



# **Occupational cancer in the fire service**

## **Recommendations for best practice**

### **What you can do as an individual**

#### **Take care of yourself and your equipment.**

- **Live healthy, exercise and get the required sleep.**
- **Always be well hydrated, even the day before your shift.**
- **Always at least use the necessary protection that the employer has made available to you.**
- **Keep your gear in good condition.**
- **Remember that even a newly washed suit will most likely contain harmful particles in the deferent layers!**
  - only wear your turnout gear when being to a fire incident.
- **Always follow the industry manuals for equipment.**
- **Remember that the training facilities is also contaminated, even though there has been no fire on that day.**
- **Stay well away from the field of action unless you have a job to do there.**  
**There are harmful particles in the air; even though, they cannot be seen.**



## **At the fire station**

### **Divide the station into clean and unclean areas to avoid cross-contamination**

- **Check out all PPE and equipment on the vehicles.**
- **Pack your personal bag with a full set of inner clothing and turnout gear to bring to the scene to make it possible to change after showering on the scene.**
- **The vehicles must have exhaust extraction while in the garage.**
- **Secure clear signs, marking the clean and unclean areas in the fire house.**
- **Have an airlock separating the clean and unclean areas.**
- **Accommodation, office, dining areas etc. should be with excess pressure.**
- **Have washing machines that collect contaminated water in the divided clean/not clean washing room to prevent polluted water from spilled into the environment and nature.**
- **Use high performance LCO2 decontamination to proper decontamination of turnout gear, boots, gloves.**
- **Gym, and sauna facilities.**
- **Have proper facilities for cleaning contaminated equipment.**
- **Avoid unnecessary disturbances of sleep.**



## During intervention

### **Have your own and your colleague's safety in mind.**

- Put on your breathing apparatus in safe distance from the place of the actual fire.
- Wear the correct protective gear for the whole of the ongoing fire.
- Check up on your colleague to make sure the safety is optimal.
- Do not put blind trust in electronic monitoring devices, gas detectors etc. and think you are safe to take off your breathing protection.
- If in case of emergency it is strictly necessary to remove your mask, immediately leave the hazardous area.
- Use textile inner gloves.
- Bag up your turnout gear immediately after smoke diving.
- All used equipment is contaminated and should be placed in a pointed-out area. Do not put it back on the truck.
- Used/contaminated turnout gear and equipment should be collected and handled by a separate vehicle for this purpose only and crew trained to handle it.
- *"Shower within the hour"*. Shower already on the scene after every smoke diving and change your clothing.



## After returning to the fire station

- Renovate the vehicles and pack it up with cleaned equipment.
- Make technical and/or psychological evaluation/defusing.
- Recover, drink and eat.
- Shower again:
  1. Shower without soap and scrub.
  2. Use sauna or gym until sweating.
  3. Shower without soap and scrub. Use soap and scrub.
- Continue what you did before the call.
- We recommend that you create your personal logbook/diary with details of the fires and other emergencies you have attended, with information about your function (smoke diving, pump operator, etc.), the nature of the fire (car, building, industry, etc.), dead and injured persons og personnel, duration, possibility of bathing on the scene, etc.

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