



FIREFIGHTERS DEVELOP CANCER MORE FREQUENTLY THAN THE GENERAL POPULATION

- 2** times greater risk for testicular cancer
- 1.5** times greater risk for multiple myeloma and non-Hodgkin's lymphoma
- 1.3** times greater risk for skin cancer, malignant melanoma, and brain cancer
- 1.2** times greater risk for prostate cancer and colon cancer

FIGHT IT!



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TAKE IMMEDIATE ACTION TO PROTECT YOURSELF:

- Use SCBA from initial attack to finish of overhaul. (Not wearing SCBA in both active and post-fire environments is the most dangerous voluntary activity in the fire service today).
- Do field decon of PPE to remove as much soot and particulates as possible.
- Use moist wipes to remove as much soot as possible from head, neck, jaw, throat, underarms and hands immediately, while still on the scene.
- Change your clothes and wash them immediately after a fire.
- Shower thoroughly after a fire.
- Clean your PPE, gloves, hood and helmet immediately after a fire.
- Do not take contaminated clothes or PPE home or store them in your vehicle.
- Decon fire apparatus interiors after fires.
- Keep bunker gear out of living and sleeping quarters.
- Don't use tobacco products.
- Use sunscreen or sun block.



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VISIT WWW.FIREFIGHTERCANCERSUPPORT.ORG FOR MORE INFO