

# Avoid getting cancer being a firefighter

18 tips for you as a firefighter

## Before responding to a fire call

- Make sure you understand the scope and guidelines for responding to a fire call
- Talk about how you will protect yourself and each other on-scene
- Make sure all new employees know how things work in your crew
- Have a talk with the management about the necessary scoping and equipment you need available in order to carry out the task at hand - in a safe and healthy environment
- Make sure you have clean and proper equipment ready before responding to a fire call
- Make sure you are mentally and physically ready to be included in the response unit

## During response to a fire call

- Use protective gear at all times – even while handling re-flashes
- Clean your fire equipment before going back to the station house
- Change into clean clothing before leaving the scene if your turnout gear is filthy
- Never get into your fire engine if your turnout gear is filthy
- Use filter masks and disposable gloves when you dispose of your fireman suit in a hot water soluble bag and clean the equipment

# Avoid getting cancer being a firefighter

## 18 tips for you as a firefighter

- Make an agreement in your unit that it is legit to tell each other in case you forget certain procedures or supplies
- Make sure that you keep a proper personal hygiene before eating on-scene
- Wash yourself off if you take a break – even if it is just a short break

### After responding to a fire call

- Hand over your filthy equipment for cleaning as soon as possible
- Do not wear your filthy turnout gear while sitting in any rooms where people either sleep, eat or stay in general
- Always use gloves and filter masks when you are in contact with filthy equipment – both fire engines, protective gear and clothing
- Take a shower as soon as possible after responding to an incident

### Take care for yourself

As a firefighter you are at risk of getting cancer later in life, but you can do a lot to prevent getting cancer. In fact, having a preventive behavior before, during and after responding to a fire call is essential.

In this pocket card you will find some solid tips for you and your crew. Bring it with you and always be aware of your own preventive behavior.

