Soot is not a badge of honor

Research shows that firefighters develop cancers at higher rates than the general population.

2 times greater risk for testicular cancer
1.5 times greater risk for multiple myeloma and non-Hodgkin’s lymphoma
1.3 times greater risk for skin cancer, malignant melanoma, and brain cancer
1.2 times greater risk for prostate cancer and colon cancer

It’s time to take immediate action, change habits and protect 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, underarms 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.
- Don’t use tobacco products.
- Use sunscreen or sun block.
- Schedule annual medical exams.
- Keep bunker gear out of living and sleeping quarters.
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For more information on cancer statistics and prevention
Visit FSCN website at firefightercancersupport.org

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