

Nail your health
goals and

DITCH THE VAPE!



Do you use vapes?

Vaping increases your risk of many lung diseases.

For tradies, safety is a given:



You've got steel
caps for your feet



A hard hat for your head, and
safety glasses for your eyes

BUT what do you do to protect your lungs?



Think about your lungs –
you only get one set

Improve your lung health and call **Quitline 13 7848**

Learn more
about vaping here.



Queensland
Government



Lung
Foundation
Australia