

Points to Ponder

Lisle Woodridge Fire District



Immediate Actions

Protect Myself from CANCER!



- **Use SCBA from initial attack to the finish of overhaul**
Not wearing your SCBA in both active and post-fire environments is the most dangerous voluntary activity in the fire service today!
- **Do gross field decon of PPE to remove as much soot and particulates as possible**
- **Wash head, face, neck, jaw, throat, and hands immediately on the scene**
- **Shower thoroughly after each fire**
- **Change and wash clothing upon returning to the station**
- **Clean PPE (helmet, hood, bunker clothing, and gloves) immediately after the fire**
- **Practice a healthy lifestyle with proper nutrition and fitness**
- **Do not take contaminated clothing or PPE home or store it in your vehicle**
- **Decon fire apparatus interior after fires**
- **Keep bunker gear out of living and sleeping quarters**
- **Stop using tobacco products**
- **Wear sunscreen or sun block when in the sun for extended periods of time**

The importance of annual medical examinations cannot be overstated—early detection and early treatment are essential to increasing survival!