



Firefighter Cancer Alliance



These are some simple actions that all Volunteer Fire Departments can take to reduce exposures to carcinogens (a substance that is capable of causing cancer), thereby decreasing the chances of developing cancer in the future.

1) Reduce the exposure to smoke

- ❖ Wear SCBA during incidents and overhaul
- ❖ Whenever possible work behind the nozzle spray when extinguishing fires
- ❖ Work to remove exhaust from engines in the fire hall
- ❖ Be aware of exhaust from apparatuses at the fire scene
- ❖ Do not store turnout gear in vehicles or sleeping areas

2) Reduce the exposure to your skin

- ❖ Perform gross decontamination at the scene
- ❖ Shower ASAP
- ❖ Use a wet wipe to remove soot from the skin ASAP at the fire scene
- ❖ Ensure that your turnout gear is properly laundered after exposures

3) Healthy Lifestyle Changes

- ❖ Stop using tobacco products
- ❖ Eat plenty of fruits and vegetables
- ❖ Limit processed meats
- ❖ Maintain a healthy weight and be physically active
- ❖ Use sunscreen and cover areas exposed to the sun
- ❖ Get regular medical care

Sources:

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/cancer-prevention/art-20044816?pg=2>

https://iab.gov/Uploads/commonwealth_fire_report_phase_one_-_august_final.pdf

<https://www.cdc.gov/niosh/pgms/worknotify/pdfs/ff-cancer-factsheet-final.pdf>

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