

CALL TO ACTION: REDUCE YOUR CANCER RISK AT THE FIRE STATION



Personal

- Practice healthy habits by maintaining your mental and physical fitness.
- Eat well and nourish your body, it's your most important tool.
- Whether or not your station is designed with hot, warm, and cold zones, it is important to avoid contaminating clean areas.
- Wear proper PPE during decontamination activities.
- Do not bring turnout gear or contaminated equipment into living areas.
- Do not conduct fitness activities or hang out in the apparatus bay.
- Get your NFPA 1582 annual medical exam and associated cancer screenings.

Organizational

- Design or retroactively establish hot, warm, and cold zones in stations and develop and enforce policies to protect members.
- Establish an occupational medical evaluation program (NFPA 1582 annual medical) that encourages positive healthy attitudes and behaviors.
- Ensure there is an engine exhaust capture system in the station.
- Establish a comprehensive vehicle maintenance program that includes cleaning apparatus cabs and compartments.
- Establish a comprehensive building maintenance program that ensures routine maintenance and cleaning to maintain hot, warm, and cold zones and limits contamination and buildup of contaminated dust and engine exhaust particles.