

CANCER RISK in Firefighting

TOP 12 ways to protect yourself and your family

S CBA use on all fires and throughout the duration of overhaul

A nnual medical and skin exams

S tart tracking fire exposures

K eep PPE out of living quarters and the apparatus bay

A lways use a diesel exhaust system

T ake a shower ASAP after a fire

C lean your soiled uniforms in a department clothes washer

H ave a backup set of PPE

E stablish a safety committee regarding firefighter cancer

W ash your PPE in a gear extractor ASAP

A lways perform on-scene gross decontamination of PPE

N utrition and exercise



**FIREFIGHTER
CANCER
CONSULTANTS**



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