



Cancer Pledge



Cancer is one of the leading causes of death among firefighters, accounting for approximately one third of firefighter deaths. As a result of occupational exposure, firefighters are susceptible to a multitude of different cancers, have higher cancer incidence and mortality rates, and are diagnosed with cancer at an earlier age than the general population. Routine screening guidelines are inadequate for firefighters, and many firefighters are diagnosed with cancer before national screening recommendations.

The stress and uncertainty of such a diagnosis affects not only the member, but their entire family. With that in mind the Fire Department Safety Officers Association (FDSOA) and the First Responder Center for Excellence (FRCE) challenges you and your organization to make every effort to support FFs and their extended family in any way possible. As an individual and an organization, you can do your part to help fight cancer.

I pledge to take every opportunity to implement preventative steps and measures to help fight against cancer and the reduce the exposure of carcinogens by:

- Wearing and using an SCBA in any contaminated or potentially contaminated atmosphere.
- I will conduct preliminary exposure reduction of my PPE immediately after fires, to include but not limited to working structure fire, vehicle fire, training fire, and any IDLH environment with potential for carcinogenic contaminants.
- Utilize wet wipes to remove soot and contaminants from my head, neck, jaw, throat, under arms, around wrists, ankles, and hands immediately after the fire.
- Wash contaminated clothes as soon as practical and shower within the hour (or as soon as possible) after a fire and change into a clean work uniform.
- I will take necessary actions to ensure all my PPE is maintained clean including gloves, hood, helmet, helmet liner, and turnout/bunker gear.
- Do not take contaminated clothes or PPE home or store it in my personal vehicle.
- Decontaminate the fire apparatus interior, including my SCBA and other tools used at the fire.
- Keep turnout/bunker gear out of living/sleeping quarters and keep heavily soiled gear out of the apparatus cab until cleaned.
- Make every effort to use sunscreen or sun block on all exposed skin.
- Take responsibility for my health by participating in annual medical examinations to help with early detection of cancer or other life changing diseases, whether through my department or with my Primary Care Physician.
- Continue to stay on top of new research and implement new recommendations when possible.



SIGNATURE

DATE