

Cancer: A Potential Catastrophe for Firefighters

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

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

Learn more: *"Taking Action Against Cancer in the Fire Service,"* hwll.co/fcsnwhitepaper
 Source: Firefighter Cancer Support Network, firefightercancersupport.org



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