

## No Smoking Policy

This policy is a revision of the No Smoking Policy of 2013 and has been approved by the H&S committee. It is a corporate policy of the University and is not subject to reinterpretation by local management. It has been revised in the light of: Developments in individual and societal expectations and reduced acceptance concerning exposure to smoking.

Middlesex University is required by the Health and Safety at work act (1974) to ensure the health, safety and welfare of employees while at work. The University recognises the rights of all staff, students, and visitors to be in a smoke free environment; however, we also recognise the rights of individuals who choose to smoke.

In line with the university's commitment to provide a safe and healthy environment for staff, students and visitors, the university is committed in supporting anyone who wishes to stop smoking (*Appendix A*).

This policy applies to all staff, students, visitors and contractors and will be applied fairly across the campus. It will be communicated to all staff and students as part of the University Induction and Welcome process, along with the Health and Safety University Guide. Staff and students are expected to take personal responsibility for observing this policy.

An assessment of the effectiveness of this policy will be carried out at six and twelve months following its implementation

- **Inside Buildings**

Smoking and vaping is prohibited in all University building (this includes office, corridors, lifts, stairwells, toilets, canopied areas) and external areas adjacent to buildings where environmental tobacco smoke could be drawn into the building and cause nuisance to occupants and may activate the fire alarms causing the building to be evacuated.

- Smoking and vaping is prohibited in student accommodation, in university residences or university managed residences. This also applies to private study bedrooms and all shared areas such as corridors, stairways, rest rooms, kitchens, entrances or reception areas. Smoking and Vaping is prohibited in University owned vehicles, vehicles leased to, or on hire to, the University.

- **Smoking and Vaping outside Buildings**

Smoking and vaping is prohibited on any university external areas including external stairways, footpaths, walkways roads and grounds except within Smoking Zones. Second-hand smoke or passive smoking is the smoke exhaled by smokers and the smoke created by the lit end of a cigarette. This smoke can stay in the air for a considerable time and people passing can still breathe in harmful poisons.

- **Smoking/Vaping Zones and Shelters**

Designated smoking/vaping zones and smoking/vaping shelters have been set up across the campus for those who wish to smoke or vape and are encouraged to use these facilities. These zones are marked clearly and smoking or vaping outside these areas will be deemed an offence. Please see *Appendix B* for a map of the smoking/vaping zones and shelters.

- **Electronic Cigarette/Vaping**

Electronic cigarettes are handheld electronic devices which vaporise liquid which the user inhales, using these devices is sometimes called vaping. The use of Electronic cigarettes is not permitted within any University building, vehicles or Hall of residence. Their use is permitted in external areas of the University but not within 5 metres of any building entrance.

- **Signage and Communication**

Signage will be clearly displayed at the entrance to and within University premises and around campus. The Reception area will clearly display the no smoking and vaping sign for all visitors to the campus. The university will continue to have a robust campaign, informing the campus and community members of the policy, the reasons for the policy and how to get help if needed. We will continue these communication efforts and emphasise this change.

- **Enforcement**

Breaches of the Smoking Policy will be treated seriously. Staff and students who do not comply with the policy will be informed that a violation may result in disciplinary action. Visitors and contractors who do not comply with the smoking policy may be asked to leave the building or premises (by security). Consideration may also be given to anyone caught smoking out of the smoking zones being issued with warnings.

Concerns regarding smoking on campus should be reported to Campus security on 0208 411 4329. If you require this document in an alternative format, please contact [HRS@mdx.ac.uk](mailto:HRS@mdx.ac.uk).

## **Appendix A**

### **Support Systems**

#### Stop smoking benefits

- You breathe more easily, gives you more energy
- You feel less stressed, live longer
- Improves smell and taste, whiter teeth, sweeter breath
- Improves the skin, slows wrinkles
- Saves money, reduces litter, protects the environment

The University is able to offer advice and assistance to individuals who encounter difficulty in complying with the policy or who wish to stop smoking. Please contact Robert McDonough, Occupational Health and Wellbeing Manager for further advice.

The Government has set up an NHS Stop Smoking Service which provides counselling and support to those who smoke and wish to stop.

- Stop Smoking, Live Well: <http://www.nhs.uk/Livewell/smoking/Pages/Gethelp.aspx>
- Smokefree NHS: <https://www.nhs.uk/smokefree>
- <https://www.facebook.com/NHSSmokefree>
- Local NHS smoking advisory service: <http://www.nhs.uk/Livewell/smoking/Pages/NHS-stop-smoking-adviser.aspx>

London Borough of Barnet have a number of services available to those who want to give up smoking, they are free and confidential. All stop smoking services in Barnet are provided by accredited stop smoking practitioners at registered GP surgeries and Pharmacies.

The nearest GP Surgeries to the Hendon campus with stop smoking services are:

- Dr Azim & Partners (Grovemead) 67 Elliot Road Hendon London NW4 3EB
- St George's Medical Centre 7 Sunningfields Road Hendon London NW4 4Q
- The Phoenix Practice, 7 Brampton Grove, Hendon, London, NW4 4AE

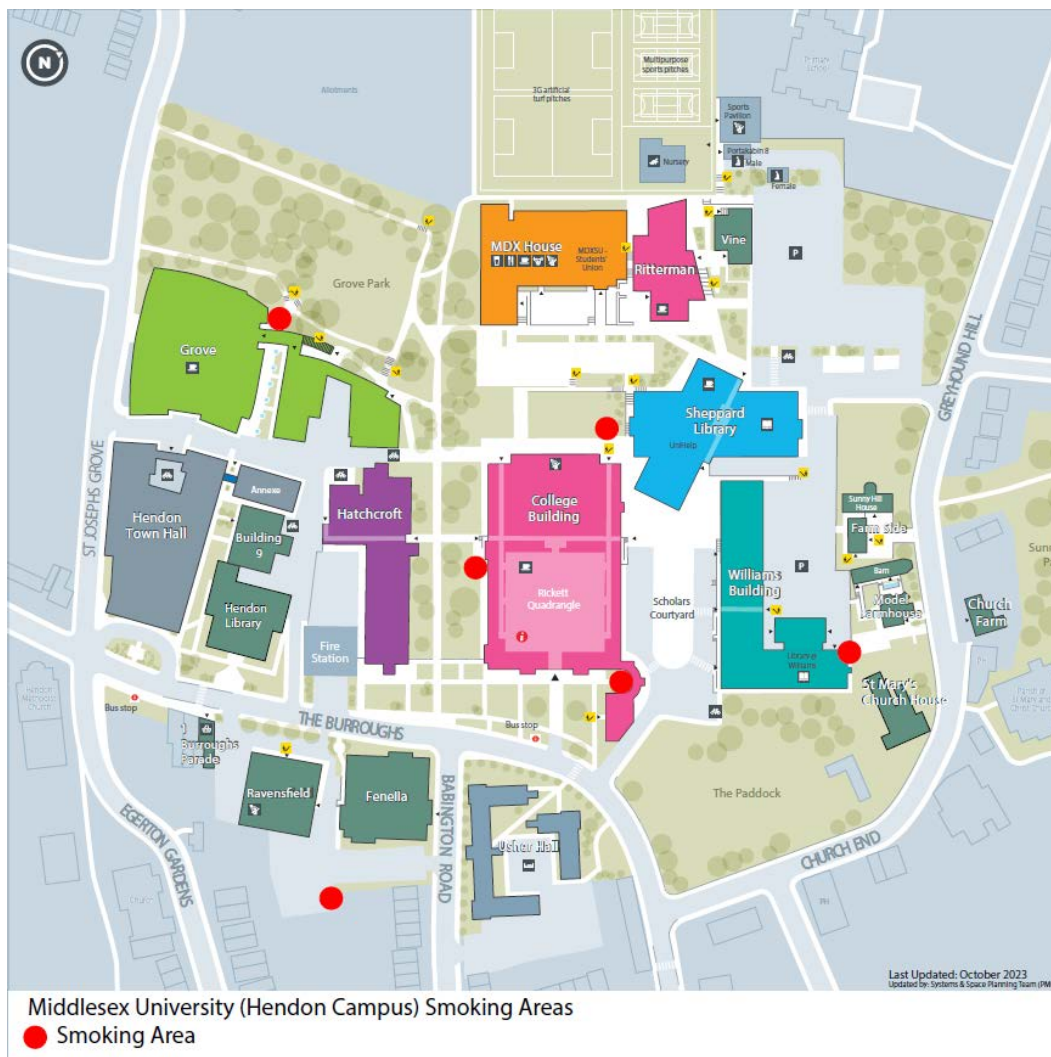
Further details can be found at: <https://www.barnet.gov.uk/citizen-home/public-health/stop-smoking-support.html>

As nicotine is addictive, the best way to avoid the need to try and quit smoking or using e-cigarettes is never to start.

## Appendix B

### Smoking Zones

1. Between Principals Lodge and College Building
2. East side of the Williams building
3. College Building (West Side opposite Hatchcroft)
4. Grove
5. Basketball Court
6. Ravensfield/Fenella Car park
7. Between Sheppard Library and rear of College Building



### Document Version Control

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