



# Firefighter Cancer Support Network

## PROTECT YOURSELF FROM **CANCER**

- C**LEAN OR CHANGE-OUT YOUR PPE AFTER EVERY WORKING FIRE
- A**FTER EVERY FIRE, TAKE A SHOWER AND CHANGE YOUR CLOTHES ASAP
- N**EVER WEAR OR PLACE DIRTY PPE IN LIVING AREAS, INCLUDING YOUR CAR
- C**ONSIDER SUNSCREEN AND WEARING A HAT WHILE WORKING IN THE SUN
- E**XHAUST IS DEADLY, BE SURE TO USE YOUR STATION'S EXHAUST SYSTEMS
- R**EMEMBER 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](http://www.FirefighterCancerSupport.org)

Proudly endorsed  
and supported by:



Supporting Those Who Serve



**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.**

**9**

**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

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