

REDUCE YOUR EXPOSURE RISK TO CARCINOGENS

AT THE FIRE STATION:

- Proper use of diesel exhaust containment systems.
- Proper sealing of doors leading to living areas.
- Keep turnout gear (PPE) outside of living areas.
- Do not walk in living areas with dirty boots and gear after a fire.
- Report any damage to asbestos wrapped pipe encapsulation in fire stations.
- Wash hands thoroughly after cleaning/maintaining tools and equipment, and after handling and placing dirty work clothes and gear into the washer.

AT THE FIRE SCENE:

- Wear PPE properly.
- Use SCBA from the initial attack through the completion of overhaul.
- Do not rely on multiple gas detectors to determine PPE/SCBA donning and doffing.
- Gently rinse or brush off fire debris and soot before entering apparatus to return to station.
- Use wet naps to clean hands, neck, throat, jaw, and face after fire operations are complete.

AFTER THE FIRE:

- Clean all PPE, including helmets, hoods, and gloves. All PPE must be cleaned in accordance with NFPA 1851 Selection, Care, and Maintenance of Protective Ensembles for Structural Fire Fighting and Proximity Fire Fighting, and manufacturer recommendations.
- Clean tools, equipment, SCBA, and the inside of the apparatus cab.
- Shower thoroughly and change into clean station work clothes.
- Do not take soiled PPE or dirty work clothes home.
- Never transport soiled PPE in a personal vehicle. Have it returned to station via fire apparatus.

SELF-ACTIONS:

- Eliminate the attitude “The dirtier the gear, the tougher and more experienced I am” attitude.
- On assignments from station-to-station, place gear in a zippered gear bag or in a container with lid.
- Don’t smoke or chew tobacco
- Watch your diet and control your weight.
- Exercise regularly.
- Use alcohol in moderation.
- Use sunscreen.
- Have an annual medical exam.
- Have appropriate cancer screenings. Early detection and treatment are essential.

