

Here's the good news: the health benefits begin almost as soon as you quit. After...

- 20 minutes** Blood pressure and pulse return to normal
- 8 hours** Nicotine and carbon monoxide levels in the blood are halved, oxygen levels in the blood return to normal
- 24 hours** Carbon monoxide is eliminated from the body and the lungs start to clear out the build-up of tar
- 48 hours** There is no nicotine left in the body. Taste and smell are greatly improved.
- 72 hours** Breathing becomes easier, bronchial tubes begin to relax, energy levels increase
- 2-12 weeks** Circulation improves, making walking and running a lot easier
- 3-9 months** Coughs, wheezing and breathing problems improve as the lungs have room for up to 10 per cent more oxygen
- 1 year** Risk of heart attack is halved
- 10 years** Risk of lung cancer is halved
- 15 years** Risk of heart attack is at the same level as non-smokers



**QUEEN'S UNIVERSITY BELFAST**

## **SMOKE-FREE POLICY ADVICE**



Smoking has been prohibited in all workplaces in N Ireland since April 2007. From 1st January 2009, this ban has extended to include all University property, enclosed or otherwise, except in a small number of designated areas. Smoking is not permitted on :

- ✧ premises occupied or utilized by University staff, students and visitors, or in University vehicles.
- ✧ the University campus except in a limited number of designated areas.
- ✧ individual study bedrooms.

## DESIGNATED SMOKING AREAS

Designated smoking shelters are located in the following areas :

- ✧ Main site (adjacent to the Seamus Heaney Building)
- ✧ QFT (enclosed Rear Patio)
- ✧ Medical Biology Centre / Whitla Medical Building (covered walkway)
- ✧ David Keir Building (quadrangle)
- ✧ Ashby Building / Sonic Arts / Technology Centre (car park)
- ✧ Queen's Elms Village (Student Centre patio area)

***Surveys show that about 70% of current smokers would like to give up altogether.***

## ENFORCEMENT

The purpose of the Policy is to protect the health of all, so we are all empowered to ensure that students, staff and visitors are aware of it and comply with it. Most people will respond to a request to stop smoking, or move to one of the designated areas if politely informed of the requirements to do so. A copy of this leaflet may help. In the unlikely event of a refusal to comply, such action is a serious breach of University Policy and is an issue that will be addressed through the existing staff or student disciplinary procedure.

The policy is available on the University website, Occupational Health Service link **[www.qub.ac.uk/so](http://www.qub.ac.uk/so) (Information)** and further advice and support is available from: Occupational Health Service  
5 Lennoxvale (028 9097 5520)  
e-mail: [occhealth@qub.ac.uk](mailto:occhealth@qub.ac.uk).

## SMOKING CESSATION SUPPORT

The following resources are available for individuals who require support with smoking cessation:

**Occupational Health**  
Smoking Cessation Clinic  
028 90975520

**Ulster Cancer Foundation**  
028 90663281  
<http://www.ulstercancer.org/>

**ASH**  
[www.ash.org.uk](http://www.ash.org.uk)

**Click to Quit**