

Smoking - FACTSHEET

Why should I quit?

You will notice some benefits quickly after stopping smoking...

AFTER 20 MINUTES

Your pulse rate returns to normal.

AFTER 8 HOURS

Nicotine and carbon monoxide levels in your blood will reduce by more than half and oxygen levels will return to normal.

AFTER 48 HOURS

Carbon monoxide will be eliminated from the body. Lungs will start to clear out mucus and other smoking debris. There is no nicotine in the body. Ability to taste and smell is improved.



AFTER 72 HOURS

Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.

In the longer term...

AFTER 1 YEAR

Your risk of heart disease is about half compared with a person who is still smoking.

AFTER 10 YEARS

Your risk of lung cancer falls to half that of a smoker.

AFTER 15 YEARS

Your risk of heart attack falls to the same as someone who has never smoked



Saving £££

The average smoker has **13** cigarettes a day, which works out as **364** cigarettes a month.

That's **£141** a month and **£1696** a year that you could save by not smoking.

Did you know...

In 2015, 20% of Network Rail colleagues completed the online wellbeing assessment...

of these, 11.6% identified themselves as smokers

What can you do next?

Visit the Health and Wellbeing pages on Safety Central - <https://safety.networkrail.co.uk/healthandwellbeing/healthy-lifestyle/breathe-well/>

Use the NHS smoking cost calculator to see how much you could save by quitting smoking - <https://www.nhs.uk/smokefree/why-quit/cost-calculator>

Visit the NHS website for more information on smoking and how to quit - <https://www.nhs.uk/smokefree/why-quit>



home safe plan



everyone fit
for the future