



Tips from Training



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[The Clean 15 Training Video](#)



[8 Cancer Prevention Tips](#)



You have a Family History

It is important to understand the increased cancer risk to firefighters. Our firefighter family has an increased chance of being diagnosed with occupational cancer than non-firefighters. Talk to your doctor about your firefighter family risk. Know how to best manage this risk and consider the following points:

- Follow best practices to reduce your risk. This includes showering as soon as possible after a fire, cleaning or changing out your hood after every exposure and regularly laundering your bunker gear.
- The gift that keeps on giving - Every time dirty gear is worn - an additional exposure occurs.
- Use gear bags when transporting bunker gear and use your SCBA at car fires and other times when smoke is present.
- Use the two-week rule: Seek medical attention when you experience unexplained persistent changes in your health.
- Recognize the most common firefighter cancers - this will increase personal awareness to signs and symptoms.
- **You are your best advocate and hold the individual power and responsibility for your health both on and off the fireground.**
- Apply the same aggressive firefighting principles we use on the fireground and decontaminate ourselves and our equipment aggressively.



This training tip was developed in partnership with the [Center for Fire, Rescue and EMS Health Research.](#)



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