



We miss her every day.

– Matthew Fox, in memory of Sarah Fox, dedicated wife, mother of five, and Portsmouth (NH) firefighter

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 of overhaul.

(Not wearing SCBA in both active and post-fire environments is the most dangerous voluntary activity in the fire service today).



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.



Decon 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