

# Indoor Vaping – ASH Scotland Viewpoint

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*A longer briefing looking at the evidence base for this position  
will be published later this year.*

## Introduction

Electronic cigarettes are a new type of products which can be used to replace or supplement tobacco cigarettes. We believe they are less harmful for users than lit tobacco, but questions have also arisen over the risks they could pose to bystanders.

## Second-hand vaping vs second-hand smoking

In general, e-cigarette vapour in the air contains fewer harmful substances than second-hand tobacco smoke (SHS) – for instance, carbon monoxide, while commonly found in cigarette smoke, does not appear to be present in e-cigarette vapour. Those harmful substances which are present in vapour occur in considerably lower concentrations than in SHS. Therefore, **exposure to e-cigarette vapour is likely to be far less harmful than exposure to SHS.**

We don't believe e-cigarette vapour will be completely harmless. Some types of air pollution have been measured in high concentrations in the air following vaping. That suggests being in the presence of e-cigarette vapour could create some risk to health, even if it's a small risk compared to SHS. This may be of particular concern for those with heart or lung conditions, or young children, who may be especially vulnerable to these risks.

## ASH Scotland's view

As e-cigarettes do not burn tobacco, they do not come under Scotland's smoke-free public places legislation – it's legal to use them indoors. Venue owners and managers are responsible for creating and implementing their own policies on e-cigarette use. It may be appropriate for some indoor areas to have bans on e-cigarette use, or (to help enforce the law on smoking indoors) to ban "cigalikes" which look like lit tobacco.

We would argue for legislative action on vaping indoors if the evidence base indicated that was necessary, but current evidence does not support this. We believe that e-cigarette use is less harmful than tobacco use and would want to encourage people to use e-cigarettes instead of tobacco.

Policymakers may wish to consider whether premises which frequently host people who are more susceptible to the effects of indoor air pollution, such as children or those with health conditions, should restrict the use of e-cigarettes indoors.



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