



SOOT IS NOT A BADGE OF HONOR

RESEARCH SHOWS THAT FIREFIGHTERS DEVELOP CANCERS AT HIGHER RATES THAN THE GENERAL POPULATION.

2

times greater risk for testicular cancer

1.5

times greater risk for multiple myeloma and non-Hodgkin's lymphoma

1.3

times greater risk for skin cancer, malignant melanoma, and brain cancer

1.2

times greater risk for prostate cancer and colon cancer

It's time to take immediate action, change habits and protect yourself.



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).



Do gross decon of PPE while on scene to remove as much soot and particulates as possible



Use cleansing wipes to remove as much soot as possible from head, neck, jaw, throat, under-arms and hands while still on scene.



Change your clothes and wash them immediately after a fire.



Shower thoroughly after a fire - preferably within the hour.



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



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



Decon fire apparatus interiors after fires.



Keep bunker gear out of living and sleeping quarters.



Don't use tobacco products.



Use sunscreen or sun block.



Schedule annual medical exams.

FOR MORE INFORMATION ON CANCER STATISTICS AND PREVENTION



VISIT FSCN WEBSITE AT FIREFIGHTERCANCERSUPPORT.ORG

