



California
Smokers'
Helpline

Free and confidential
telephone counseling for
quitting.

CALL TODAY!

When asked how you heard
about the program, please
credit BUILT, or give your
union's name and local
number.

English
1-800-NO-BUTTS
(1-800-662-8887)

Spanish
1-800-45-NO-FUME
(1-800-456-6386)

Mandarin & Cantonese
1-800-400-0866

Vietnamese
1-800-778-8440

Korean
1-800-556-5564

TDD/TTY
1-800-933-4TDD
(1-800-933-4833)

Chewing Tobacco
1-800-844-CHEW
(1-800-844-2439)



Chewing Tobacco

Smokeless tobacco is *not* a safe alternative to smoking. Chewing tobacco causes **cancer of the mouth, larynx and esophagus.**⁸ Badly discolored teeth, receding gums, bad breath and chronic sores are common among users. Long-term snuff users are 50 times more likely to get cancer of the cheek and gum than non-users.

Chewing tobacco puts many harmful chemicals into your body, including **arsenic, cyanide, lead and benzene.**⁹

Smokeless tobacco delivers more than twice the dose of nicotine than does cigarettes. It's as hard to quit using smokeless tobacco as it is to quit smoking.

Secondhand Smoke

Secondhand smoke hurts kids by causing respiratory problems. You don't want to bring lead dust home and you don't want to bring tobacco home, either.¹⁰

The U.S. Environmental Protection Agency (EPA) has classified secondhand smoke as a Group A carcinogen — a substance known to cause cancer in humans. There is **no safe level of exposure** to Group A carcinogens which also include asbestos and benzene.¹¹

Secondhand smoke is the third-leading preventable cause of death in America, killing 53,000 nonsmokers each year.¹²

Smoke from the tip of a cigarette has **20 times the carcinogens** as the smoke inhaled by a smoker.¹³



What's the Law?

California law prohibits smoking in indoor workplaces. 'Indoor' means 4 walls and a ceiling. It doesn't matter whether there are windows, louvers or sliding doors that open.

Smoking is permitted in outdoor workplaces, unless an employer or a local ordinance bans it.

Employers may provide breakrooms for smokers, as long as they meet ventilation requirements and as long as they also provide non-smoking breakrooms.

Building Trades Workers

Building trades workers and their children smoke and chew tobacco at a higher rate than the general U.S. population.¹⁴

General Population:	24%
Building Trades Workers:	39-45% (depending on trade)



built

State Building &
Construction Trades Council
1225 8th Street, Suite 375
Sacramento, CA 95814
916-443-3302
built@sbctc.org

Butane
Highly flammable. A component of gasoline.

Acetone
One of the active ingredients
in nail polish remover

Ammonia
Helps you absorb
more nicotine,
keeping you hooked
on smoking.

Lead
Damages brain,
nerves, kidneys
and reproductive
system; causes
anemia and
stomach
problems

Cadmium
Found in
batteries.
Damages liver,
kidneys and
brain. Stays in
body for years.

Phenol
Used in
disinfectants.
Weakens
your lungs.

Benzene
Found in
pesticides and
gasoline. Causes
leukemia.

**Hydrogen
Cyanide**
Used in the
gas chamber.
Weakens your
lungs.

Formaldehyde
Embalming fluid.
Causes cancer,
can damage
lungs, skin and
digestive system.

Arsenic
A deadly
poison.
Makes your
lips burn,
your breath
turn bad.

Benzopyrene
One of the
most potent
cancer-
causing
chemicals.

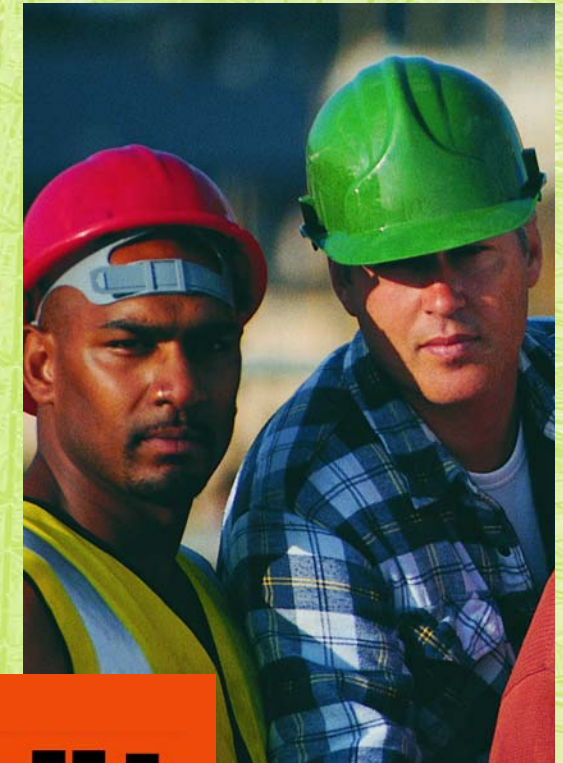
Toluene
Highly toxic.
Used in paint
thinner.

**Propylene
Glycol**
Found in
de-icer.



1, 2, 5, 6: U.S. Surgeon General, 1964, 1985, 1988, 1967.
3: U.S. Dept. of Health and Human Services, 1989.
4, 7: NIOSH, 1991, 1979.
8, 9: American Academy of Otolaryngology, 2000.
10, 11: U.S. EPA, Office of Research and Development, December 1992.
12: Glantz, Stanton and Parmley, William W., "Passive Smoking and Heart Disease; Epidemiology, Physiology and Biochemistry," 1991.
13: U.S. OSHA, "Secondhand Smoke: Is it a Hazard?" January 1995.
14: Nelson DE, Emont SL, Brackbill RM, Cameron LL, Peddicord J, Fiore M (1994), "Cigarette Smoking Prevalence by Occupation in the United States: A Comparison Between 1978 to 1980 and 1987 to 1990." JOM 36(5): 516-525.

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BUILDING TRADES
UNIONS
IGNITE
LESS
TOBACCO

union

Yes

tobacco

No

Give tobacco the boot

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For decades, the tobacco industry has hidden the facts about the addictive nature of nicotine and the deadly effects of tobacco use. Our goal is to provide accurate information about tobacco to members of building trades unions and their families—and to help them quit.

BUILT is an educational program of the State Building and Construction Trades Council that reaches out to union members through:

- Local Unions who distribute educational materials to their members;
- Health and Welfare Trust Funds, who provide information about tobacco and the benefits of quitting smoking to members and their families;
- Joint Apprenticeship Training Committees, who include information about tobacco and toxic hazards in their health and safety training for apprentices; and
- Labor-Management Committees, who develop worksite tobacco policies.

Tobacco and your health

Tobacco use causes deadly diseases

Including: lung cancer, heart disease, emphysema, and stroke.¹

Tobacco use causes impotence¹

Tobacco use makes your job more dangerous

Tobacco smoke damages your lungs so they're more easily hurt by other hazardous substances you're exposed to on the job.¹

When construction workers are exposed to toxic hazards on the job such as silica, formaldehyde, benzene and lead, they know to take special precautions, like wearing respirators, gloves, and wetting down surfaces. But cigarettes contain many of the same toxic substances and there are no precautions that the smoker can take.

Not only the smoker is exposed. Secondhand smoke is made up of over 4,000 chemicals and is considered a cancer-causing chemical by the Environmental Protection Agency (EPA).⁴

If you smoke and work with toxic chemicals, your health risks are greatly increased. For example:

- If you smoke, your risk of lung cancer is increased 11 times.
- If you work with asbestos, your risk of lung cancer is increased 5 times.
- But, if you smoke and you work with asbestos, your risk of lung cancer increases more than 50 times!²



Quitting smoking can reverse many of these effects quickly

When smokers quit, their lungs immediately begin to clean themselves. Their risk of disease will begin to drop. Daily smoking-related health problems, such as smoker's cough and shortness of breath, improve.¹



Tobacco affects your retirement ...and costs money

Shorter retirement

The average smoker dies seven years earlier than they would if they never smoked. Heavy smokers can begin to get seriously ill in their fifties or even younger. Those hard-earned retirement years can't be enjoyed if you are suffering from tobacco-related illnesses.

All members' benefits are affected by smoking.

More money can go into wages and pensions if it doesn't have to be used for health care costs for tobacco-related illness. Health insurance costs are affected by smoking-related claims that result in higher premiums for both employers and employees. When Health and Welfare Trust Funds pay out on large claims, this is a direct cost to every member who participates in the fund.

Less money in your pocket

Smoking is expensive! Buying just one pack of cigarettes a day for a year costs more than \$1,000.

