



ENDORSED PROGRAM

12 ACTIONS TO PROTECT AGAINST OCCUPATIONAL CANCER

+1-800-23-CANCER

+1-800-232-2623

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1. Use SCBA from initial attack to finish of overhaul.
2. Do preliminary exposure reduction (field/gross decon) of PPE to remove as much soot and particulates as possible.
3. Use wet naps 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 (try to shower within an hour after exposure.)
6. Clean your PPE, gloves, hood and helmet immediately after every fire.
7. Never take contaminated clothes or PPE home or store it in your vehicle.
8. Keep bunker gear out of living and sleeping quarters.
9. Decon fire apparatus interior after fires.
10. Stop using tobacco products.
11. Use sunscreen or sunblock.
12. Get annual examinations. Early detection and early treatment are essential to increasing survival.



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This information is brought to you by the International Association of Firefighters and the Firefighter Cancer Support Network