



Limit Your Exposure to Cancer



Cancer is the most dangerous and unrecognized threat to the health and safety of our firefighters. Even with our top quality PPE, you are still exposed to unknown risks penetrating our gear. Firefighters are at greater risk than the public in many cancers.

- Testicular cancer (2.02 times greater risk)
- Multiple myeloma (1.53 times greater risk)
- Non-Hodgkin's lymphoma (1.51 times greater risk)
- Skin cancer (1.39 times greater risk)
- Prostate cancer (1.28 times greater risk)
- Malignant melanoma (1.31 times greater risk)
- Brain cancer (1.31 times greater risk)
- Colon cancer (1.21 times greater risk)
- Leukemia (1.41 times greater risk)
- Breast cancer (preliminary study results)



Steps you can take to limit your exposure:

Use SCBA from initial attack to finish of overhaul.

Limit idling of apparatus when possible to avoid diesel exhaust.

Complete a gross decon of PPE to remove as much soot and particulates as possible at the scene. Do the hood swap after every exposure.

Use personal wipes to remove as much soot as possible from the head, neck, jaw, throat, underarms, and hands immediately in rehab.

Change your clothes and wash them immediately after a fire.

Shower within an hour after a fire.

Use sunscreen for any time period where you are exposed to the sun.

Bag your contaminated PPE after the fire and seal it before placing into the cab. Thoroughly decon the gear at the station before going in service.

Do not take contaminated clothes or PPE home or store it in your vehicle.

Keep bunker gear out of living and sleeping quarters.