

▶ PROTECT YOURSELF

DURING A FIRE

- Use your SCBA when in an IDLH
- Wear full PPE

ON THE FIRE GROUND

- Self decon using baby wipes to remove soot from skin
- Decon PPE to remove soot

IN QUARTERS AFTER THE FIRE

- Decon apparatus interior
- Shower
- Change and wash clothes
- Send PPE to vendor
- Wash hood every Sunday

EVERY DAY

- Keep PPE out of living quarters
- Do not store PPE in home or vehicle

▶ DO YOUR PART

REDUCE YOUR RISK BY 30%

- Stop using tobacco
- Use sunscreen
- Eat 5 servings of vegetables and fruit per day
- Eat less red meat
- Exercise daily

KNOW YOUR INCREASED RISK AS A FIREFIGHTER



103%
Brain Cancer

103%
Non-Hodgkin's
Lymphoma

114%
Leukemia

139%
Skin Cancer

121%
Colon Cancer

128%
Prostate Cancer

202%
Testicular Cancer

131%
Malignant
Melanoma

153%
Multiple Myeloma

FIREFIGHTERS & CANCER RISK



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Taken from 2013 Taking Action Against Cancer in the Fire Service