



CANCER PREVENTION CHECKLIST

Decades of research shows that firefighters face an increased risk of developing cancer due to occupational exposures. **In fact, cancer is a leading cause of firefighter deaths in the U.S.** Fortunately, research has also shown that there are steps that can be taken to reduce those risks. It is time to change the culture to cut out cancer.

WHAT YOU CAN DO TO PROTECT YOURSELF

- 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!**