



Tips from Training



Issued: 10/11/2021
#99 of 2021

The Choice is Ours: Navigating the Iceberg



Lavender Ribbon
Report



Drawn by Lt. Jim Yearsley (Ladder 117) and appears in the recently issued [Lavender Ribbon Report Update](#).

The FDNY has a long, storied, and strong culture. This culture is built on bravery and courage and defined by life preservation with smart, aggressive fire suppression. We need to extend this culture to take care of ourselves after the fire is out. The data on firefighter cancers are sobering. **Perhaps we are just seeing the tip of the iceberg – with many preventable cancers to realize.** Will we continue to navigate around this danger and take the steps necessary to protect our health or will we navigate straight toward the iceberg? The choice is ours.

There are many small actions that firefighters can take today with little effort or cost. Truth is, we all must take personal responsibility for our health. **Take personal responsibility for your health and safety by taking the following actions to minimize your risk and protect your future:**

- Shower and change into clean clothing as soon as possible after a fire. “Place the firefighter back in service first”.
- Use gear bags to transport bunker gear and never store your gear in living areas of your firehouse or home.
- Clean equipment while still on scene to minimize contaminants that are taken back to the firehouse.
- The strategy is to leave the contamination on scene where we found it – on scene
- Equipment that is traditionally stored inside the crew cab should be a priority for cleaning on scene.
- Wash your bunker boots after a working fire to minimize cross contamination.
- The same can be said of your helmet, especially the inside liner of the helmet.

Submit a potential Training Tip via email to: TrainingTips@fdny.nyc.gov