

Firefighter Cancer Support Network

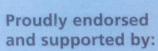
PROTECT YOURSELF FROM CANCER

- C LEAN OR CHANGE-OUT YOUR PPE AFTER EVERY WORKING FIRE
- FTER EVERY FIRE, TAKE A SHOWER AND CHANGE YOUR CLOTHES ASAP
- N EVER WEAR OR PLACE DIRTY PPE IN LIVING AREAS, INCLUDING YOUR CAR
- CONSIDER SUNSCREEN AND WEARING A HAT WHILE WORKING IN THE SUN
- E XHAUST IS DEADLY, BE SURE TO USE YOUR STATION'S EXHAUST SYSTEMS
- REMEMBER TO GET ANNUAL PHYSICALS, INCLUDING CANCER SCREENINGS!
- S CBA'S MUST BE WORN FROM ENTRY THRU OVERHAUL, NO EXCEPTIONS!

For Immediate assistance call toll free (866) 994-FCSN.

For further information about

Firefighter Cancer Support Network visit us on the web: www.FirefighterCancerSupport.org













Taking Action Against Cancer in the Fire Service!

What Immediate Actions Can I Take to Protect Myself?

1

Use SCBA from initial attack to finish of overhaul.

(Not wearing SCBA in both active and post-fire environments is the MOST dangerous voluntary activity in the fire service today!)

2

Do gross field decon of PPE to remove as much soot and particulates as possible.

3

Use Wet-Nap or baby wipes to remove as much soot as possible from head, neck, jaw, throat, underarms and hands immediately and while still on the scene.

4

Change your clothes and wash them immediately after a fire.

5

Shower thoroughly after a fire.

6

Clean your PPE, gloves, hood and helmet immediately after a fire.

7

Do not take contaminated clothes or PPE home or store it in your vehicle.

8

Decon fire apparatus interior after fires.

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Keep bunker gear out of living and sleeping quarters.

10

Stop using tobacco products.

11

Use sunscreen or sun block.

The importance of annual medical examinations cannot be overstated!

Early detection and early treatment are essential to increasing survival!

For More Information on the

Firefighter Cancer Support Network

www.FirefighterCancerSupport.org

Toll Free (866) 994-FCSN (3276)