

CANCER PREVENTION

CHECKLIST

- ☑ **Treat every fire as a hazardous materials call - because it is.**
- ☑ Wear SCBA through all stages of firefighting, including overhaul.
- ☑ Perform gross decontamination whenever leaving fire operations, preferably before removing your regulator.
- ☑ **Bunker gear protects against heat – not carcinogens.** In rehab, use wet wipes to remove toxic soot from your head, face, neck, underarms, and hands.
- ☑ **“Shower Within the Hour”** – or as soon as possible after the incident.
- ☑ Change and wash uniform clothing, including hood, immediately upon returning to the station.
- ☑ Ensure that all gear and apparatus are properly cleaned after the fire. Switch to B-Set gear, if available.
- ☑ Keep gear out of living and sleeping areas.
- ☑ Do not take contaminated clothing home or store in a vehicle.
- ☑ Report every exposure using personnel injury tracking systems.
- ☑ Participate in annual medical surveillance. **Early detection leads to better outcomes!**

OFFICER'S CANCER PREVENTION CHECKLIST

SET THE SANDARD

- ☐ Set the example by properly donning PPE at all incidents and ensure crew members do also.
- ☐ Establish policies for mandatory decontamination whenever crews move from the fire ground. This includes:
 - ☐ Using hose lines to perform gross decontamination of bunker gear and SCBAs
 - ☐ Providing wet wipes to remove contaminants from all exposed skin
 - ☐ Switching crews to B-set gear (if available) until contaminated gear can be cleaned
 - ☐ Ensure all crew members change and wash uniform clothing immediately upon returning to the station and can "Shower within the Hour".
- ☐ Station policies often include the routine washing of apparatus. Similar policies should address the routine washing of hoods and other PPE.
- ☐ Ensure personnel are properly trained and use in-station diesel exhaust systems.
- ☐ Establish policies for proper storage of PPE and prohibit PPE in living quarters.
- ☐ Establish and use personnel injury reporting systems to establish records of exposures.
- ☐ Advocate for the establishment of, and participation in, ongoing occupational medical surveillance.

TRAINING AND TACTICS

- ☐ Treat every fire as a hazardous materials call - because it is.
- ☐ Include smoke hazards at planning and briefing sessions and in fire behavior forecasts.
- ☐ If possible, conduct overhaul 45 minutes after fire extinguishment to allow time for toxic gases to dissipate and ensure all crew performing overhaul operations continue to wear SCBA.