



Firefighter Cancer Awareness & Prevention Programs

Firefighter Cancer Awareness & Prevention Programs

Designing Apparatus, Equipment, Programs and Procedures Around
Firefighter Safety, Health and Wellness

PRESENTED BY:



- Frank Babinec - Fire Chief
- Steve Frey - Assistant Chief
- John Whalen – Assistant Chief
- Natasha Schaefer Solle - Research Assistant Professor
- Chris Bator - Captain Safety & Health Officer

Florida Firefighters Safety and Health Collaborative

- The Florida Firefighter Safety & Health Collaborative is a free Program to Fire Departments looking to enhance, and maintain an effective Safety Committee and Safety and Health Program.
- Meetings are set in the different regions and designed to build relationships, share ideas, SOPS, resources, best practices, research, and training with the goal to minimize risk and exposure to our firefighters.



FFSHC Team



Mission Statement

“Our mission is to focus on Firefighter Safety & Health by providing education, training and sharing of best practices to minimize the risks and exposure to our Florida Firefighters.”



FLORIDA FIREFIGHTERS **SAFETY** AND **HEALTH** COLLABORATIVE



Collaborative Cornerstones

- The collaborative encompasses several topics; all aimed at improving firefighter safety.
- Firefighter Cancer Prevention
- Mental Wellness
- Health and Fitness
- Incident Scene Safety

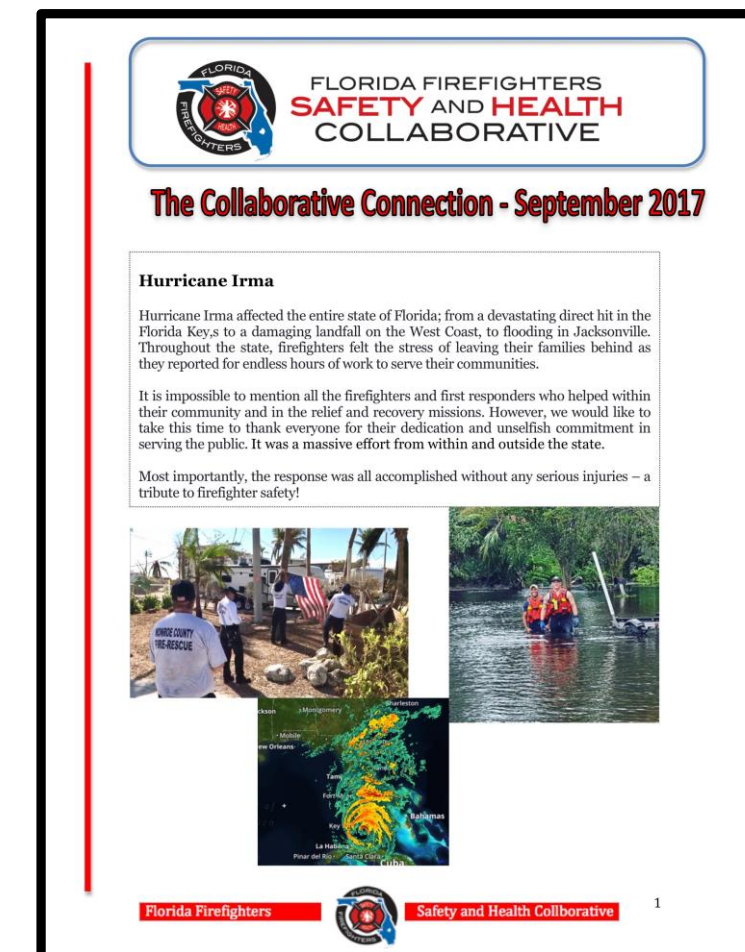
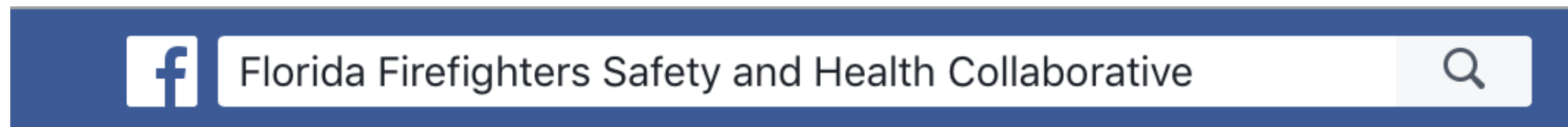


FLORIDA FIREFIGHTERS **SAFETY** AND **HEALTH** COLLABORATIVE



Communication – Website/Newsletter/Social Media

- www.FloridaFirefighterSafety.org
- May 2017 first newsletter sent out to members.
- Follow us @FloridaFirefighterSafety on Facebook and Instagram.
- Follow us on Twitter @floridaFFsafety



WHY
ARE
WE
HERE?

RISK FACTORS



AGE

(lifetime risk: 42% in men; 38% in women)



LIFESTYLE

(smoking, poor diet, excessive alcohol consumption, lack of physical activity, obesity)



ENVIRONMENTAL FACTORS

(e.g. sunlight, infectious diseases).

OCCUPATIONAL - CARCINOGEN EXPOSURES



RADIATION



FAMILY HISTORY

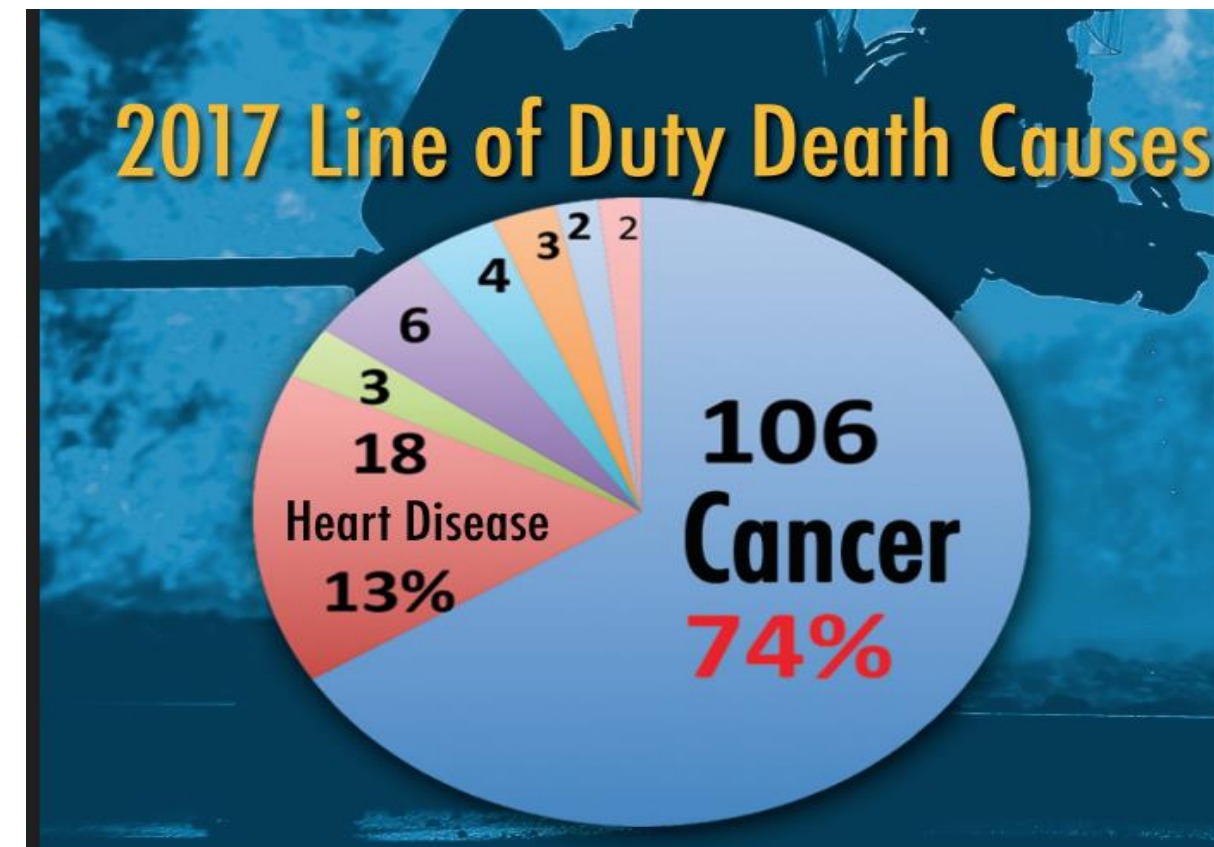
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CHEMICALS

Firefighter Cancer Statistics

- Firefighters are at a 9% higher risk of being diagnosed and 14% dying from cancer than the general population
- According to the IAFF - 74% of firefighter line-of-duty deaths from 2002 to 2017 were cancer-related

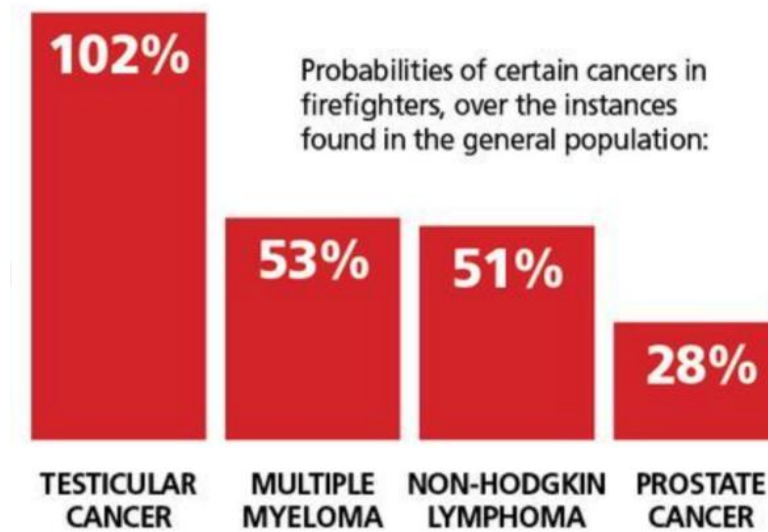


Firefighter Occupational Cancers

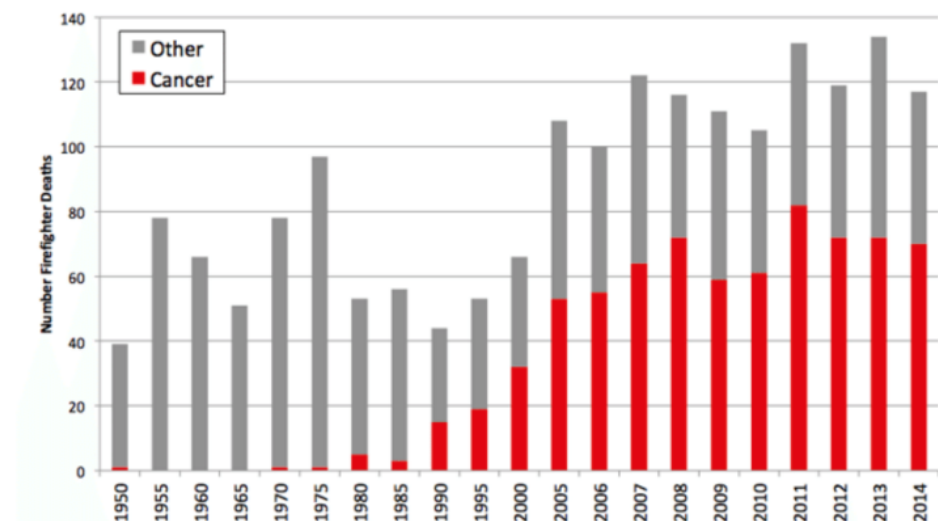
Known Firefighter Cancers

- Testicular cancer (2.02 times greater risk)
- Mesothelioma cancer (2 times greater risk)
- Multiple myeloma cancer (1.53 times greater risk)
- Non-Hodgkin's lymphoma (1.51 times greater risk)
- Skin cancer (1.39 times greater risk)
- Malignant melanoma (1.31 times greater risk)
- Brain cancer (1.31 times greater risk)
- Rectum cancer (1.29 times greater risk)
- Prostate cancer (1.28 times greater risk)
- Buccal Cavity/Pharynx cancer (1.23 times greater risk)
- Stomach cancer (1.22 times greater risk)
- Colon cancer (1.21 times greater risk)
- Leukemia (1.14 times greater risk)

At greater risk of cancer



Rise in Firefighter Cancer Deaths Since 1950



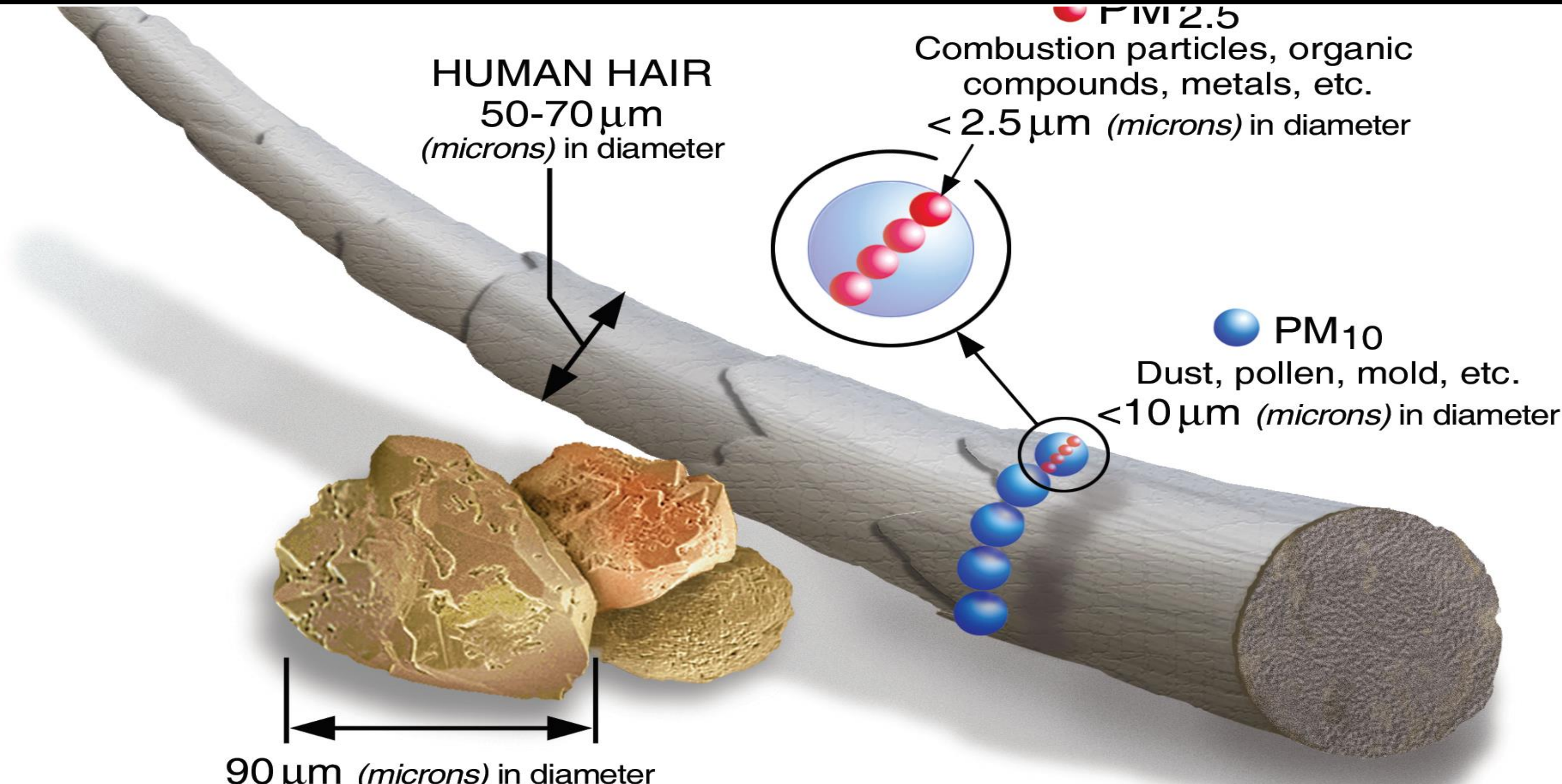
IAFF / Susan Shaw





Types of Occupational Exposures

EXPOSURES: Comparing smoke to other substances



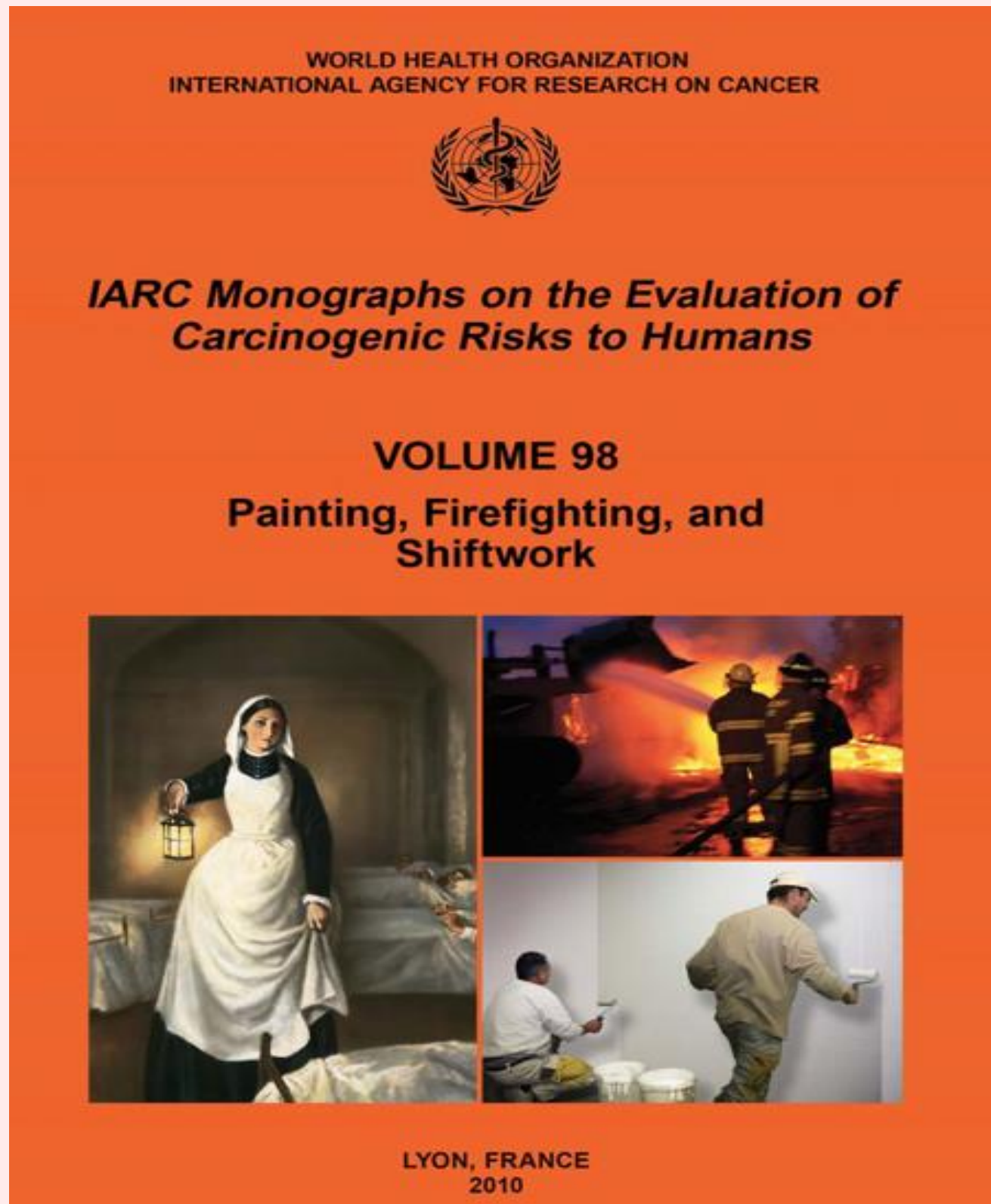
OCCUPATIONAL EXPOSURE

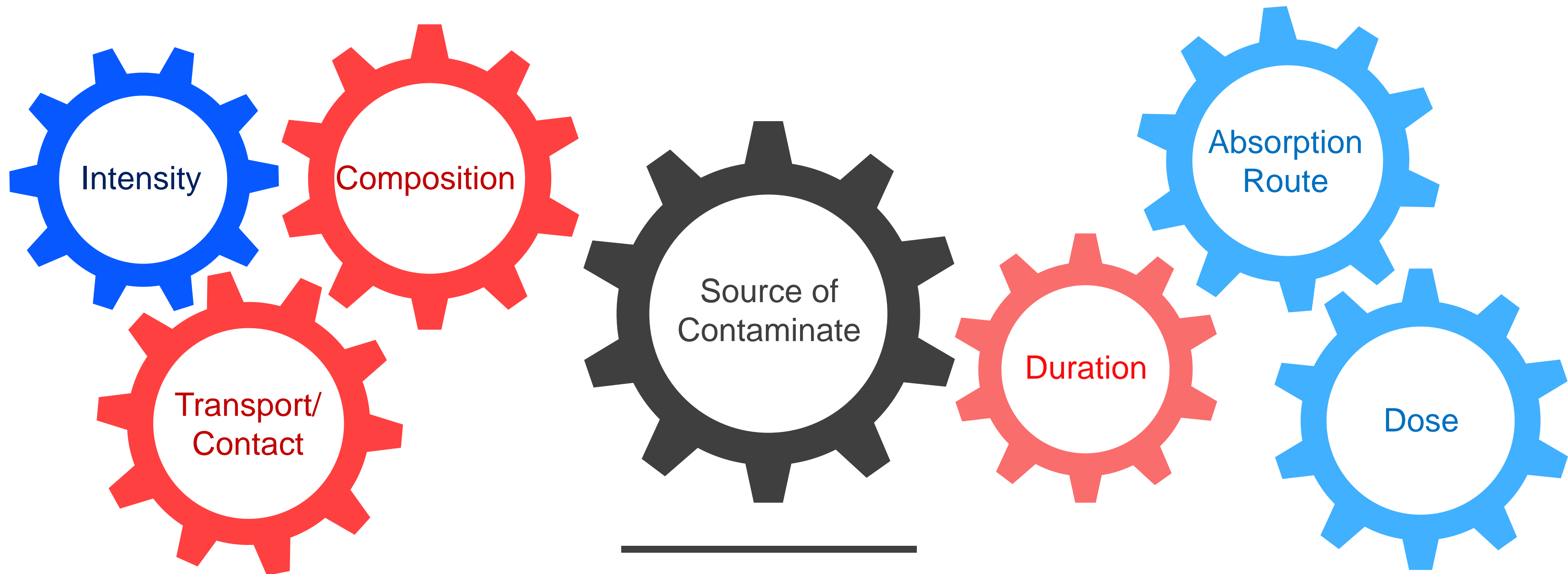
Large variations in exposure across different types of fires and different groups of firefighters. RR's consistently increased for:

► TESTICULAR

► PROSTATE

► NON-HODGKIN LYMPHOMA





SYNTHETIC MATERIALS

STRUCTURAL MATERIALS

MATERIALS USED IN VEHICLES, HOMES AND VARIOUS OTHER STRUCTURES ARE INCREASINGLY BECOMING SYNTHETIC.

- **POLYMERS:** FOAMS, PLASTICS, RESINS, COATINGS
- **CHEMICALS** ADDED AS FLAME RETARDANTS, STAIN RESISTANCE, PLASTICIZERS

MODERN STRUCTURES

MODERN STRUCTURES BURN FASTER THAN MID-20TH CENTURY STRUCTURES

- 5 MINUTE TO FLASHOVER VS. 30 MINUTES

TOXIC COMBUSTION BYPRODUCTS

HUNDREDS OF CHEMICALS ARE PRODUCED AS BYPRODUCTS OF COMBUSTION

Source

Chemicals of Concern

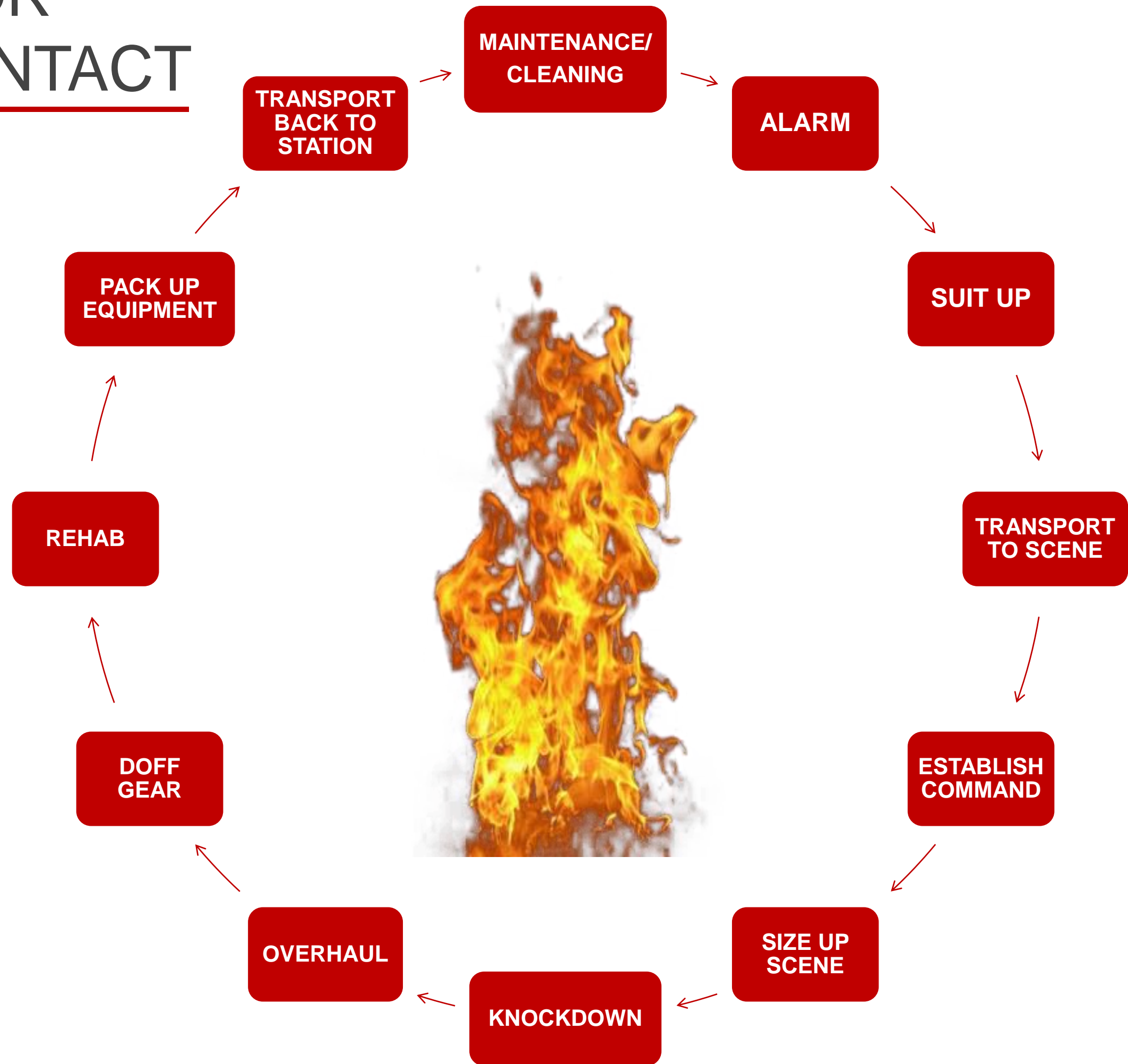
May be produced
when organic
materials are burned

May be produced
when synthetic
materials are burned

CHEMICAL CLASS	POTENTIAL HEALTH EFFECTS
Polycyclic aromatic hydrocarbons (PAHs)	Carcinogenic (benzo[a]pyrene)
Volatile organic compounds (VOCs)	Carcinogenic (benzene, 1,3-butadiene), central nervous system effects
Aldehydes	Carcinogenic (formaldehyde), respiratory sensitizer (formaldehyde), pulmonary edema (acrolein)
Acid gases	Respiratory irritation, pulmonary edema, chemical asphyxiation (HCN)
Phthalates	Endocrine disruption, liver tumors in animals (DEHP)
Polybrominated diphenyl ethers (PBDEs)	Accumulates in the body, thyroid, liver, immune system effects, neurodevelopmental effects, liver tumors in animals (deca-BDE)
Dioxins and furans	Accumulates in the body, similar health effects as PBDEs, carcinogenic (TCDD)
Organophosphate flame retardants (OPFRs)	Neurotoxicity, cytotoxicity
Diesel exhaust	Carcinogenic

Composition

POTENTIAL FOR CHEMICAL CONTACT



EXPOSURE INTENSITY AND DURATION

HIGH INTENSITY-SHORT DURATION EXPOSURES

- ◆ RESPIRATORY IRRITANTS, SENSITIZERS, AND ASPHYXIANTS – CAN OVERWHELM THE RESPIRATORY SYSTEM
- ◆ PARTICLES – CAN PRECIPITATE CARDIOVASCULAR EVENTS
- ◆ CARCINOGENS – MAY PRESENT GREATER RISK OF CANCER

EXTENDS BEYOND THE FIREGROUND

- ◆ POLYCYCLIC AROMATIC HYDROCARBONS, PHTHALATES, FLAME RETARDANTS, AND METALS HAVE BEEN MEASURED ON TURNOUT GEAR
- ◆ HIGHER LEVELS OF FLAME RETARDANTS HAVE BEEN MEASURED IN FIRE STATION DUST THAN OTHER OCCUPATIONAL SETTINGS

ROUTES OF ABSORPTION

INHALATION

- EXTERIOR OPERATIONS WITHOUT RESPIRATORY PROTECTION
- OVERHAUL WITHOUT RESPIRATORY PROTECTION
- OFF-GASSING CONTAMINATION ON TURNOUT GEAR

DERMAL

- PERMEATION/PENETRATION OF CONTAMINANTS
- DIRECT UPTAKE OF GASES/VAPORS
- CROSS-TRANSFER OF CONTAMINATION FROM GEAR/EQUIPMENT

INGESTION

CAN OCCUR WHEN EATING WITH CONTAMINATED HANDS

DOSE

- ▶ ELEVATED LEVELS OF BENZENE AND POLYCYCLIC AROMATIC HYDROCARBONS HAVE BEEN DETECTED IN THE BODY AFTER FIREFIGHTING. BOTH THROUGH INHALATION AND DERMAL ABSORPTION ROUTES.
- ▶ ELEVATED LEVELS OF POLYROMINATED DIPHENYL ETHERS AND ORGANOPHOSPHATE FLAME RETARDANTS HAVE BEEN FOUND IN FIREFIGHTERS.

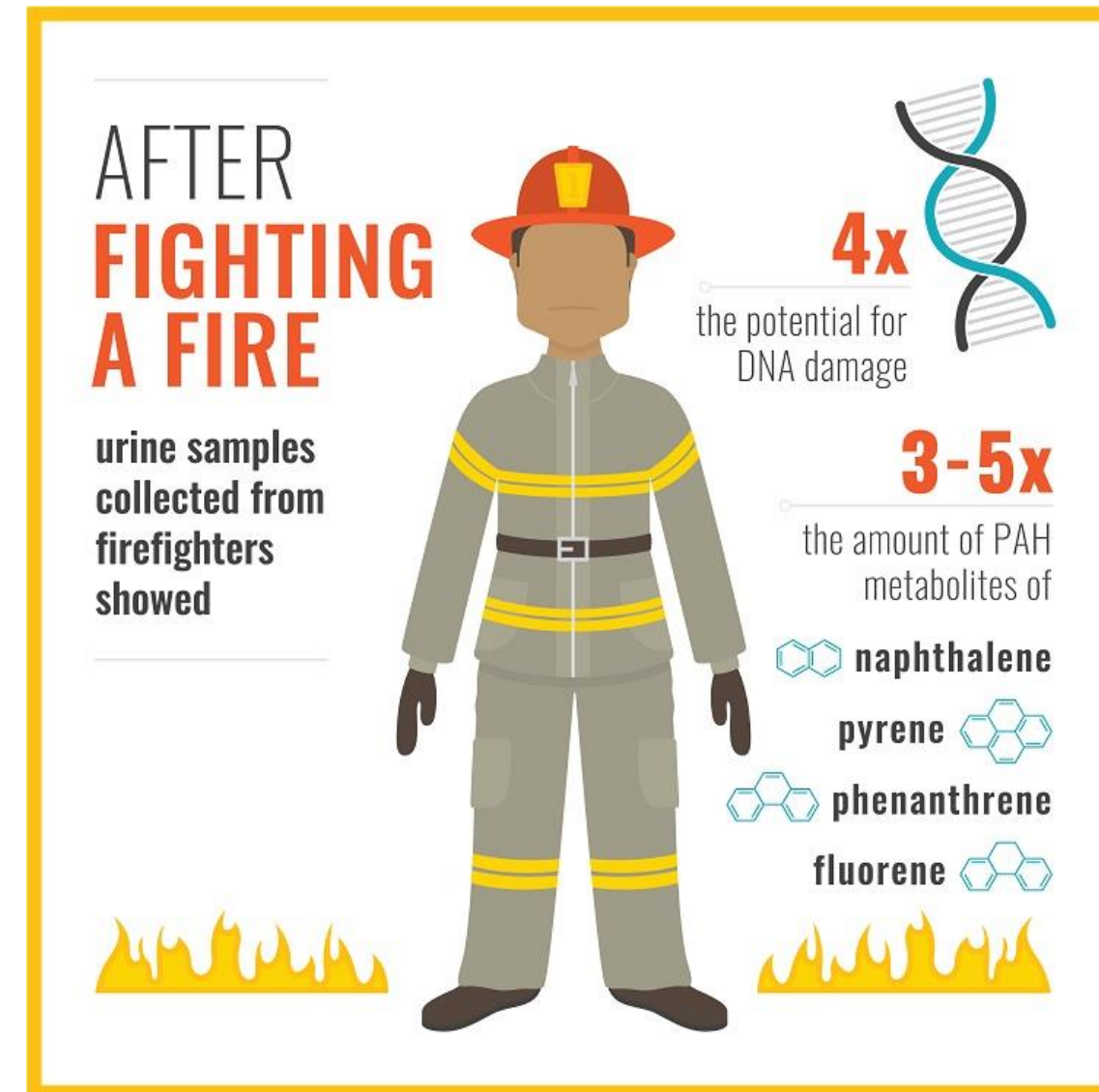
NIOSH Study

- Dr. Kenny Fent - 2 years study
- PBCFR, Boston Fire, Tucson Arizona Fire
- Select crews in Battalion 3 and 7
- Research post fire – urine and breath samples
- Study what is being absorbed, inhaled



Research Reveals

- Firefighters - Blood, urine, skin swabs all show toxins, carcinogens post fire incidents
- Major route of entry is absorption

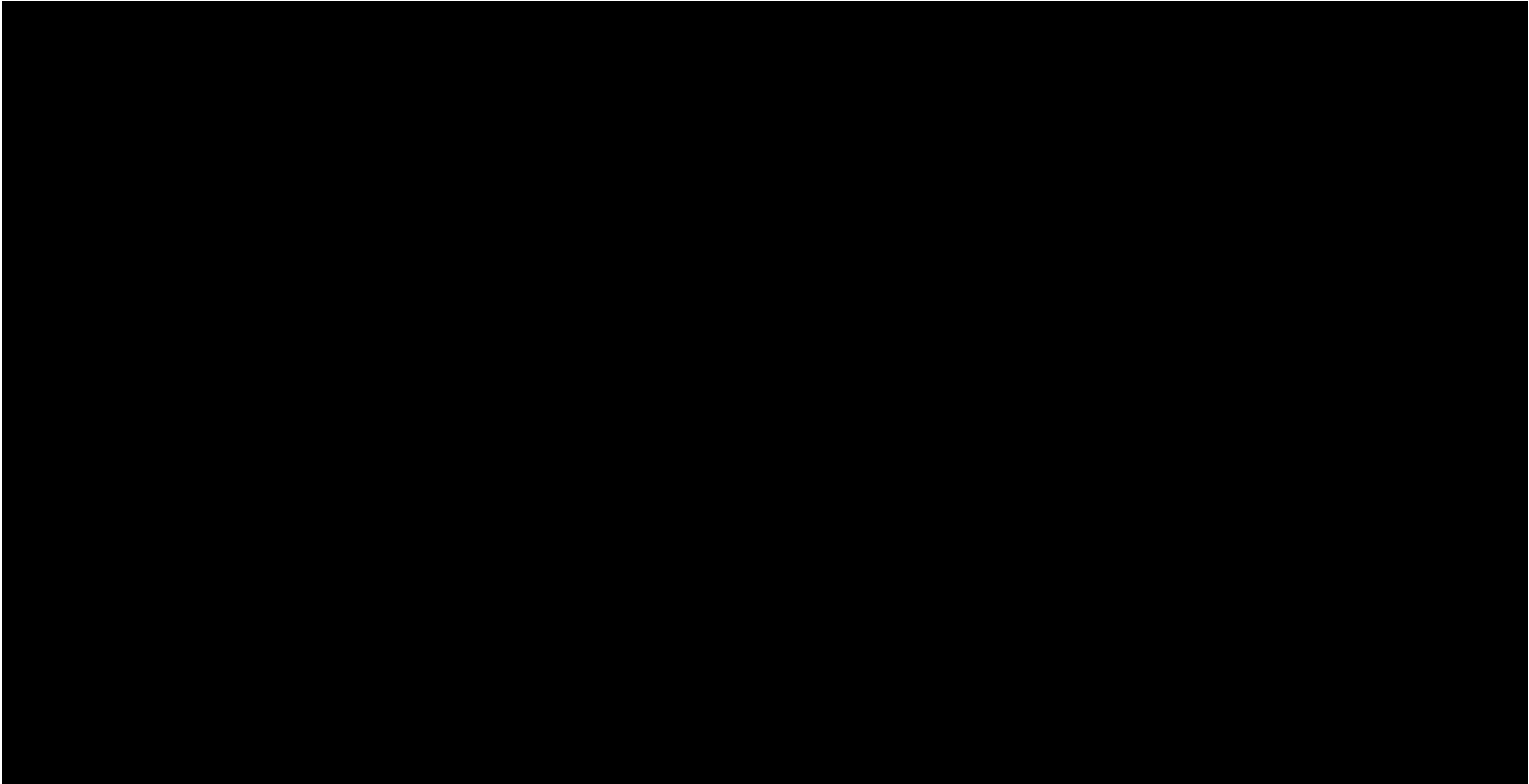


Sylvester Comprehensive Cancer Center

- Firefighter Cancer Initiative – in 3rd year of projects
 - Annual Firefighter Cancer Survey
 - Gear Off Gassing
 - Invisible Dye
 - PPE Swabs
 - Dermal Wristbands
- www.SylvesterNewBadgeOfHonor.com



Cross Contaimination



The INTERNATIONAL'S LINE OF DUTY DEATH RESOURCES



The IAFF considers ALL cancer losses to be a LODD
Line of Duty Death

<http://www.iaff.org/>

FLORIDA FIREFIGHTERS **SAFETY** AND **HEALTH** COLLABORATIVE



State F.A.C.E. Team

- 15 exceptional departments state wide and the FCSN
- Each chosen for their determination to make positive change in firefighter cancer prevention.
- Now includes connections: Wisconsin, Minnesota, FDNY, Orange County Ca., Idaho, Texas, British Columbia, Sweden



FLORIDA FIREFIGHTERS **SAFETY** AND **HEALTH** COLLABORATIVE





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UL Modern Verses Legacy Furnishings



Underwriters Laboratories

In November 2009, Underwriters Laboratories conducted a side by side comparison of two simulated living room fires. The purpose was to gain knowledge on the difference between modern and legacy furnishings. The rooms measured 12 ft by 12 ft with an 8ft ceiling and had an 8 ft wide by 7 ft tall opening on the front wall. Both rooms contained similar amounts of like furnishings.

Both rooms were ignited by placing a lit stick candle on the right side of the sofa. The fires were allowed to grow until flashover.

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INTERIOR CAB DESIGN



SMOOTH SURFACES

USE AS MANY SMOOTH SURFACES AS POSSIBLE



ELECTRONICS

KEEP ELECTRONICS AS HIGH OFF OF THE FLOOR AS POSSIBLE



NON-POROUS MATERIALS

USE NONPOROUS OR NON ABSORBENT MATERIALS WHEREVER POSSIBLE.

****AS A NOTE WE ARE WORKING WITH MANUFACTURES TO DETERMINE THE BEST SEATBELT MATERIALS.***

INTERIOR CAB DESIGN CONTINUED



- ▶ THE CAB SHOULD BE DESIGNED TO CARRY VERY LIMITED FIREFIGHTING EQUIPMENT.
- ▶ EXAMPLE: NO SCBAS, NO IRONS, NO THERMAL IMAGING CAMERAS



INTERIOR CAB DESIGN CONTINUED



ADEQUATE LIGHTING FOR NIGHTTIME OPERATIONS

EXTRA HANDLE RAILS FOR SAFE MOUNTING AND DISMOUNTING

TWO COLOR FLASHLIGHT SYSTEM



INTERIOR CAB DESIGN CONTINUED



- A **POLICY** SHOULD BE IN PLACE THAT ALLOWS FOR THE CLEANING/DECONTAMINATION OF THE CAB ONCE PER MONTH.
- MANUFACTURERS CAN UTILIZE CURRENT TECHNOLOGY TO ACCOMPLISH THIS

EXTERIOR DESIGN

COMPARTMENT SPACE FOR SCBAS
OUTSIDE THE CAB



EXTERIOR DESIGN CONTINUED

EQUIPMENT THAT WILL HELP FACILITATE
DECONTAMINATION IS A BOOSTER REEL OR
A GARDEN HOSE OUTLET ON THE TRUCK



EXTERIOR DESIGN CONTINUED

COMPARTMENT SPACE FOR FIREFIGHTING
TOOLS OUTSIDE THE CAB



EXTERIOR DESIGN CONTINUED

COMPARTMENT SPACE TO STORE
CONTAMINATED GEAR OUTSIDE THE CAB



*There is a decontamination SOP available that shows full procedures

CLEAN CAB POLICY



 CLEAN CAB ENVIRONMENT

 ANY EQUIPMENT USED WITHIN THE IDLH ENVIRONMENT SHALL NOT ENTER THE CAB OF ANY VEHICLE. (EXCEPTION)

 INCLUDE ALL APPARATUS

 HOW TO DEAL WITH CONTAMINATED GEAR AND EQUIPMENT

 WHERE TO POSITION APPARATUS

 GO BAGS

CLEAN CAB POLICY CONTINUED



STORAGE OF EQUIPMENT AND PPE IN STATIONS



NO PPE IN LIVING QUARTERS.



IDLING OF APPARATUS



HOW TO PROPERLY CARE FOR AND CLEAN CONTAMINATED PPE AND UNIFORMS



PERSONAL HYGIENE

DECONTAMINATION POLICY

THE POLICY SHOULD ESTABLISH A SAFE AND EFFECTIVE PRACTICE FOR REMOVING TOXIC PARTICULATES FROM EQUIPMENT AND THE FIRE PROTECTIVE ENSEMBLE AFTER EXPOSURE

ESTABLISH WORK ZONES

PROCEDURES FOR ON SCENE DECON

EQUIPMENT

PROCEDURES FOR THOROUGH CLEANING AT THE STATION.





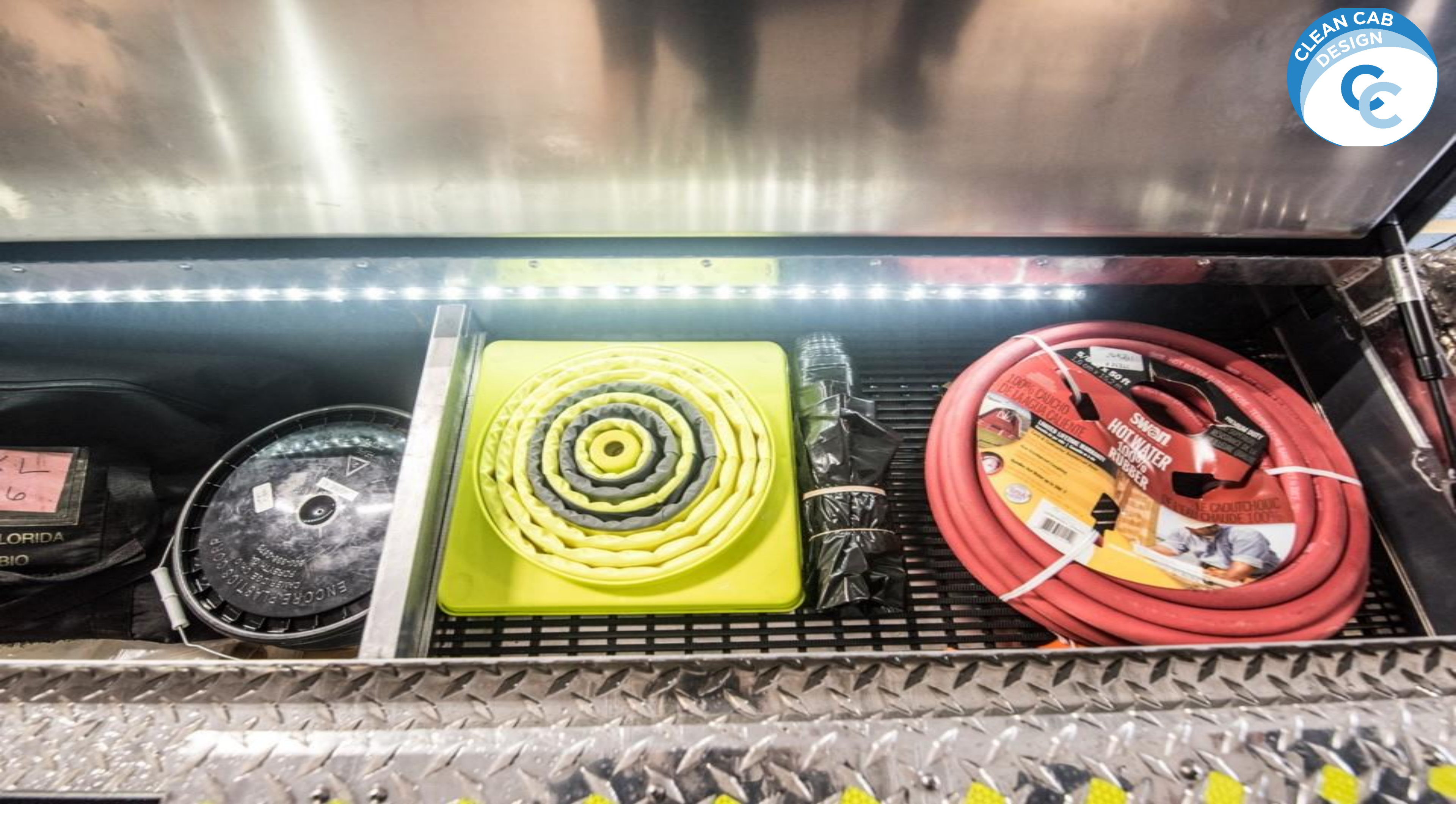
DECONTAMINATION KIT

THE PURPOSE OF THE SOP IS TO ESTABLISH A SAFE AND EFFECTIVE PRACTICE OF REMOVING TOXIC PARTICULATES FROM EQUIPMENT AND THE FIRE PROTECTIVE ENSEMBLE AFTER THEIR EXPOSURE TO PRODUCTS OF COMBUSTION. THIS GUIDELINE SHOULD AID IN REDUCING FIREFIGHTER EXPOSURES AND SUBSEQUENTLY HAVE A SHORT AND LONG-TERM POSITIVE HEALTH IMPACT.

HOT ZONE, WARM ZONE AND COLD ZONE

- 2.5 TO GARDEN HOSE ADAPTER FOR SUPPRESSION UNIT OUTLET
- 5 GALLON PLASTIC BUCKET WITH HANDLE AND LID
- 25' LAWN AND GARDEN HOSE
- MEDIUM BRISTLE SCRUB BRUSH
- HEAVY DUTY DUCT TAPE
- 6 MILLIMETER HIGH STRENGTH PLASTIC BAGS
- GREEN SAFETY CONE (COLLAPSIBLE OR RIGID)
- LEAD REMOVING EQUIPMENT CLEANER SPRAY
- LEAD REMOVING NON-RINSE WIPES
- DAWN DISH SOAP







Post Fire On Scene Decon



FLORIDA FIREFIGHTERS **SAFETY** AND **HEALTH** COLLABORATIVE



Best Practices – On Scene Gross Decon Kits

- Florida – million dollar grant to distribution 4,500 kits to all fire suppression apparatus in the State.



Florida

State of NJ begins distributing DECON kits to their departments.
Another win!



NJ.COM
Home Depot donates Decontamination Bucket Kits to
Hunterdon fire chiefs

New Jersey



Washington

FLORIDA FIREFIGHTERS **SAFETY** AND **HEALTH** COLLABORATIVE

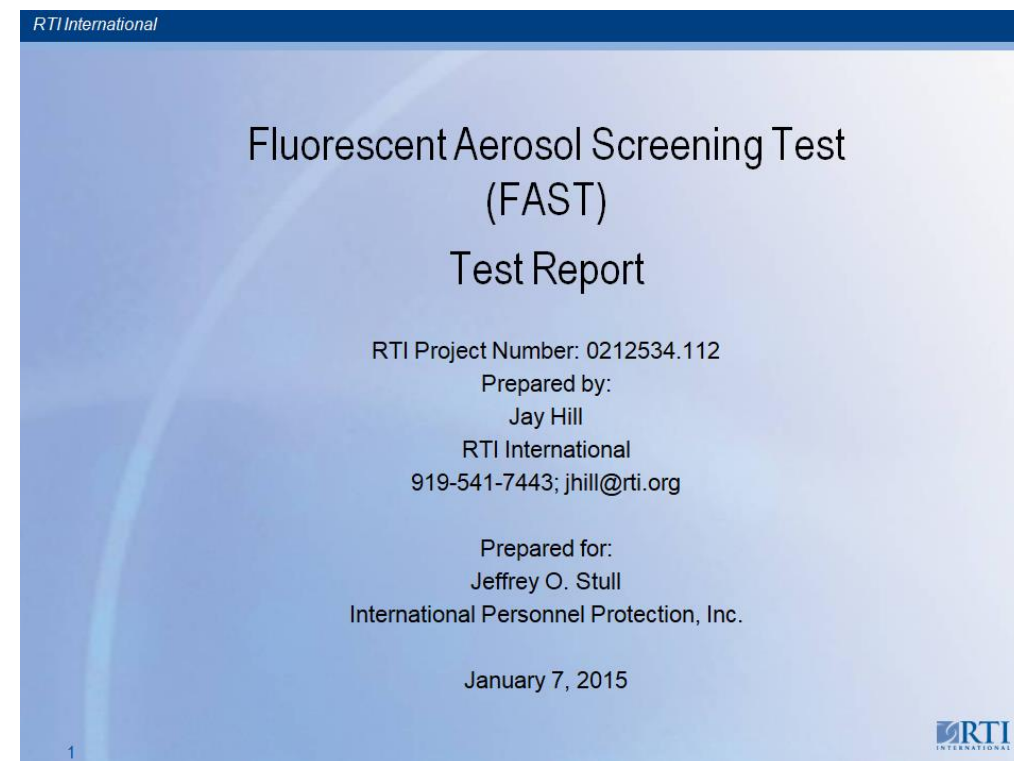
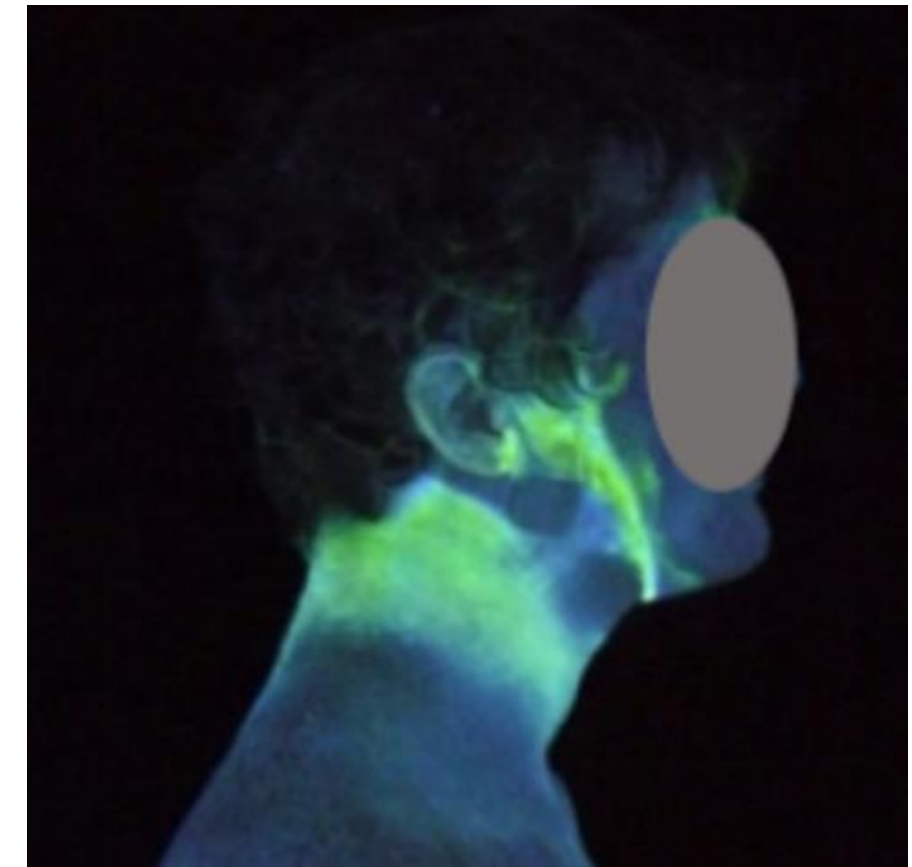


Best Practices – Hood / Glove Swap



WHY WIPE ?

WHY SWAP ?



FLORIDA FIREFIGHTERS **SAFETY** AND **HEALTH** COLLABORATIVE



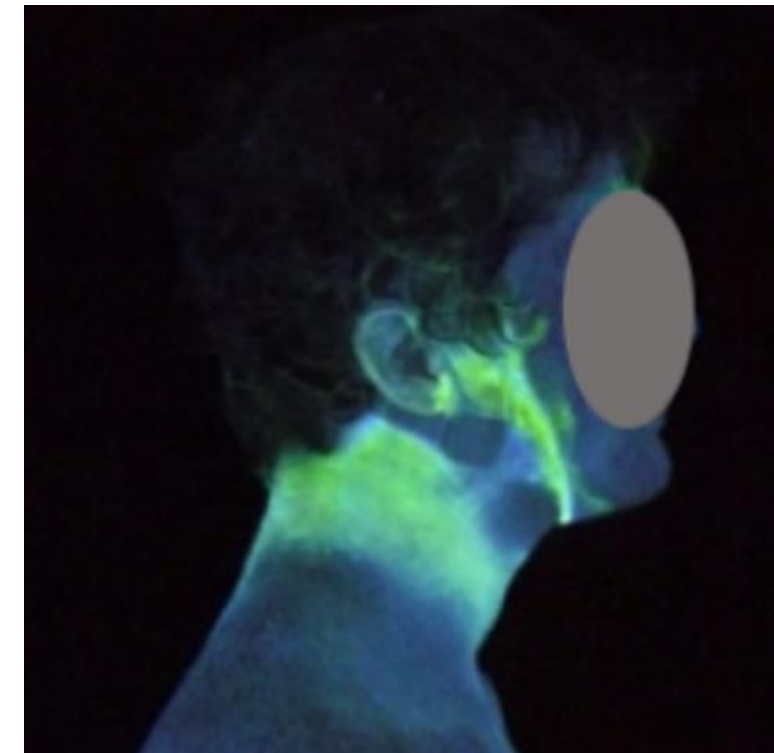
Best Practices – Hood / Glove Swap

- For every 5-degree increase in skin temperature, skin absorption increases 400 percent

Skin Absorption Rates of Toxins

(Dr. Stuart Baxter, Jan. 22, 2009 – UC Seminar)

Groin Area	300%
Jaw Angle	93%
Forehead	43%
Scalp	25%
Back	12%
Forearm	7%
Palm	6%
Ankle	3%



Best Practices – Gear Transport

- Bag Gear – minimum 6 mil bags
- Investigator vehicles - consider Clean/Dirty side of vehicle
- Store PPE in container



Best Practices – Clean Gear

- Extractors or advanced cleaning
- Gear Drying Stations
- Confidence Burn



EDUCATI



THE NEW BADGE OF HONOR IS CLEAN GEAR



7 STEPS FOR DECONTAMINATION:

1. Perform gross field decontamination at the scene.
2. Use cleansing wipes at the scene.
3. Swap your dirty hood for a clean one.
4. Bag and seal your gear before leaving the scene.
5. Carry out routine cleaning when you get to the station.
6. Shower within the hour.
7. Never put dirty gear in your own car, always use a protective case.

TOMORROW'S HEROES PROTECT THEMSELVES TODAY.

TOMORROW'S
HEROES



CLEAN GEAR
TODAY



Clean Cab Policy – Moving Forward

What Pierce is doing:

- Sustaining [partnership](#) with the Fire Cancer Support Network.
- Decon bucket provided as standard in 1,500 chassis.
- 250+ sales reps nationwide trained by members of the [Florida Firefighter Safety & Health Collaborative](#) on “Clean Cab Initiatives.”
- Cleanable apparatus seats and interior surfaces, exhaust options, decon outlets, high-impact HVAC filtration, and custom add-ons like decon showerheads reduce exposure to soot, exhaust particles, and other carcinogens.



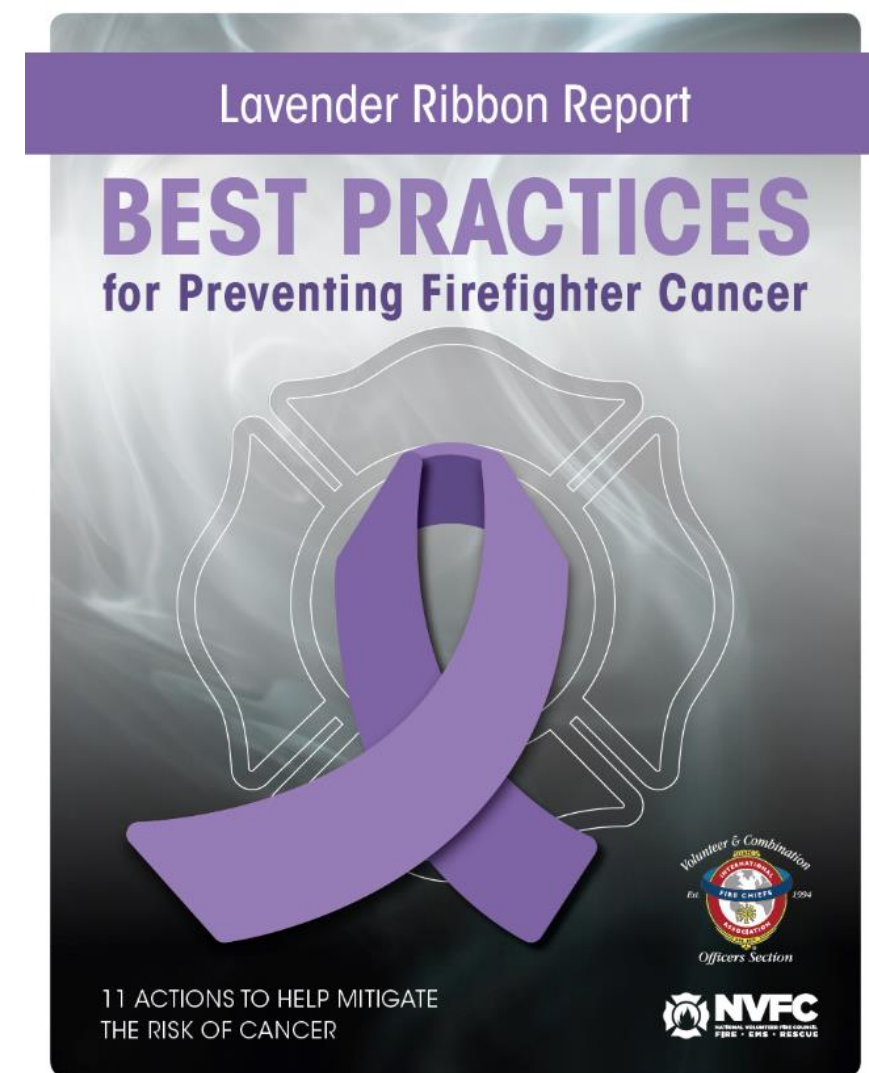
Pass it on.

FLORIDA FIREFIGHTERS **SAFETY** AND **HEALTH** COLLABORATIVE



Best Practices - National

- Utilize science and study results to determine best practices for firefighter safety procedures



FLORIDA FIREFIGHTERS **SAFETY** AND **HEALTH** COLLABORATIVE



Best Practices – Wellness Program

Wellness Program:

- Annual Physicals
- Early Detection (like LifeScan)
- Nutrition
- Fitness Analysis/Program



A HEALTHCARE PROVIDER'S GUIDE TO FIREFIGHTER PHYSICALS

YOUR PATIENT IS A FIREFIGHTER!



- Firefighters face unique occupational health risks due to the demands of their job.
- Firefighters routinely operate in harsh work environments with:
 - o excessive heat
 - o emotionally charged situations
 - o toxic chemicals
 - o dense smoke
 - o extreme physical challenges
- Firefighters wear more than 70 pounds of equipment.
- Firefighters breathe compressed air.
- Firefighters represent a distinct subset of the general population.

Firefighters As Tactical Athletes Physiological Demands of Firefighting

Cardiovascular
(Increased HR and BP,
Decreased Stroke Volume)

Hematological
(Decreased Plasma Volume,
Hemoconcentration)

Thermoregulatory
(Elevated Core Temperature,
Dehydration)

Respiratory
(Increased Breathing Rate
and Oxygen Consumption)

Metabolic
(High Oxygen Cost, Increased
Lactate, Fatigue)

Immune/Endocrine
(Increased Leukocytes and
Hormones)

Nervous
(Sympathetic Surge and
Increased Adrenaline)

Muscular
(Increased Oxygen Use and
Heat Production)



Adapted from Figure 2 - Smith, D.L., et al. [2010]. Sudden Cardiac Events in the Fire Service. First Responder Health and Safety Laboratory, Skidmore College.

These extreme physical, mental and environmental stresses increase the firefighter's risks of morbidity and mortality for:

Cardiovascular events:

Cardiovascular events are the leading cause of Line of Duty Deaths among firefighters¹ and, for every line of duty death, there are an estimated 17 non-fatal cardiac events on duty among firefighters².

Musculoskeletal injuries:

The National Fire Protection Association estimates firefighters get more than 71,000 injuries a year³.

Behavioral health issues:

Of firefighters, 46.8% have considered suicide and 15.5% have had an attempt during the course of their career⁴.

Cancer:

In 32 states and in 9 Canadian provinces, several types of cancer are considered work-related.⁵

Family history and lifestyle habits obviously add to these risks.

The purpose for this document is to assist the healthcare provider in the evaluation, treatment, and ongoing surveillance of the health and wellness of firefighters. The recommendations in this document are supported by ongoing clinical research of firefighters' health and by the extensive experience and expertise of the providers caring for them. These recommendations are offered as assistance for healthcare providers making clinical decisions regarding the medical fitness and/or treatment of firefighters. They are not to take the place of your medically reasonable, appropriate and necessary medical evaluation of the firefighter. As with any clinical references, they should be used with the understanding that ongoing research may result in new information and revised recommendations.

For more information: www.fstaresearch.org/GetChecked
To provide feedback: fstar@iafc.org



rev: Jan 2017



Best Practices – Diesel Exhaust

- Direct Source Capturing Devices
- Positive pressure fire station
- Turn engines off when available



Best Practices – Air Monitoring Hot and Warm Zone

- Air Monitoring – now use multi-gas device for VOCs, PAH
- Includes Firefighters/Fire Investigators



FLORIDA FIREFIGHTERS **SAFETY** AND **HEALTH** COLLABORATIVE



Best Practices – Respiratory Protection

- Respiratory Protection for all incidents
 - SCBA
 - Half Mask w/multi gas/vapor cartridge
 - Warm Zone, Brush Fires, etc
- Includes Fire Investigators



Palm Beach County Fire Rescue Fire Related Respiratory Protection

ONLY to be used in addition to current SCBA use
Do NOT use in lieu of SCBA during Overhaul
Do NOT use in IDLH



• 3m Half mask respirator

- o Rugged comfort with quick latch
- o Series 6500QL
- o Silicone face seal
- o PNs 6501QL, 6502QL, 6503QL
- o List price - \$21.43
- o We issued 1 per firefighter (sized to each person)



• 3m multi-gas/vapor cartridge

- o Protection against organic vapors, chlorine, hydrogen chloride, sulfur dioxide, hydrogen fluoride, chlorine dioxide, hydrogen sulfide, ammonia, methylamine, formaldehyde, and P100 particulate filtering
- o PN 60926
- o List price - \$13.53/each
- o We issued 2 packages (4 cartridges) per seat on apparatuses
- o Cartridges MUST remain sealed until needed, one-time use.



• Draeger X-am 5000 atmospheric monitor

- o Equipped with sensors
 - CH4 (Iel) (CAT EX, PN 6812950)
 - O2 (XXS O2/CO-LC Dual, PN 6813275)
 - CO (XXS OV, PN 6811530)
 - EO (Organic Vapors) (XXS HCN, PN 6810887)
 - HCN
- o NiMH rechargeable battery
- o PN 8320000
- o Contact Draeger or distributor for pricing (approx. \$2,250 list)
- o We issued 1 per ISO (approx. 1 per every 5 fire stations)



• Draeger PAC 7000 OV gas monitor

- o 0-200 PPM 0.5 Resolution
- o PN 8321006
- o List price - \$784.00
- o *Considering buying one for each apparatus*

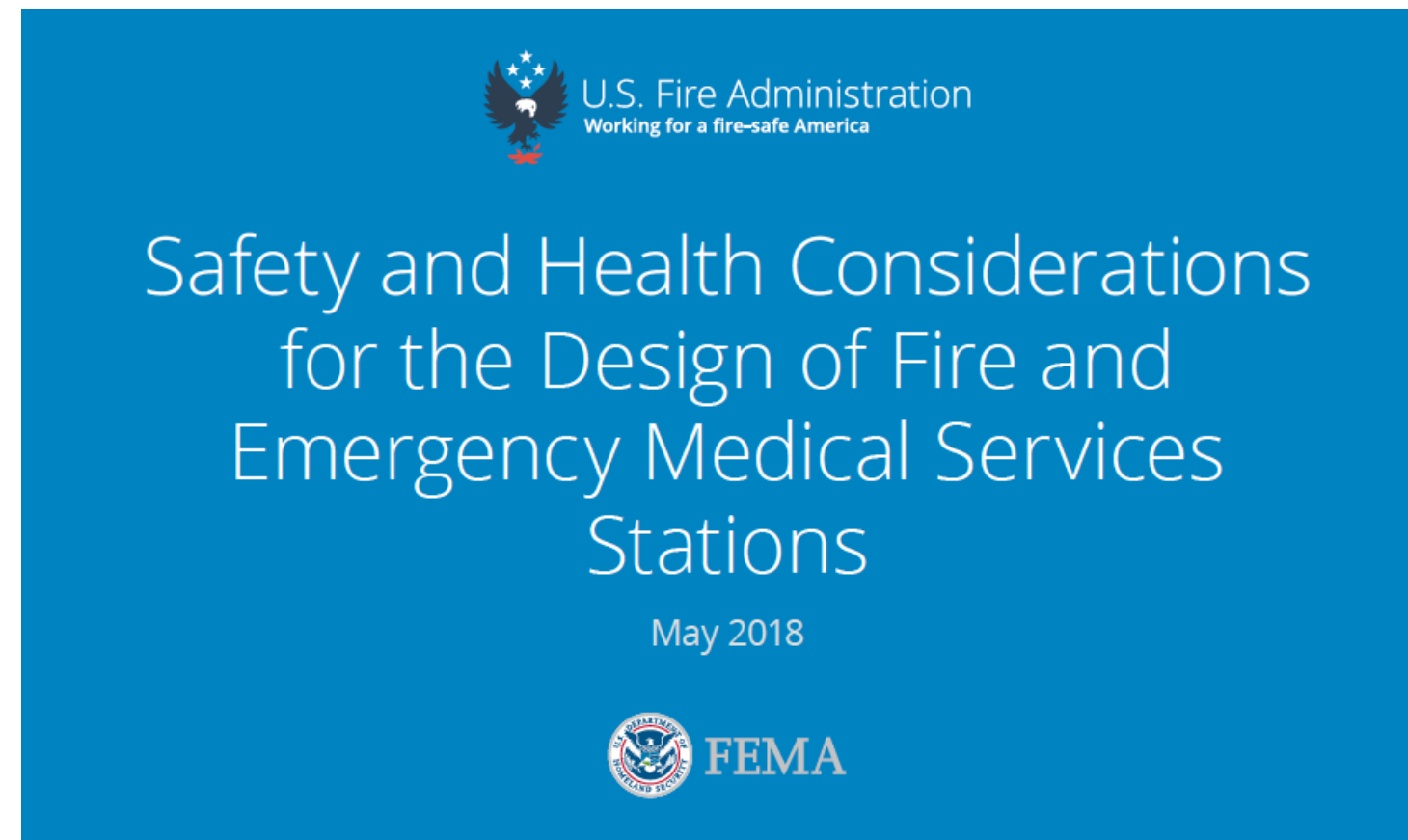


FLORIDA FIREFIGHTERS SAFETY AND HEALTH COLLABORATIVE



Best Practices – Fire Station Design

- Hot / Transition / Cold zone design
- Change from gear in open bay to designated gear storage rooms



Welcome to the Firefighter Cancer Initiative Education Campaign

The Firefighter Cancer Initiative is funded by the State of Florida and led by Sylvester Comprehensive Cancer Center at the University of Miami. The Education Campaign is one component of the initiative and is led by the Center for Communication, Culture, and Change in the School of Communication at the University of Miami.

The materials on this website are designed to help educate firefighters about some of the cancer risks they face and processes that might help reduce those risks. These materials may be used for all education and non-profit purposes - we just ask that you provide credit to the Sylvester Comprehensive Cancer Center Firefighter Initiative when using them. Commercial use is prohibited.

[Get The Materials](#)



UNIVERSITY OF MIAMI
CENTER for
COMMUNICATION,
CULTURE, and CHANGE



FLORIDA FIREFIGHTERS **SAFETY** AND **HEALTH** COLLABORATIVE



Best Practices – FF Support

- Firefighter Cancer Support Network
- Training
- Resources
- Mentorship
- <https://firefightercancersupport.org>



THANK YOU!

