



ENDORSED PROGRAM

PROTECT YOURSELF FROM CANCER

+1-800-23-CANCER

+1-800-232-2623

alfrbp.com

@alfrbp

- C** Change your PPE after every fire
- A** Always take a shower after every fire
- N** Never place dirty PPE in living areas, including your car
- C** Clean your PPE regularly, regardless of appearance
- E** Exhaust is deadly
- R** Remember to get yearly physicals



www.iaff.org



www.firefightercancersupport.org

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