

REDUCE YOUR EXPOSURE RISK TO CARCINOGENS

AT THE FIRE STATION:

- Proper use of diesel exhaust containment systems.
- Proper sealing of doors leading to living/office areas.
- Keep turnout gear (PPE) outside of living/office areas.
- Do not walk in living/office areas with dirty boots and gear after a fire.
- Report any damage to asbestos wrapped pipe encapsulation in fire stations.
- Use nitrile gloves when cleaning/maintaining dirty tools and equipment.
- Wash hands thoroughly after handling tools/equipment, dirty station wear, and PPE.

AT THE FIRE SCENE:

- Wear PPE properly.
- Use SCBA from the initial attack through the completion of overhaul.
- Do not rely on multiple gas detectors to determine PPE/SCBA donning and doffing.
- Gently rinse or brush off fire debris and soot, and place PPE in a large contractor's garbage bag before entering apparatus to return to station.
- Use wet naps to clean hands, neck, throat, jaw, and face after fire operations are complete.

AFTER THE FIRE:

- Clean all PPE, including helmets, hoods, and gloves. All PPE must be cleaned in accordance with NFPA 1851 *Selection, Care, and Maintenance of Protective Ensembles for Structural Fire Fighting and Proximity Fire Fighting*, and manufacturer recommendations. Wear nitrile gloves.
- Clean tools, equipment, SCBA, and the inside of the apparatus cab. Wear nitrile gloves.
- Shower thoroughly and change into clean station work clothes.
- Do not take soiled PPE or dirty work clothes home.
- Never transport soiled PPE in a personal vehicle. Have it returned to station via fire apparatus.

SELF-ACTIONS:

- Eliminate the attitude "The dirtier the gear, the tougher and more experienced I am" attitude.
- On assignments from station-to-station, place gear in a zippered gear bag or in a container with lid.
- Don't smoke or chew tobacco
- Watch your diet and control your weight.
- Exercise regularly.
- Use alcohol in moderation.
- Use sunscreen.
- Have an annual medical exam.
- Have appropriate cancer screenings. Early detection and treatment are essential.

