

Breathe Again!

YOUR GUIDE to the **SMOKING BAN**

BREATHE AGAIN from 2nd APRIL, 2007

Working towards a cleaner, healthier environment...

www.smokingbanwales.co.uk



YDDEI ADWYB YNDEU
HEULIHI AD DEN!
TWTY'S UP FOR
SECOND-HAND SMOKE



Mae'r ddogfen hon ar gael yn Gymraeg, ac mewn ieithoedd a fformatau eraill ar gais.
This document is available in Welsh, and in other languages and formats on request.

YOUR QUESTIONS ANSWERED...

BREATHE AGAIN WITH NEW LAW

A new law banning smoking in enclosed public places in Wales comes into force from **2nd April 2007**. The new law will protect workers and the public from the harmful effects of **SECOND-HAND SMOKE**.

This leaflet aims to answer any questions you may have about the ban.

The new law will affect most public premises including; **restaurants, pubs, bars, shops, cinemas, shopping centres, leisure centres, other enclosed workplaces and public transport.**

HEALTH BENEFITS OF STOPPING SMOKING:

If you are a smoker, see the ban on smoking in public places as an opportunity to improve your health!

HEALTH BENEFITS INCLUDE:

- **AFTER 20 MINUTES**
Blood pressure and pulse rate return to normal
- **AFTER 48 HOURS**
No nicotine left in the body
- **AFTER 2-12 WEEKS**
Circulation improves
- **AFTER 5 YEARS**
Risk of heart attack reduced
- **AFTER 10 YEARS**
Risk of lung cancer reduced

And the financial benefits add up too. You could be saving up to **£1800** in your first year of stopping smoking!

YOUR QUESTIONS ANSWERED...

SMOKING BAN: THE REASONS

The law aims to protect workers and the general public from the harmful effects of second hand smoke.

SHORT TERM EFFECTS CAN INCLUDE:

- eye irritation
- sore throat
- breathing problems (and possibly an asthma attack)
- irregular heart beat

LONG TERM EFFECTS CAN INCLUDE:

- increased risk of heart disease in adults by ~24%
- increased risk of lung cancer in adults by ~25%
- worsening of chest problems and allergies

WHAT NEEDS TO BE DONE TO COMPLY WITH THE LAW?

Employers, managers and those in control of no-smoking premises will need to display **no-smoking notices** and to take reasonable steps to ensure that staff, customers, members and visitors are aware of the new law and that they do not smoke in their premises.

THE FOLLOWING MINIMUM ACTION IS SUGGESTED:

- All premises must display clearly visible **no-smoking notices** and signage
- All premises should develop and implement a **smoke-free** policy
- All ashtrays should be removed from premises
- Anyone smoking should be informed that he/she is committing an offence and asked to put it out or leave;
- Anyone who continues to smoke should not be served.

YOUR QUESTIONS ANSWERED...

WHAT OFFENCES ARE CREATED BY THE NEW LAW?

The legislation creates three specific offences:

- FAILING TO DISPLAY NO-SMOKING SIGNS IN PREMISES COVERED BY THE LAW
- SMOKING IN A SMOKE-FREE PLACE
- FAILING TO PREVENT SMOKING IN A SMOKE-FREE PLACE.

WHO WILL ENFORCE THE LAW?

Authorised officers of the Council will have powers to enter premises in order to establish that the **smoke-free legislation** is being complied with. They will also be able to give out fixed penalty notices to people whom they believe are committing, or have committed, an offence under the new law.

ARE THERE ANY EXEMPTIONS TO THE LAW?

Private dwellings are not covered by the new law. There are no restrictions on individuals smoking in their own homes. However, if part of the dwelling is used as a place of business where someone other than a resident works those areas must be smoke free. There are other limited exemptions that cover places of residence.

THESE INCLUDE:

- designated rooms in adult residential care homes
- designated rooms in residential mental health treatment settings
- designated hotel bedrooms



WHAT PENALTIES ARE PROPOSED FOR THOSE WHO BREAK THE LAW?

- Smokers could be fined **£50** for smoking in smoke free premises. If convicted for a repeat offence the maximum fine will be up to **£200**.
- The manager or person in control of any NO-SMOKING premises could be fined a fixed penalty of **£200** for failing to display warning notices in no-smoking premises. For a repeat conviction, the maximum fine will be up to **£1,000**.
- The manager or person in control of any no-smoking premises could be fined up to **£2,500** for allowing others to smoke in smoke free premises.

HELP AND ADVICE

For Businesses, to develop a no smoking policy contact Caerphilly Local Public Health Team
01495 241 218

For help and support to STOP SMOKING contact:

All Wales Smoking Cessation Service freephone
0800 085 2219

NHS Wales Smokers Helpline freephone
0800 169 0169