

## 20 WAYS TO REDUCE YOUR EXPOSURE

As a firefighter you have been trained to effectively overcome any obstacle or uncertain circumstance you may face within your line of duty. From fire rescue to hazmat protocols, you know the procedures by heart and have practiced your drills. So, when you heard that cancer was a growing epidemic, it's no surprise you wanted to learn how to overcome the odds. Here are a few best practices which can help to reduce your risk of short and long-term exposure:



### WHAT YOU CAN DO AT THE STATION & IN THE BAY

1. Be proactive! Openly discuss the topic of cancer and encourage others in your department to embrace the changes needed to reduce your risk.
2. Keep doors to living spaces shut off from the bay. This can reduce exhaust fumes from entering.
3. Do not wear boots or other contaminated clothing in living areas.
4. Clean the truck and tools on a routine basis.
5. Wash your hands thoroughly after handling dirty equipment or PPE.



### REDUCING FIREGROUND EXPOSURE

6. Designate an area in the back of the truck for all contaminated equipment, leaving the cab as sterile and unpolluted as possible.
7. DO NOT WEAR YOUR STRUCTURAL TURNOUTS IN THE CAB. Wear an alternative set of light weight station attire, like TECGEN51.



### LESSEN THE RISK OF A CONTAMINATED TRUCK

8. Wear your certified PPE as indicated by the manufacture and NFPA. If possible, choose PPE that offers added protection against carcinogens, like a [particulate barrier hood](#).
9. Don't use the truck's exhaust to keep warm. You know you've all done it.
10. Wash-down on scene. A quick rinse can help to remove loose particulates from turnout gear and equipment.
11. Use decontamination wipes to immediately remove soot and other containments off your hands, face and all other areas of your body that may have been exposed.
12. Follow your departments protocols for treating and storing contaminated PPE.



### KEEPING YOURSELF SAFE AFTER THE FIRE

13. Wear gloves and eye protection to clean your equipment. This includes your SCBA face piece, tools, boots, helmets and anything else used at the fireground.
14. Wash your turnouts, hoods, helmets and gloves in accordance with NFPA 1851 Standard as well as the manufacturer's instructions. Their recommendations are created to protect you.
15. Be sure to store all used gear in a specified area, away from living spaces.
16. Shower! As soon as you can, jump into the shower to rinse off remnants from the fireground.
17. Change into clean clothes.
18. Never take worn PPE in your car or home with you.
19. Get some rest! Believe it or not, it can also help reduce your risk.

## 20. CHANGE THE WAY YOU THINK ABOUT YOUR PPE!

PPE is not sewn and built the same way as your everyday clothes; it is strategically patterned with select materials offering the best fire resistance, thermal defense and comfort on the market. For your protection, manufacturers combine these materials, have them lab-tested, then pair them with mobility-driven designs to maximize your wellbeing.

So, when you are choosing your safety apparel ask yourself if they are offering the protection you need.

[The Interceptor Package™ from Fire-Dex](#) bundles 3 products to combat the elements & keep you safe

- **FXR Turnouts** built with Active Posture Design™ to help reduce overexertion
- **H41 Interceptor™** particulate barrier hood, scientifically-tested to block carcinogenic particles
- **TECGEN51** dual-certified to be the go-to for 90% of your calls and minimize contamination

Maximize your protection with TECGEN71, the best balance of Thermal Protective Performance (TPP) and Total Heat Loss (THL) in the history of turnout gear.