



# Tips from Training



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## Make Your Own Commitment – The Clean 15



### [The Clean 15 Video](#) [IAFF Cancer Awareness Resources](#)

Each individual must make his/her own commitment to his/her health and well-being. Collectively, we must apply the same smart, aggressive approach that we already use with firefighting and extend that mind-set to reducing our risk.

1. **Always use your SCBA, including when operating at car fires, dumpster fires, during overhaul and whenever CO is present. The SCBA provides the best respiratory protection from inhalation hazards.**
2. Use Department-issued gear bags when transporting personal protective equipment (PPE) to minimize cross-contamination. Do not store bunker gear in your car or home.
3. Take a shower and change into clean station wear as soon as possible after returning from a fire. This should be done prior to cleaning tools. The concept is to “place the Firefighter back in service first” to minimize time spent exposed to contaminants.
4. Shower prior to leaving the firehouse after your tour ends, regardless of the amount of firefighting activity during the tour. This minimizes the risk of cross-contamination.
5. Remove PPE--such as hoods and gloves--in a manner that minimizes cross-contamination. Think of contaminated firefighting gloves as you would medical gloves.
6. Clean hard surfaces inside the crew cab of the apparatus daily. Contaminants are known to settle on these areas, contributing to cross-contamination.
7. Maintain and strictly enforce “no bunker gear zones” in all living areas of the firehouse.
8. Wash off bunker boots after a working fire. Boots contribute significantly to cross-contamination.
9. Don't use a contaminated hood or leave one around your neck following a fire. This greatly increases exposure around the neck, one of the most absorptive areas..
10. Don't overlook your helmet. Wash the inside liner of your helmet with soap and water.
11. Perform on-scene decontamination of contaminated gear and equipment following a working fire to remove soot, which is comprised of harmful compounds that can cause cancer and other illnesses.
12. Send contaminated PPE to the Decon Support Unit for cleaning. (Fax form EDR-1).
13. Thoroughly wash your hands after every response, as well as before and after using the bathroom (to minimize cross-contamination to highly absorptive areas of the body).
14. Ensure diesel exhaust capture systems are working properly and used. Diesel is a known carcinogen.
15. Practice healthy lifestyle choices. Exercise regularly; limit or avoid alcohol, tobacco products and red meat intake; and always use sunscreen.

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