



STOP CANCER AT THE DOOR:

Key steps you should take **BEFORE** leaving the fire ground!

Decrease contaminants by



85%

WHEN YOU PERFORM **A WET-SOAP DECON**²

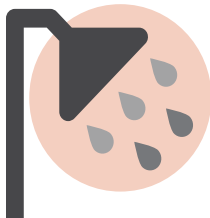
SAFELY REMOVE YOUR GEAR



Ask a **fellow firefighter** who is wearing latex gloves to take off your PPE gloves. Then, put on **clean latex gloves** before handling your gear.²



Pull your hood over your head while your SCBA is still on instead of pulling it down to rest on your neck.



Shower within an hour!

Wipes are effective, but they don't replace a shower. Start your shower with cold water, then switch to **very hot water**.⁴



WIPE THE SOOT

FROM YOUR BODY.

In this order:²

- 1 **EYES**
- 2 **FACE**
- 3 **NOSE** (Inside first, then blow your nose)
- 4 **EARS** (Inside first, then behind)
- 5 **NECK** (Includes neck and beneath collar)
- 6 **ARMS**
- 7 **HANDS** (Between fingers and under nails)
- 8 **HAIR/TOP OF HEAD**
- 9 **UNDERARMS**
- 10 **TORSO/BACK**

SOURCES:

1. Contamination of firefighter personal protective equipment and skin and the effectiveness of decontamination procedures, *Journal of Occupational and Environmental Hygiene*, 2017
2. Using Gloves to Doff Firefighter Gear: Overkill or a Necessary SOP? *Fire Chief*, March 21, 2018
3. Post-Fire Decontamination Process Using Action Wipes. *Action Wipes*, May 26, 2015
4. Reducing the Post-Fire Threat of Cancer. *Fire Engineering*, June 21, 2016

NOTE: Your hood should only rest on your neck if it's CLEAN.

ABOUT NOT IN OUR HOUSE: The NOT IN OUR HOUSE cancer awareness initiative is LION's commitment to keeping firefighters and their families safe from fire service-related cancer.

Learn more at notinourhouse.com.

