



WORK RIGHT REVIEW

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SMOKING & INJURY RISK

BY WRNW

Smoking is not good for us. This should come as no surprise. In fact, tobacco use is the **single largest preventable cause of disease and premature death** in the US. The part of that last sentence we love? Preventable! For the industrial athlete, this topic is important because smoking affects more than a gym routine. It affects EVERY physical movement we do from walking up stairs to moving equipment.



THE DETAILS:

- Smoking is associated with a 20-30% higher injury risk than non-smokers
- Higher aerobic and muscular fitness is not protective against injury between those more fit among smokers compared to non-smokers
- Higher fitness is protective against injury in non-smokers



What else is directly associated with injury risk for those who use tobacco?

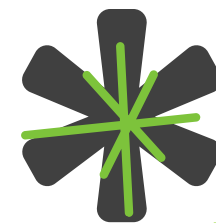
- **DISTURBED SLEEP PATTERNS**
- **INCREASED HEALING TIME**
- **SHORTNESS OF BREATH**
- **LOWER MUSCULAR STRENGTH**

EFFECTS OF SMOKING:

- **LESS ENDURANCE**
- **POOR PHYSICAL PERFORMANCE**
- **INCREASED RATE OF INJURY**



When tobacco smoke is inhaled it affects our lungs because tobacco smoke binds to our blood cells instead of oxygen. Without the levels of oxygen needed, muscles fatigue faster and have less ability to work as hard or get stronger. Additionally, your heart gets the message that more oxygen is needed and begins to work harder.



BOTTOM LINE:

For those beginning any new strenuous activity, **smoking is a preventable risk factor** for overuse musculoskeletal injury and healing of injury.

Ready to quit smoking? Check out [this resource](#) or ask your HR department if they have further information or potential company benefits in place to help you quit.

**WANT TO READ MORE?
SCAN THE QR!**

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

