



26 March
2006



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Sunday 26 March 2006 – clearing the air for a healthier Scotland.

On Sunday 26 March at 6am Scotland will become smoke-free. From that date, everyone in Scotland will have the right to work and socialise in a smoke-free environment. This leaflet explains what smoke-free will mean for you and what to expect when the ban starts.

Wherever you see this sign, you are protected by law from the harmful effects of passive smoking. These include an increased risk of lung cancer, heart disease and a variety of children's illnesses.



What the law means.

From 26 March, it will be illegal to smoke in most indoor places other than private homes. This includes restaurants, bars, cafes, hotels, theatres, bingo halls, church halls, sports centres, shopping centres, public transport, schools, hospitals and all clubs.

The law also covers almost all workplaces, including lorries and vans. Smoking indoors at work will no longer be allowed, including in any existing designated smoking rooms or areas. So, unless you carry out your job in your own or someone else's home, or in one of the few exempted premises, smoking indoors will be against the law. Employers can provide outdoor smoking shelters for their staff and customers, providing they comply with the law, but they don't have to.

What you can do.

All no-smoking premises must display no-smoking notices like the one shown here. If someone is smoking and you want to report it, the notice will tell you who to speak to (e.g. the owner or manager). If this doesn't resolve the problem, then you can call **0845 130 7250** to register your complaint. Calls will be charged at local rate. Local environmental health officers will follow up any such complaints.

clearing the air*



Employers and managers of premises must take all reasonable precautions to ensure that employees, customers and visitors don't smoke in no-smoking premises. If you are an employer or manager yourself and you have not received the guidance pack about complying with the new law, call **0845 300 3488** or visit the website, **www.clearingtheairscotland.com**. The website also contains further information about the smoke-free law, including some frequently asked questions, the full list of no-smoking premises and the few exemptions which have been allowed.

Giving up smoking.

If you are a smoker and want to take this opportunity to try to give up, help is available from Smokeline on **0800 84 84 84**. Or you can contact your local GP or NHS Board for advice on quitting and the smoking cessation support available in your area.

Q. Why do we need this new law?

A. To protect people from the proven health risks of passive smoking, i.e. breathing second-hand tobacco smoke.

Q. Who will enforce the law?

A. The law will be enforced by local Environmental Health Officers, who will have the power to enter all no-smoking premises to make sure the law is being complied with. They will be able to issue fixed penalty fines to anyone who is committing, or has committed, an offence.

Q. What are the penalties for breaking the law?

A. Individuals who smoke in no-smoking premises could face a fixed penalty fine of £50. Refusal to pay or failure to pay could result in prosecution and a fine of up to £1,000. Those in control of no-smoking premises could be fined a fixed penalty of £200 either for allowing people to smoke in their premises or for failing to display warning notices. Refusal to pay or failure to pay could result in prosecution and a fine of up to £2,500.

Smoking – the facts.

More than 13,000 people die every year in Scotland from tobacco use – the equivalent of 250 people a week or 35 people a day.

Lung cancer kills more people than any other type of cancer.

9 out of 10 lung cancer deaths are caused by smoking.

In Scotland, it is estimated that around 1,000 people who have never smoked die every year from the effects of passive smoking.

It is estimated that a smoking ban will prevent 219 deaths a year from lung cancer and coronary heart disease and up to 187 deaths a year from stroke and respiratory diseases.

30 minutes exposure to passive smoking is enough to reduce coronary blood flow in healthy adults.

Long term exposure to passive smoking increases the risk of lung cancer by about 24%, coronary heart disease by about 25% and it causes a number of conditions in children.

Sources: UK Health Education Authority – Deaths in 1995; Cancer Research UK 2002; Scientific Committee on Smoking and Health 2004; University of Glasgow 2005; Health and Economic Research Unit, Aberdeen University, 2005; Journal of the American Medical Association 2001.

Alternative formats and community language versions of this document are available on request by telephoning 0131 244 5660.



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