

Occupational Cancer Due to Firefighting is a Silent Killer

Firefighters face a 9% increase in cancer diagnoses and a 14% increase in cancer related deaths. Unlike many tragic events that take the lives of firefighters, many are dying due to firefighting related cancers. Unfortunately, many of these deaths often go unnoticed. Learn how to take steps to help prevent these deaths from occurring.

The New York State Office of Fire Prevention and Control has announced a major initiative to help protect its staff, New York State's firefighters, and their families from the occupational threat of cancer. The initiative is a combination of awareness and education about the cancer threat, with actions and policies designed to help reduce the risk.

Key Considerations

Personal Health

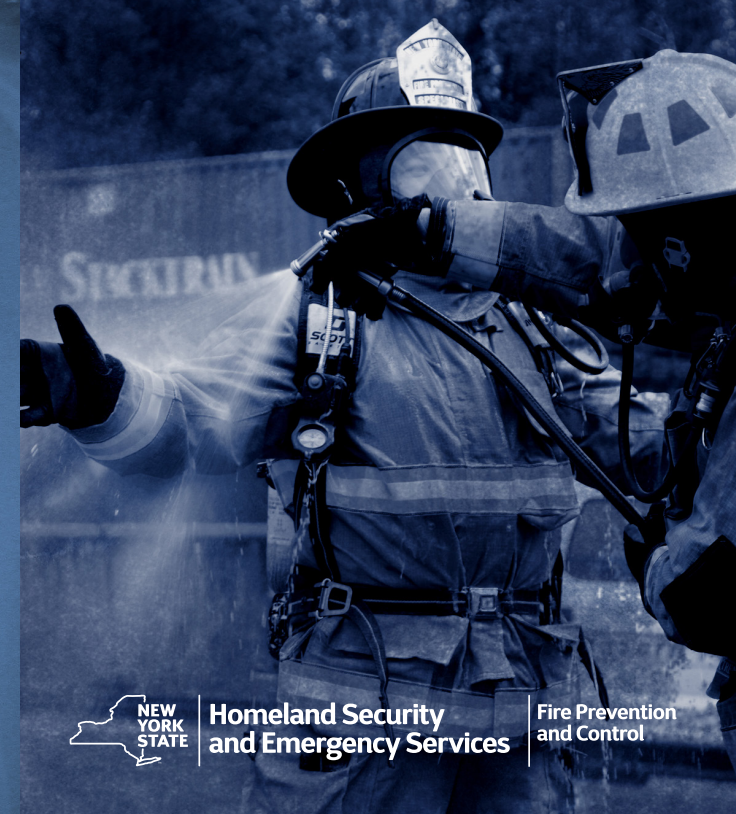
- Physical fitness increases strength and helps maintain a healthy weight.
- A healthy diet helps promote overall health.
- Annual firefighter physicals should be incorporated into your wellness routine.
- Your doctor should be familiar with the increased risk of cancer in firefighters.
- Eliminate tobacco use.
- Diesel exhaust is a known carcinogen that we are exposed to on a continuous basis. Use diesel exhaust removal systems whenever possible.



**Homeland Security
and Emergency Services**

OFFICE OF FIRE PREVENTION AND CONTROL

Harriman State Office Campus
1220 Washington Avenue
Building 7A, Floor 2
Albany, NY 12226
www.dhses.ny.gov/ofpc



**Homeland Security
and Emergency Services**

**Fire Prevention
and Control**

POST FIRE GROSS DECONTAMINATION

**Simple Steps to Reduce the Risk
of Cancer in Firefighters**

THE STEPS OF DECON

It is preferred that firefighters stay on SCBA throughout the washing process



Step 1

Rinse down with a garden hose supplied by low pressure water to remove any bulk contaminants.



Step 2

Personal protective gear, gloves, and boots should be sprayed with the liquid dish soap solution.



Step 3

Firefighter will be scrubbed with a soft bristled brush (similar to a car wash brush).



Step 4

Firefighter then rinsed with the low-pressure water spray to remove residual soap and contamination. Rinse the gear until no suds remain.



Step 5

Firefighter should use wipes on their hands, face, neck, and anywhere else they feel contaminated. Wipes should be used throughout the incident.



Step 6

Firefighter should wipe down and wash helmet.



Step 7

Firefighter should wash tools and equipment.



Step 8

Place cleaned gear into a gear bag, garbage bag, or other sealed container to prevent off-gassing while in transport.

Note: Upon return to the firehouse, gear should be washed and dried as recommended by the manufacturer.

Firefighters should shower with soap as soon as possible and put on clean clothes!