

10 BEST PRACTICES

IN PREVENTING FIREFIGHTER CANCER

- 1 Full personal protective equipment (PPE)** must be worn throughout the entire incident.
- 2 A second hood policy** should be in place for all departments.
- 3 Wet decontamination** is required anytime your gear (helmet, hood, gloves, PPE) may have been exposed to products of combustion or other contaminants.
- 4 Exposed areas of the body** (neck and face) should be wiped off during rehab; carrying antibacterial wipes on all apparatus is suggested.
- 5 Change your clothes** and wash them immediately after exposure to products of combustion or other contaminants.
- 6 Shower immediately** after being exposed to products of combustion or other contaminants.
- 7 No bunker gear** shall be allowed in areas outside the apparatus floor (i.e. kitchen, sleeping areas, etc.).
- 8 Apparatus seats** should be cleaned and decontaminated regularly, especially after incidents where passengers were exposed to products of combustion or contaminants.
- 9 Removing gear** prior to returning to the station is recommended; don't take contaminated gear home or store/transport in a personal vehicle. **If transporting gear in a personal vehicle is unavoidable, keep it in a sealed gear bag or container in the trunk or truck bed, outside the vehicle cab.*
- 10 Get an annual physical** and report any physiological changes to your physician as early detection is key to survival. The NVFC outlines several options at www.nvfc.org.