Firefighters suffer statistically higher rates of multiple types of cancer as compared to the general U.S. population. According to the Firefighter Support Network:

### 12 Steps Firefighters Must Take to Protect Against Cancer

1. Use breathing apparatus everywhere on the fireground
2. Decontaminate gear in the field – not in the station
3. Wet-wipe soot from face, neck, hands on the scene
4. Wash clothes immediately after a fire
5. Shower thoroughly after a fire
6. Clean all turnout gear immediately – inside and out
7. Do not store contaminated clothes/gear at home or in vehicles
8. Decontaminate fire apparatus interiors
9. Keep bunker gear out of living/sleeping areas
10. Stop using tobacco
11. Use sunscreen or sunblock
12. Schedule annual medical exams

Learn more: “Taking Action Against Cancer in the Fire Service,” hwll.co/fcsnwhitepaper

Source: Firefighter Cancer Support Network, firefightercancersupport.org