



# Let's be blunt about employee smoking habits this 4/20

Don't let employee health go up in smoke due to marijuana usage.



For employees who smoke cigarettes, there is a high likelihood that they are also daily marijuana users. In fact, people who quit smoking cigarettes may substitute marijuana to reduce withdrawal symptoms, as it is often seen as a less stigmatized substance.

Everyone knows that tobacco use is harmful, but marijuana can be just as detrimental to the body. When smoked, marijuana spends most of its time in the lungs and has been found to contain many of the same toxins, irritants, and carcinogens that are found in tobacco smoke.<sup>1</sup> Smoking marijuana can also cause conditions like chronic bronchitis and injure the cell linings of the airway, just as with cigarettes.

Whether or not they use cigarettes along with it, marijuana use can negatively impact employee productivity and safety. Employees who tested positive for marijuana had 55% more industrial accidents, 85% more injuries, and 75% greater absenteeism.<sup>2</sup>

4/20 (a "holiday" celebrating marijuana) is the perfect opportunity to evaluate the smoking cessation program offered to your employees and confirm that it offers support not just for quitting cigarettes, but also marijuana. Make time to ensure that boundaries related to substance use are clear to your employees as well as the benefits offered to them to cease smoking of all kinds.

**Marijuana use has increased and cigarette users are more susceptible.**

**49%**

U.S. adults who say they've tried marijuana, the highest measured<sup>3</sup>

**5x**

Likelihood of a cigarette smoker to be a daily marijuana user

**4x**

The amount of tar deposited in the lungs than by smoking cigarettes<sup>4</sup>

**Learn more about Pivot today!**  
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<sup>1</sup> Lung.org

<sup>2</sup> NSC

<sup>3</sup> Addiction Center

<sup>4</sup> Addiction Center