

CLEARING THE AIR ABOUT BRANTFORD'S CLEAN AIR BYLAW  
**Environmental Tobacco Smoke (ETS) – Facts for Owners / Operators**

**What Is ETS? (Second-Hand Smoke)**

The smoke from a cigarette is not just inhaled by the smoker; non-smokers are affected too. ETS is a combination of poisonous gases, liquids, and breathable particles that are harmful to our health – 2/3 of the smoke from a burning cigarette is not inhaled by the smoker, but enters into the surrounding environment.<sup>1</sup>

**Why Do I Need To Be Concerned?**

The U.S. Environmental Protection Agency has officially labelled second-hand smoke as a “Class A” cancer causing substance - the most dangerous of cancer causing agents.<sup>1</sup> ETS contains over 4,000 chemicals and more than 50 cancer-causing agents.<sup>2</sup> ETS causes many of the same health problems in non-smokers that are suffered by smokers, including lung cancer and heart disease.<sup>2,5</sup>

**How Much Exposure To ETS Is Safe?**

ETS is harmful to all those exposed to it – adults, children, smokers and non-smokers alike. Even short periods of exposure to ETS result in measurable amounts of toxic substances in the blood, urine, saliva and breastmilk of non-smokers.<sup>4</sup> ETS is one of Canada's major public health hazards.<sup>4</sup>

Results from more than 50 studies worldwide on indoor ETS show that it spreads rapidly throughout offices and buildings, stays in the environment for long periods of time and represents one of the major sources of exposure to cancer-causing pollution in the workplace<sup>5</sup> A non-smoker in a smoky room, such as a bar, inhales the equivalent of 35 cigarettes an hour – most Canadian service industry employees are exposed to ETS in their workplace. Chemical concentrations in ETS are, on average, 4 to 6 times higher in bars and 1.6 to 2 times higher in restaurants than offices where smoking is allowed. The risk of lung cancer is 50% higher for these workers than for the general population.<sup>1,3</sup>

**There is no known safe level of exposure to ETS<sup>1</sup>**

**What Are The Solutions?**

The regulation of tobacco use to prohibit exposure to ETS in public places, and the development of effective smoke-free policies at work which prevent exposure to ETS<sup>4</sup>

**Why A Smoke-Free Bylaw?**

Smoke-free bylaws are designed for a single purpose: to protect non-smokers from the known hazards of second-hand smoke. This issue goes beyond a simple matter of individual choice - exposure to second-hand smoke is a question of public health.<sup>3</sup>

**There is only one way to eliminate ETS from indoor air – remove the source.<sup>1</sup>**

For further information, call the Tobacco Information Line 732-6222



Council for a Tobacco Free Brant  
Brant County Health Unit  
working with  
The City of Brantford

**CTFB**  
COUNCIL FOR  
A TOBACCO  
FREE BRANT

Working Today...

For a Healthy Tomorrow

<sup>1</sup>Health Canada: “Living Smoke-Free” from [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) (2001).

<sup>2</sup>The Lung Association: “Lungs Are For Life” revised version, 2000.

<sup>3</sup>OTS Media Network: “Second-Hand Smoke: Health Effects”, 2000.

<sup>4</sup>Heart and Stroke Foundation: ETS: Behind the Smoke Screen.

<sup>5</sup>Heart and Stroke Foundation: Smoking in the Workplace: A Long-Term Liability.