and workers

Implementing the Workplace Quit Smoking Program has many potential benefits to workplaces and individual workers. Key benefits include:

- Increased productivity
- Reduced absenteeism
- Reduced rates of illness and injury
- Reduced exposure of non-smoking workforce to environmental tobacco smoke

Workplace Eligibility

The Workplace Quit Smoking Program targets high risk industries and blue collar occupational groups in Queensland in the following industries:

- Construction
- Transport and Storage
- Agriculture
- Wholesale Trade
- Manufacturing
- Mining
- Forestry and Fishing
- Utilities – Electricity, Gas and Water
Who can join the program?

Individuals wanting to participate in the program must:

- Be a current smoker
- Live in Queensland or spend significant or regular periods of time based in Queensland as part of conditions of employment*
- Be an employee, contractor of the workplace, or
- Are a partner/spouse and/or immediate family member residing with a worker registered in the program**

*For these workers the program is delivered while they are based in Queensland
**The program is not available to the partner/spouse/immediate family member of a worker who doesn’t smoke

What do workplaces need to do?

- Have management commitment to implementing the program
- Identify key person/s within the workplace to coordinate and manage the program
- Contact the Department of Health to register interest in participating in the program and establish workplace eligibility
- Sign the Implementation Schedule and return to the Department of Health
- Using templates provided by the Department of Health, develop program registration form and promotional material.
- Promote the program to the workforce
- Check completed registration forms and forward to Quitline

What does the Department of Health do?

- Draw up a Letter of Offer and Implementation Schedule and provide to the workplace.
- Provide templates for registration form, FAQs for Workers, generic promotional material
- Provide regular reporting to the workplace
- Offer suggestions to promote the program to the workforce

How does a worker join the program?

- Participants complete a program registration form and nominate their preferred day/s and time/s of contact and submit the form to the workplace contact for sign off. Workplace contact then sends through the form to Quitline for processing.
- A Quitline Counsellor will contact the participant at their nominated day and time to commence them on the program. The Quitline service operates 7 days a week. This means that counselling calls can be undertaken out of work hours.
- Quitline will follow-up with people who have completed the program at 3, 6 and 12 months to ascertain quit status for reporting purposes, and to provide any additional advice and support as required

What is the role of the Quitline counsellor?

The role of the counsellor is to provide information, advice and support to people who are ready to quit smoking; to give them the best chance of succeeding. Counsellors focus on the reasons why people smoke, not why they shouldn’t - callers are not given a ‘health lecture’. 
Feedback from participants
(All feedback from participants has been de-identified to retain confidentiality)

- **Client** stated that s/he would like to send a huge thank you to the team for all the great work they have done to help support him/her on his/her quit journey. **Client** reported that s/he has now started to assist and support the people at his/her workplace on their quit journey.
- **Client** wanted to thank Quitline for the support. **Client** reported that his/her lung capacity has improved and that s/he can walk further and has been more productive at work than the younger staff. **Client** stated, “Everything is so much better”.
- **Client** reported being grateful for the program and appreciated her workplace getting involved. **Client** stated that s/he does not know what s/he would have done without it.

For further information

For more information about the WQSP, or to register your organisation’s interest in participating please contact 13QUIT (13 78 48) or [https://workplacesforwellness.qld.gov.au/quit-smoking/](https://workplacesforwellness.qld.gov.au/quit-smoking/)

Alternatively, if workplaces do not wish to join the program, free confidential quit smoking support is available to all Queenslanders from the Quitline service. For further information contact Quitline on 13 QUIT (13 7848) or visit [www.health.qld.gov.au/quitsmoking](http://www.health.qld.gov.au/quitsmoking).