ACT TODAY
SO YOU CAN BE WITH YOUR LOVED ONES TOMORROW

It’s time to take immediate action against cancer in the fire service! Change habits now to protect your family, your brother and sister firefighters, and yourself.

Use SCBA from initial attack to finish overhaul.

Do gross decon of PPE while on scene to remove as much soot and particulates as possible.

Use cleansing wipes to remove as much soot as possible from head, neck, jaw, throat, under arms and hands while still on scene.

Change your clothes and wash them immediately after a fire.

Shower thoroughly after a fire - preferably within the hour.

Clean your PPE, gloves, hood and helmet immediately after a fire.

Do not take contaminated clothes or PPE home or store them in your vehicle.

Decom fire apparatus interiors after fires.

Keep bunker gear out of living and sleeping quarters.

Don’t use tobacco products.

Use sunscreen or sun block.

Schedule annual medical exams.

FOR MORE INFORMATION ON CANCER STATISTICS AND PREVENTION
VISIT FSCN WEBSITE AT FIREFIGHTERCANCERSUPPORT.ORG

©2013-2017 Firefighter Cancer Support Network | firefightercancersupport.org

Photo credit: Rich Beauchene