



# Fire Fighter Cancer Awareness and Prevention



## TRAINING BRIEF

### Cleaning Your Fire Helmet

For many years, firefighters have considered their seasoned or dirty helmet as a badge of honor.

Clean helmets and turnouts were for the rookie or when one had to get a replacement set of PPE.

We know now that dirty or contaminated PPE can off gas and needlessly expose firefighters to PAHs (polycyclic aromatic hydrocarbons).

This kind of exposure puts firefighters at higher risk for cancer.

Cleaning your fire helmet on a consistent basis is important way to cut your exposure to cancer-causing contaminants. In addition to reducing your risk, a clean helmet can also prolong the life of the helmet.

General cleaning method for most fire helmets:

1. Use a cloth or brush, damp from a mixture of water and mild detergent. Wipe down all exposed surfaces of the helmet.
2. While cleaning, look for cracks, bubbling or deep scratches.
3. Remove the helmet liner. Clean the liner using the detergent and water mixture and agitate the liner till clean. If your department has a liner replacement program, replace it.
4. Take a soft dry towel and wipe the helmet and liner dry.
5. Hang to dry completely in a shaded, dry area.

As always, follow your specific departments standards and procedures for cleaning your helmet.

It is recommended to follow NFPA 1851 guideline for cleaning PPE after each use or exposed to products of combustion.

#### **Manufacturer Videos:**

[Phenix Fire Helmet](#)

[MSA Fire Helmet](#)

[Lion Fire Academy](#)