



Firefighter Cancer Support Network

PROTECT YOURSELF FROM **CANCER**

- C** LEAN OR CHANGE-OUT YOUR PPE AFTER EVERY WORKING FIRE
- A** FTER EVERY FIRE, TAKE A SHOWER AND CHANGE YOUR CLOTHES ASAP
- N** EVER WEAR OR PLACE DIRTY PPE IN LIVING AREAS, INCLUDING YOUR CAR
- C** ONSIDER SUNSCREEN AND WEARING A HAT WHILE WORKING IN THE SUN
- E** XHAUST IS DEADLY, BE SURE TO USE YOUR STATION'S EXHAUST SYSTEMS
- R** EMEMBER TO GET ANNUAL PHYSICALS, INCLUDING CANCER SCREENINGS!
- S** CBA'S MUST BE WORN FROM ENTRY THRU OVERHAUL, NO EXCEPTIONS!

For Immediate assistance call toll free **(866) 994-FCSN.**

For further information about

Firefighter Cancer Support Network

visit us on the web: www.FirefighterCancerSupport.org

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Supporting Those Who Serve