



## MISSOURI FIRE FIGHTERS CRITICAL ILLNESS POOL

### ACTIONS FOR PREVENTING CANCER IN THE FIRE SERVICE

**Revised from July 6, 2015 article from *Firefighter Cancer Support Network***

Numerous studies have shown that firefighters are at increased risk of many types of cancer. The Firefighter Cancer Support Network released a white paper in 2013 on cancer in the fire service and what firefighters can do to prevent it. The paper included 11 immediate actions you can take to protect firefighters against cancer. Find additional resources for taking action against cancer in the fire service from FCSN and the NVFC.

The Missouri Fire Fighters Critical Illness Pool (MFFCIP) has adopted these low cost actions as a fire operation's minimum requirement for participation in the Cancer Award Program. The Jackson Fire Rescue, Jackson, MO agrees as a prescient to joining MFFCIP program to immediately implement and maintain through the course of participation in the Cancer Award Program the below nine actions:

1. 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.)
2. Do gross field decontamination of PPE to remove as much soot and particulates as possible.
3. Use Wet-Nap or baby wipes to remove as much soot as possible from head, neck, jaw, throat, underarms and hands immediately and while still on the scene.
4. Change your clothes and wash them immediately after a fire.
5. Shower thoroughly after a fire.
6. Clean your PPE, gloves, hood and helmet immediately after a fire.
7. Do not take contaminated clothes or PPE home or store it in your vehicle.
8. Decontaminate fire apparatus interior after fires.
9. Keep bunker gear out of living and sleeping quarters.

The Below actions are Strongly Recommended actions that include:

1. Use sunscreen or sunblock.
2. Stop using tobacco products. Use of tobacco could result in a 50% reduction in any benefit.
3. Do not rely on multiple gas detectors to determine PPE/SCBA donning and doffing".
4. Gently rinse or brush off fire debris and soot, place in a large, clear contractor's garbage bag before entering apparatus and returning to station.
5. Provide annual medical surveillance, as available to enhance possibility of early detection.
6. When possible wash gear in an extractor to provide enhanced level of decontamination of carcinogens.
7. When possible provide 2<sup>nd</sup> set of turnout gear to provide for proper washing and drying time of gear.

The importance of annual medical examinations cannot be overstated — early detection and early treatment are essential to increasing survival.

Chief (Signature) \_\_\_\_\_ (Print) \_\_\_\_\_ Date \_\_\_\_\_

Mayor (Signature) \_\_\_\_\_ (Print) \_\_\_\_\_ Date \_\_\_\_\_