



American Heart Association®

Hard Hats with Heart™



Toolbox Talks

What You Need to Know About Vaping

Using an e-cigarette is sometimes called vaping, from the word vapor. E-cigarettes are battery-operated devices that heat liquid to release an aerosol (vapor) inhaled by the user. The liquid can contain propylene glycol, nicotine, flavorings and other substances. E-cig makers and supporters claim they provide a healthier alternative to smoking. Many users think they are an acceptable way to use nicotine where smoking isn't allowed, but that isn't the case.

What are the risks?

- Although e-cigarette vapor has fewer toxic substances than cigarette smoke, users are still exposed to nicotine, which is a dangerous and highly addictive chemical, as well as toxins, metals and contaminants.
- Non-users around them may also be exposed to these harmful chemicals through exhaled vapor.
- The liquid can be toxic if eaten or absorbed through skin – a poisoning risk to young children in users' households.
- Vaping may help re-normalize tobacco use and get kids started, even leading them to regular cigarettes over time. In 2018, vaping went up by 78 percent for high school students, and today as many as 1 in 5 high schoolers report vaping.

Can it really help me stop smoking?

E-cigarettes are sometimes marketed as a way to quit smoking, but there is not enough conclusive scientific evidence that it works. One study reported adult smokers who used e-cigs were 28% less likely to quit successfully. There is no such thing as a risk-free tobacco product and the American Heart Association recommends using proven methods to quit smoking.

Frequently Asked Questions:

Is trying an e-cigarette once risky?

Yes, over 20% of the people who try an e-cigarette one time become regular users.

E-cigarettes can't be dangerous because they're an aid to quit smoking, right?

The Federal Drug Administration has not approved e-cigarettes as an aid to quit smoking.

Discussion Questions:

- Have you seen children/teens affected by vaping and e-cigarettes?
- Do you think those who pick up vaping are aware of the dangers of nicotine addiction?