

# CANCER RISK in Firefighting

**TOP 12** ways to protect yourself and your family

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**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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SASKATCHEWAN**  
Safety • Health • Well-being

More information:  
[www.worksafesask.ca](http://www.worksafesask.ca)

