

# Avoid getting cancer being a firefighter

The 15 most important advices about preventive behavior

## Workplace

- Make sure you have the required supplies
- Provide proper cleaning facilities
- Talk to each other about minimizing exposure to hazardous particles
- Make sure that you know who does what and when – at all times
- Clean the fireman suits properly – also when you are away from the station house

## Management

- Put safety and protection on the agenda for all management and staff meetings
- Have clear-cut guidelines and procedures for prevention
- Involve good preventive behavior in training and exercises
- As an incident commander and fire officer make sure that all firefighters wear full respiratory protection gear and use the proper equipment during the entire fire-extinguishing process
- Make sure that all fire engines are placed at a safe distance away from smoke and particles on-scene

## Crew

- Use protective gear at all times – even while handling re-flashes
- Change into clean clothing before leaving the scene if your fireman suit is filthy
- Clean your fire supplies before going back to the station house
- Use filter masks and disposable gloves while handling your filthy fire suit and supplies
- Wash yourself off if you take a break – even if it is just a short break