



- 1. Wear SCBA's on all structure, car, trash fires and throughout the duration overhaul.
- 2. Engineers and Command staff should wear SCBA's and full PPE in proximity to the fire.
- 3. Investigators and Command should wear SCBA's and full PPE while inside the structure.
- 4. Use wipes on scene to remove contaminants on the skin.
- 5. Wash hands before ingesting food or liquids while on scene.
- 6. Use Preliminary Exposure Reduction (Decon) on PPE while on scene.
- 7. Transport PPE, SCBA's, and tools outside of the cab if possible.
- 8. Clean contaminated SCBA's, tools, and hose back at the fire station.
- 9. Shower ASAP, ideally out of service and wash contaminated clothing at the Fire Station.
- 10. Wash PPE ASAP including your helmet, hood, gloves and boots.
- 11. Switch into backup set of PPE ASAP.
- 12. Upgrade PPE with new particulate blocking technology.
- 13. Keep PPE in totes if transporting in personal or department vehicles.
- 14. PPE should never go inside the fire station's living quarters.
- 15. Avoid storing PPE in the apparatus bay.
- 16. Only use PPE on required calls to avoid unnecessary carcinogen exposures.
- 17. Use Diesel Exhaust systems as recommended.
- 18. Avoid storing frequently used items in compartments directly over the diesel exhaust tip.
- 19. Keep living quarters doors shut.
- 20. Avoid all tobacco products (#1 risk factor for cancer).
- 21. Conduct annual medical and skin exams (Early detection is key).
- 22. Use sunscreen and wear a hat when outside.
- 23. Exercise and eat healthy.
- 24. Utilize healthy sleep habits and make sleep recovery a priority.
- 25. Keep documentation of exposures from fire calls.