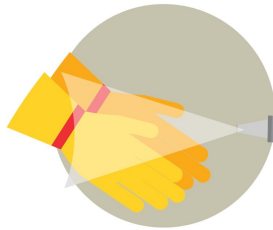


12 steps firefighters must take to protect against cancer



Use breathing apparatus everywhere on the fireground



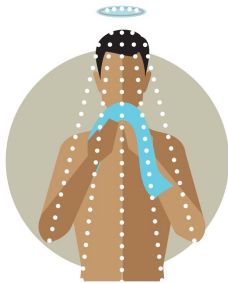
Decontaminate gear in the field – not in the station



Wet-wipe soot from face, neck, hands on the scene



Wash clothes immediately after a fire



Shower thoroughly after a fire



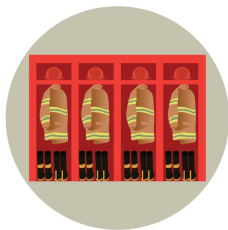
Clean all turnout gear immediately – inside and out



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

Source: Firefighter Cancer Support Network
firefightercancersupport.org/

