VISIT FSCN WEBSITE AT FIREFIGHTERCANSUPPORT.ORG FOR MORE INFORMATION ON CANCER STATISTICS AND PREVENTION

Decon fire apparatus interiors after fires.

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

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

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

Don’t use tobacco products.

Schedule annual medical exams.

Use sunscreen or sun block.

Shower thoroughly after a fire - preferably within the hour.

Change your clothes and wash them immediately after a fire.

Keep bunker gear out of living and sleeping quarters.

Keep contaminated clothes or PPE home or store them in your vehicle.

Use SCBA from initial attack to finish of overhaul.

Do not wear SCBA in both active and post-fire environments as the most dangerous voluntary activity in the fire service today.

SPF

Schedule annual medical exams.

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

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

SOOT IS NOT A BADGE OF HONOR

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