



# 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 cleansing 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 sunblock.

The importance of annual medical examinations cannot be overstated — early detection and early treatment are essential to increasing survival.

These 11 lifesaving actions are excerpted from FCSN's "Taking Action Against Cancer" white paper; it's available free of charge at [firefightercancersupport.org](http://firefightercancersupport.org).