

Lavender Ribbon Report

BEST PRACTICES

for Preventing Firefighter Cancer

11 ACTIONS TO MITIGATE THE RISK OF CANCER





IAFC

International Association of Fire Chiefs



Surviving the Job

Implementing the Best Practices

Instructor Introduction

Lavender Ribbon Report

BEST PRACTICES for Preventing Firefighter Cancer



11 ACTIONS TO HELP MITIGATE
THE RISK OF CANCER



BEST PRACTICES for Preventing FIREFIGHTER CANCER

- 1 Full protective equipment (PPE) must be worn throughout the entire incident, including SCBA during salvage and overhaul.
- 2 A second hood should be provided to all entry-certified personnel in the department.
- 3 Following exit from the IDLH, and while still on air, you should begin immediate gross decon of PPE using soap water and a brush, if weather conditions allow. PPE should then be placed into a sealed plastic bag and placed in an exterior compartment of the rig, or if responding in POVs, placed in a large storage tote, thus keeping the off-gassing PPE away from passengers and self.
- 4 After completion of gross decon procedures as discussed above, and while still on scene, the exposed areas of the body (neck, face, arms and hands) should be wiped off immediately using wipes, which must be carried on all apparatus. Use the wipes to remove as much soot as possible from head, neck, jaw, throat, underarms and hands immediately.
- 5 Change your clothes and wash them after exposure to products of combustion or other contaminants. Do this as soon as possible and/or isolate in a trash bag until washing is available.
- 6 Shower as soon as possible after being exposed to products of combustion or other contaminants. "Shower within the Hour"
- 7 PPE, especially turnout pants, must be prohibited in areas outside the apparatus floor (i.e. kitchen, sleeping areas, etc.) and never in the household.
- 8 Wipes, or soap and water, should also be used to decontaminate and clean apparatus seats, SCBA and interior crew area regularly, especially after incidents where personnel were exposed to products of combustion.
- 9 Get an annual physical, as early detection is the key to survival. The NVFC outlines several options at www.nvfc.org. "A Healthcare Provider's Guide to Firefighter Physicals" can be downloaded from www.iafc.org/healthRoadmap.
- 10 Tobacco products of any variety, including dip and e-cigarettes should never be used at anytime on or off duty.
- 11 Fully document ALL fire or chemical exposures on incident reports and personal exposure reports.

FUNDING PROVIDED BY



VCOS VISION STATEMENT

VCOS MISSION
STATEMENT



NVFC VISION STATEMENT

NVFC MISSION
STATEMENT





Welcome, John Buckman

We are happy you stopped by.



Resume



My Courses

Message Board

1

Welcome to IAFC Academy



Overcoming Cultural Barriers for a More Inclusive Volunteer Workforce

Online Course

Enroll

This 1 hour web-based training (WBT) delivers strategies for engaging, recruiting and retaining volunteers from diverse backgrounds and communities. This course assists participants with identifying local challenges, discusses specific strategies for engagement, recruitment and retention of diverse volunteers, and creates a goal, plan and strategy for developing a department that more accurately reflects their community.



Tags

Volunteer Workforce Solutions ▶

VWS ▶



The National Safety Culture Change Initiative

Online Course

Enroll

The National Safety Culture Change Initiative provides the skills to implement and demonstrate cultural change for safety and health within the fire service by identifying individual and organizational behaviors that adversely impact firefighter health and safety, and develop strategies to mitigate these effects. The course supports the National Fallen Firefighters Life Safety Initiative #1: Define and advocate the need for cultural change within the fire service relating to safety; incorporating leadership, management, supervision, accountability and personal responsibility. Additional course resources include informational materials for Chief Officers, Company Officers and Firefighters; training materials and assessment tools for fire departments; and access to the dedicated Firefighter Safety Culture website: www.ffsafetyculture.org

This is a 1 hour online training.



Tags

Featured ▶

Volunteer Administrative Leadership (VALS)

2



A Practical Approach to Diversity and Inclusion in the Volunteer Fire Service

Online Course

Enroll

This 1 hour web-based training (WBT) aims to identify current recruitment and retention challenges within the volunteer fire service, explores the value of diversity and inclusion in strengthening the volunteer fire service, and inspires participants to actively work towards building a diverse and inclusive volunteer fire service that more accurately reflects the community they serve.



Tags

Volunteer Workforce Solutions ▶

VWS ▶



Barriers to Volunteering: How a Traditional Approach is Limiting Your Department

Online Course

Enroll

This 1 hour web-based training (WBT) strives to improve the knowledge regarding the mechanisms, attitudes and conditions within the volunteer fire service that prevent membership diversity. This course provides an overview of how to have an increased awareness of the misconceptions that cloud the understanding of under-resourced communities, increase knowledge of the steps to collaborating effectively with these communities, and increase interest within members of these communities in partnering and volunteering with local volunteer fire departments.



Tags

Volunteer Workforce Solutions ▶

VWS ▶



Chief 101

Online Course

Enroll

Chief 101 focuses on issues not necessarily on the fire ground that impact your department's performance when it matters most. This course is designed to help chief-level officers in volunteer fire departments effectively execute the roles and responsibilities of a leadership position. Topics will include managing your responsibilities, your team, the department, and your budget. The course will take up to two hours to complete with interactive segments such as quizzes and videos.

This is a 2 hour training.



Tags

Volunteer Workforce Solutions ▶

VWS ▶

Volunteer ▶



Welcome, John Buckman

We are happy you stopped by.



Resume

Nothing to resume yet



My Courses

See courses you are enrolled in



Message Board

1

Welcome to IAFC Academy



Ethanol Emergency Response

Online Course

Enroll

Upon completion of this online course, participants will have knowledge related to ethanol and ethanol-blended fuels including the use, chemical and physical characteristics, transportation modes, transfer operations, basics of foam, suggested responder tactics and strategies and environmental issues.

This is a 2 hour online training.



Tags

HazMat



Hydrogen Response

Online Course

Enroll

The IAFC and the IAFC Hazardous Materials Committee worked with hydrogen industry specialists from around the United States to review and update this **Hydrogen Response** online training course, focused on providing basic education on alternative fuels. The course has four modules and upon completion, students will have knowledge related to hydrogen including its use, chemical and physical characteristics, and suggested responder tactics and strategies.

This is a 2 hour online training.



Tags

Hydrogen

HazMat



Propane Emergencies

Online Course

Enroll

The IAFC and Propane Industry have created an online training based upon the text *Propane Emergencies* 3rd ed. by Hildebrand and Noll. The online program consists of five modules each containing defined objectives and knowledge checks, interactive scenarios, and a final comprehensive assessment to reinforce learning. At the completion of this training, first responders will have a heightened awareness of the physical and chemical properties of propane, knowledge of how to complete a hazard and risk assessment, and knowledge of general emergency response procedures and the utilization of the *Eight Step Process*® to develop an incident action plan to mitigate the emergency.

This is a 2 hour online training.



Tags

Propane

Featured

HazMat

Fire Dynamics Terminology

Online Course

Enroll

Do you know what flow path really is? As researchers have helped the fire service better understand fire dynamics, a new language has developed using new terms such as heat flux, flow path, and door control. Older terminology such as size-up and flashover are now better understood. This research is being incorporated into the fire service at all levels including company drills, department SOPs, training manuals, and standards. This online training will provide participants with an expanded knowledge of these terms and their science-based definitions.

This is a 1 hour online training.



Tags

Featured

Increased Thermal Hazards in Wind-Driven Fires

Online Course

Enroll

Using the case study *One-Story Ranch Wind-Driven Fire April 12, 2009 Houston, Texas (Houston Fire Department)*, students will learn about research-based tactics and principles including flow path, size-up, and thermal hazards associated with structure fires. Students will also learn about the effects of wind on flow path and how wind affects the development of an Incident Action Plan (IAP). Additional course materials, website links and supplemental videos can be found in the course resources section.

This course is presented by the Firefighter Safety Through Advanced Research (FSTAR) program and the International Association of Fire Chiefs. Visit the FSTAR website www.fstaresearch.org to learn more about FSTAR and fire service research.

This is a 1.5 hour online training.



Tags

Featured

FSTAR

Structural Firefighting Research

Online Course

Enroll

This training is designed to provide participants with an understanding of the new science available on tactical ventilation. This course is presented in cooperation with UL Firefighter Safety Research Institute's Steve Kerber and Dan Madrzykowski, whom have conducted numerous fire research experiments examining the impact of tactical ventilation on fires in single family homes, commercial scale structures, and high-rise buildings. This training is based on studies that have examined horizontal, vertical, natural, and mechanical ventilation as well as wind-driven fires.

This is a 1 hour online training.

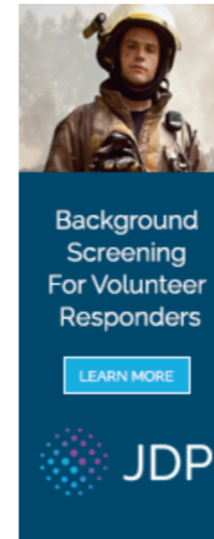
ACCESS THE NVFC VIRTUAL CLASSROOM

The NVFC Virtual Classroom is an online learning center featuring courses designed and delivered by fire service members and industry professionals. The courses are on-demand and self-paced, which means you set your own schedule. **NVFC individual members are able to enjoy all courses free-of-charge. Log in to the NVFC member portal to find the code under member benefits/education.** Please fill out the [troubleshooting form](#) if you encounter an issue.

Nonmembers pay either \$12.95 or \$17.95 depending on the course. [Purchase](#) an individual membership to take all Virtual Classroom courses free-of-charge. Select courses may also be provided free-of-charge for a limited time, regardless of membership status; these will be marked as free in the course catalog.

NVFC Virtual Classroom courses feature the following:

- Downloadable course materials and supplemental resources
- Quizzes
- Course Evaluations
- Certificates of completion



Virtual Classroom courses are organized in the Catalog by the following categories:

BH – Behavioral Health
FC – Fire Corps
GF – Grants and Funding
HW – Health and Wellness
JR – Juniors
LD – Line of Duty
LS – Leadership
PP – Preparedness and Prevention
RM – Reputation Management
RR – Recruitment and Retention
SE – Safety and Equipment
WF – Wildland Fire

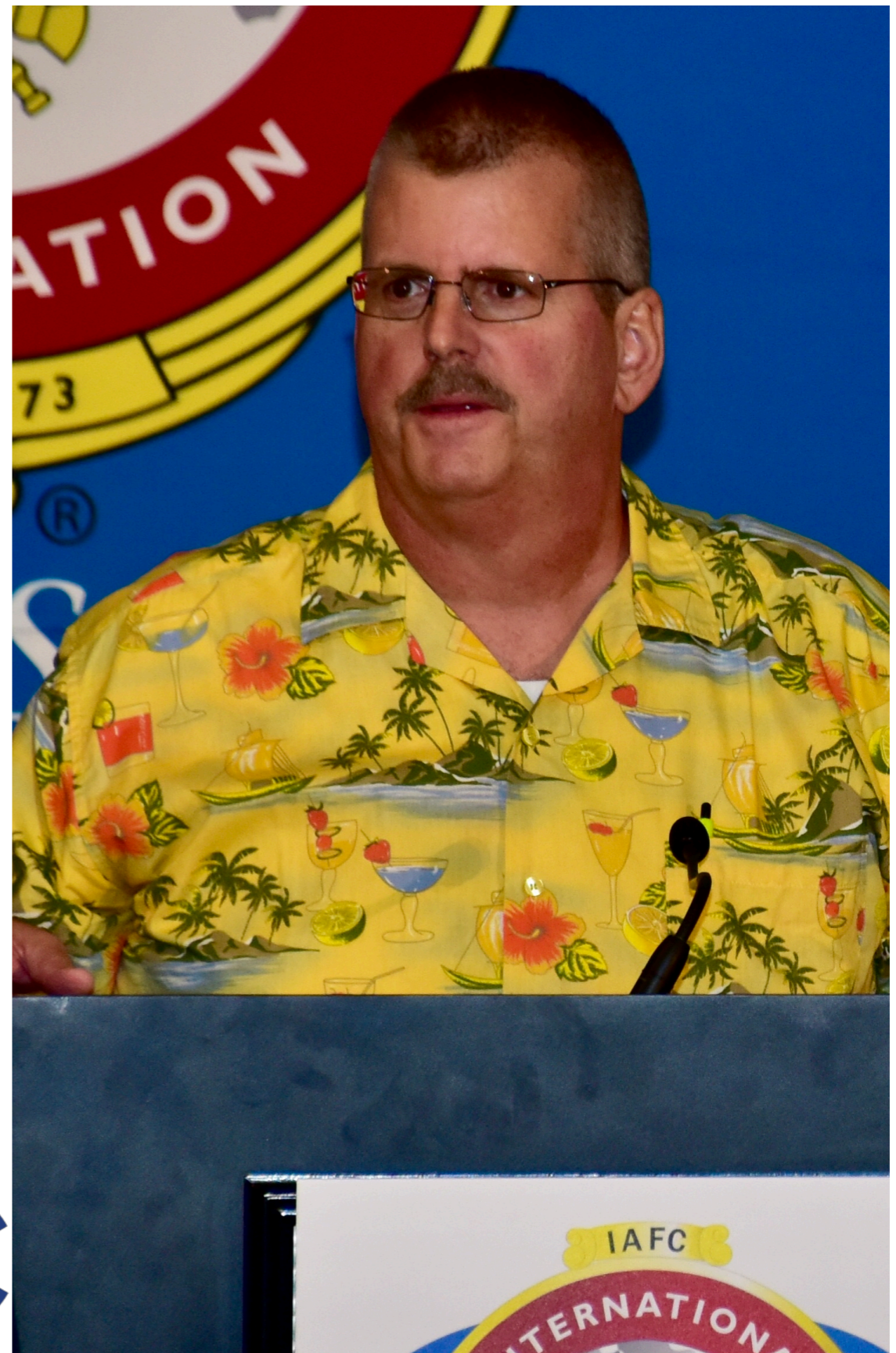
Access the Virtual Classroom

- Login to the Virtual Classroom at <https://nvfc.digitalchalk.com>.
 - If you already have a Virtual Classroom account or are an NVFC member, login using your existing account information. NVFC members can use a coupon code to register for courses free-of-charge. Please fill out the [troubleshooting form](#) if you have an issue or a question.
 - If you **are not** an NVFC member and have never accessed the Virtual Classroom, you must create a new account. **You will be taken to a log in page when attempting to register for a course or when visiting <https://nvfc.digitalchalk.com>. Click on 'create an account' to create a profile.** It is free to create an account. Or, [join](#) the NVFC as an individual member and enjoy free access to the Catalog.
- Once logged in to the Virtual Classroom, register for classes by selecting Catalog and adding your desired course(s) to the shopping cart.
- For courses with a fee, payment information will be required upon checkout. NVFC members can use the member discount code to have course fees waived; find the discount code in the NVFC member portal under member benefits/education.





Lavender Ribbon Report Dedicated Chief James P. Seavey Jr.





**Past Chief
Brian McQueen**



President Scott Beecher



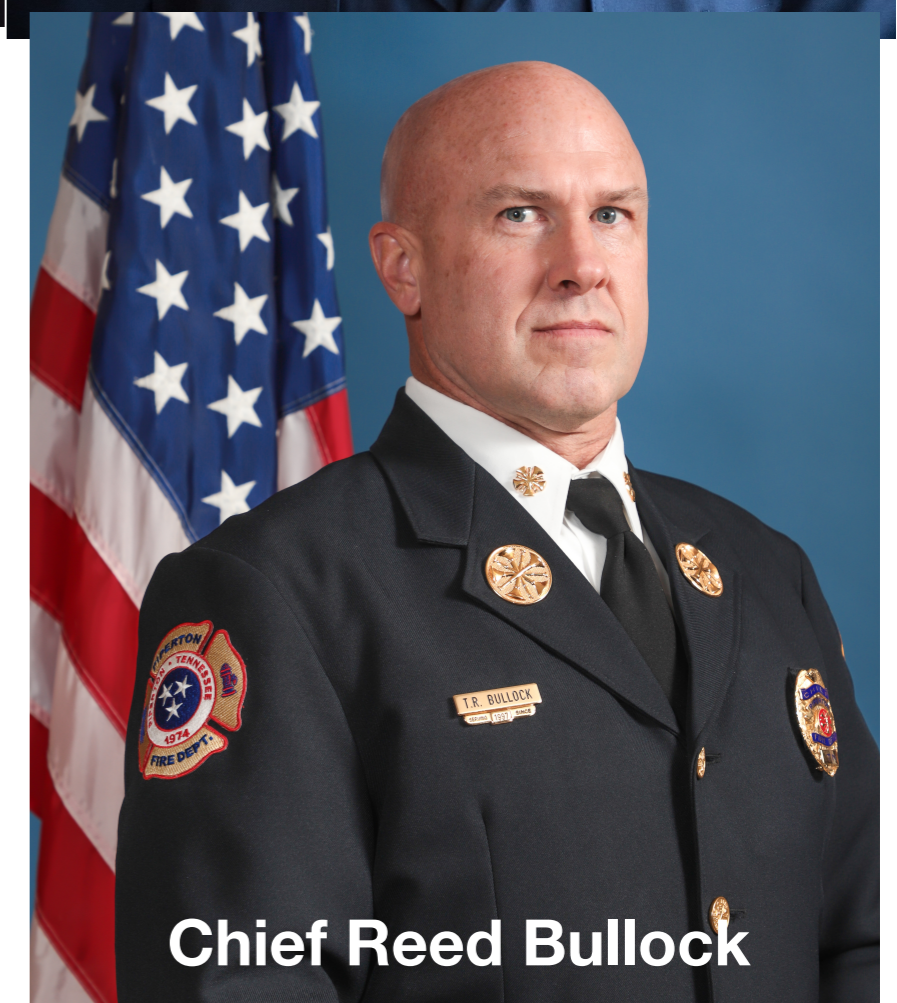
**Battalion Chief
Seth Barker**



Chief Juan Bonilla



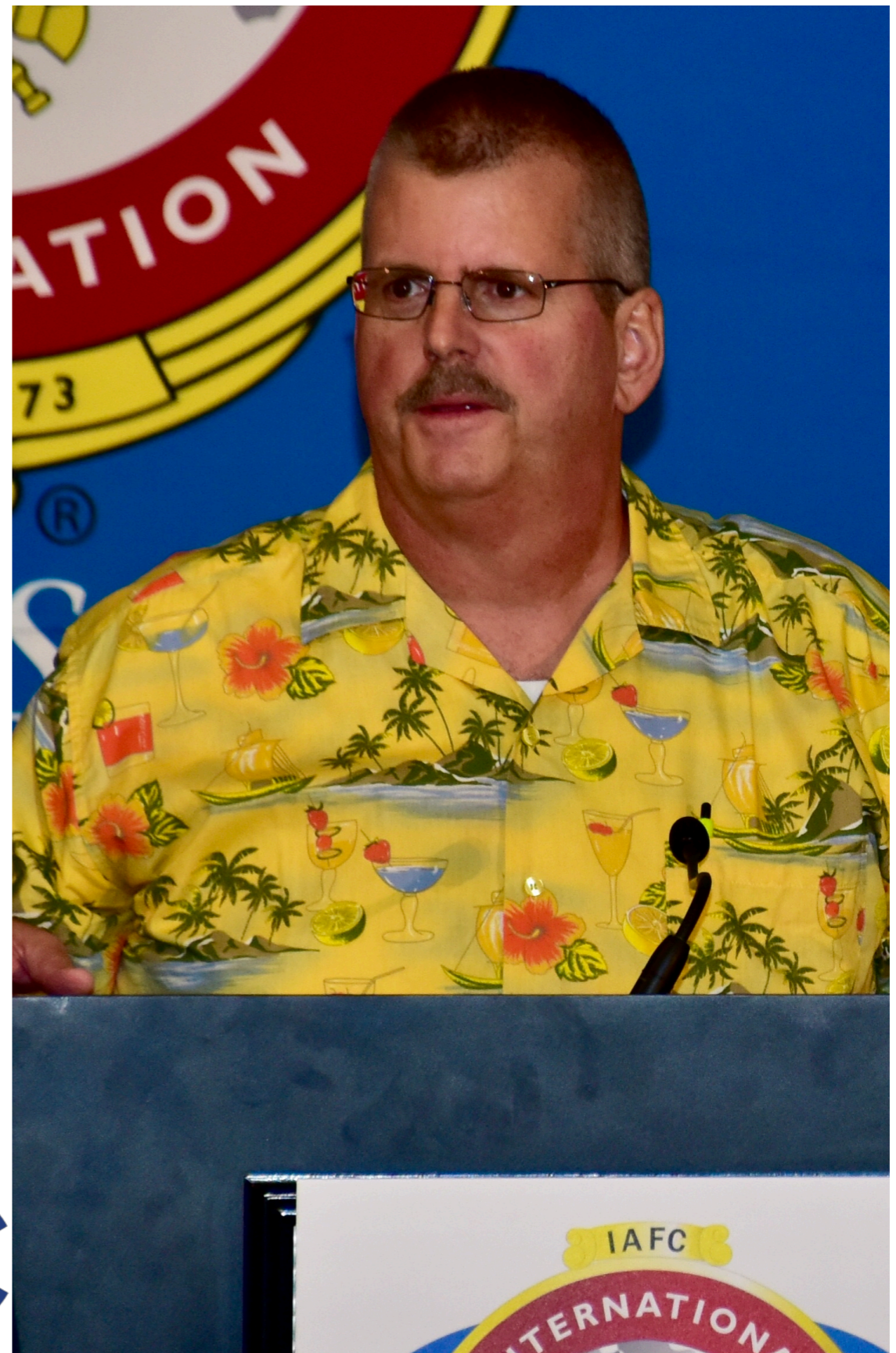
Chief Jeff Cash



Chief Reed Bullock



Lavender Ribbon Report Dedicated Chief James P. Seavey Jr.



Scott Beecher

- President - Ward Diesel
- Best Practice #9
- VCOS
- Lavender Ribbon Report Chair
- Horseheads NY
- Metropolitan Chiefs - Gold Sponsor
- Key sponsor - VCOS Symposiums



Past Fire Chief Brian McQueen

- Best Practice #1
- Board Member - NVFC
- Co-Chair / Joint Cancer Committee
- Whitesboro Volunteer Fire Department, Inc.



Assistant Fire Chief Robert Logan

- Best Practice #2 and #6
- VCOS
- Spring Fire Department, TX
- Certified paramedic
- BS in Fire Science from Columbia Southern University.
- Graduate of the Texas A&M Mays Business School Fire Service Chief Executive Officer program
- Fire Officer IV and Master Fire Instructor.
- Pursuing a Masters in Emergency Services Management.



Battalion Chief Seth Barker

- Best Practice #3 and #5
- VCOS
- Battalion Chief
- Big Sky Fire Department, MT
- Logistical Coordinator/
FirefighterCloseCalls.com
- Vice-Chair - Cancer Alliance



Fire Chief Juan Bonilla

- Best Practice #6 and #8
- NVFC
- Donnelly Rural Fire Protection District, ID
- U.S. Navy as a petty officer 3rd Class
- Valley County Emergency Manager
- EMR/EMT&AEMT since 1997.



Fire Chief Jeff Cash

- Best Practice #7
- NVFC
- Cherryville Fire Department, NC / 38 years
- Degree in Fire Protection Technology.
- Past President/NC State Firefighters Assn
- Recognitions: Cherryville FD Firefighter of the Year, Western NC Association Fire Officer of the Year, NCSFA Firefighter of the Year, NC Association of Fire Chief's Career Chief of the Year, NC Society of Fire & Rescue Instructors, Instructor of the Year, the IAFC-VCOS-John M/ Buckman III Leadership Award, and the NVFC-James Monihan Leadership Award.



Fire Chief Reed Bullock

- Best Practice #10 and #11
- VCOS
- Piperton Fire Department, TN / 1997
- Full-time Chief in 2007.
- Single father of a wonderful son, Tristan.
- Avid outdoors man, enjoy hunting, fishing, hiking, and horseback riding
- Work with various rodeos and Rodeo Queen Associations



Actions Reduce Carcinogen Exposure

- **Keep your mask on.**
- **Remove contaminated gear as soon as possible.**
- **Clean on the scene.**
- **Clean your neck, face, arms and groin thoroughly after each fire.**
- **Shower, scrub and change into a clean uniform/clothes.**
- **Regularly launder turnout gear and wash hood at least weekly**



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**

Proudly endorsed
and supported by:



Supporting Those Who Serve



BUG

Taking Action Against Cancer in the Fire Service

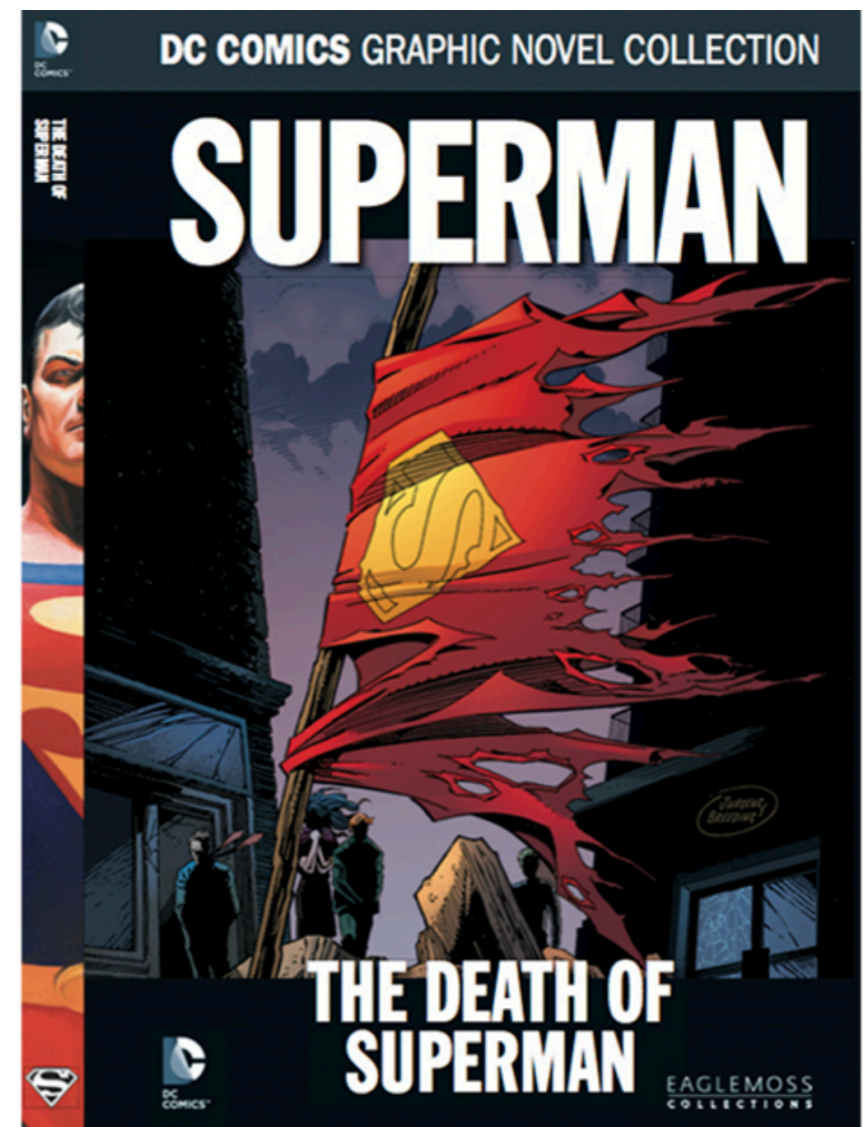


August 2013 (V2)

<https://firefightercancersupport.org/resources/library/>

Is Cancer A Death Sentence?

Early
Detection
Survival
Key





**Why does
one
firefighter
contract
cancer and
/ another
/ does not?**



HOT ZONE



COLD ZONE



WARM ZONE

Family Impact

- Exposing yourself unnecessarily to carcinogens places your family well being at significant risk.
- It is not just about you!
- How cancer affects your family?
- Be a HERO - for your family!



General Objectives

- Fire Chiefs/Officers are aware of their duty and responsibility in reducing exposure to carcinogens.
- Fire Chiefs/Officer understand their duty to enforce policy and procedures.
- Fire Chiefs/Officer know their policy and procedures related to reducing risk to carcinogens.
- Firefighters understand the increased risk from exposure to smoke and other chemicals.
- Firefighters understand the importance of healthy life habits.
- Firefighters accept responsibility for operating within the policy and procedures established by their fire department

CULTURE CHANGE

POSITIVE

PERSONAL

PROBABLE

POSSIBLE

**Introductory Video - several
firefighters tell their story
about cancer.**

[https://www.facebook.com/
ncfirefightercancer/videos/
329598980943281/](https://www.facebook.com/ncfirefightercancer/videos/329598980943281/)

BEST PRACTICE 1

- Full personal protective equipment (PPE) must be worn throughout the entire incident, including a self-contained breathing apparatus (SCBA) during salvage and overhaul.

<https://youtu.be/BFbk0gaM1C4>



BEST PRACTICE 2



**MAJESTIC WHITE DOUBLE PLY 20
INCH FLARED NOMEX HOOD**

List Price: \$35.99

Sale Price: \$25.99



MAJESTIC PAC IA RED NOMEX HOOD

List Price: \$39.99

Sale Price: \$30.99

- A second hood should be provided to all entry-certified personnel in the department.

BEST PRACTICE 3



- Following exit from the immediately dangerous to life or health (IDLH) and while still on air, you should begin immediate gross decontamination (decon) of PPE using soapy water and a brush if weather conditions allow. (cont.)

BEST PRACTICE 3

- PPE should then be placed into a sealed plastic bag and placed in an exterior compartment of the rig, or if responding in personally owned vehicle (POVs), placed in a large storage tote, thus keeping the off-gassing PPE away from passengers and self.



Understanding & Implementing STANDARDS

NFPA 1851



BEST PRACTICE 3



<https://youtu.be/01FcNkbQ4JM>

<https://www.youtube.com/watch?v=01FcNkbQ4JM>



HOT ZONE



COLD ZONE



WARM ZONE

BEST PRACTICE 4

- After completion of gross decon procedures as discussed above and while still on scene, the exposed areas of the body (neck, face, arms and hands) should be wiped off immediately using wipes, which must be carried on all apparatus. Use the wipes to remove as much soot as possible from head, neck, jaw, throat, underarms and hands immediately.



Hoods are dangerous purveyors of carcinogens!



GET THAT HOOD OFF NOW!

BEST PRACTICE 5

- Change your clothes and wash them after exposure to products of combustion or other contaminants. Do this as soon as possible or isolate in a trash bag until washing is available.



BEST PRACTICE 6

- Shower as soon as possible after being exposed to products of combustion or other contaminants.
“Shower within the hour.”



BEST PRACTICE 7

- PPE especially turnout pants, must be prohibited in areas outside the apparatus floor (i.e. kitchen, sleeping areas, etc.) and never in the household.





Back at the station

BEST PRACTICE 8

- Wipes, or soap and water, should also be used to decontaminate and clean apparatus seats, SCBA and interior crew area regularly, especially after incidents where personnel were exposed to products of combustion.



BEST PRACTICE 9

- Get an annual physical, as early detection is the key to survival.



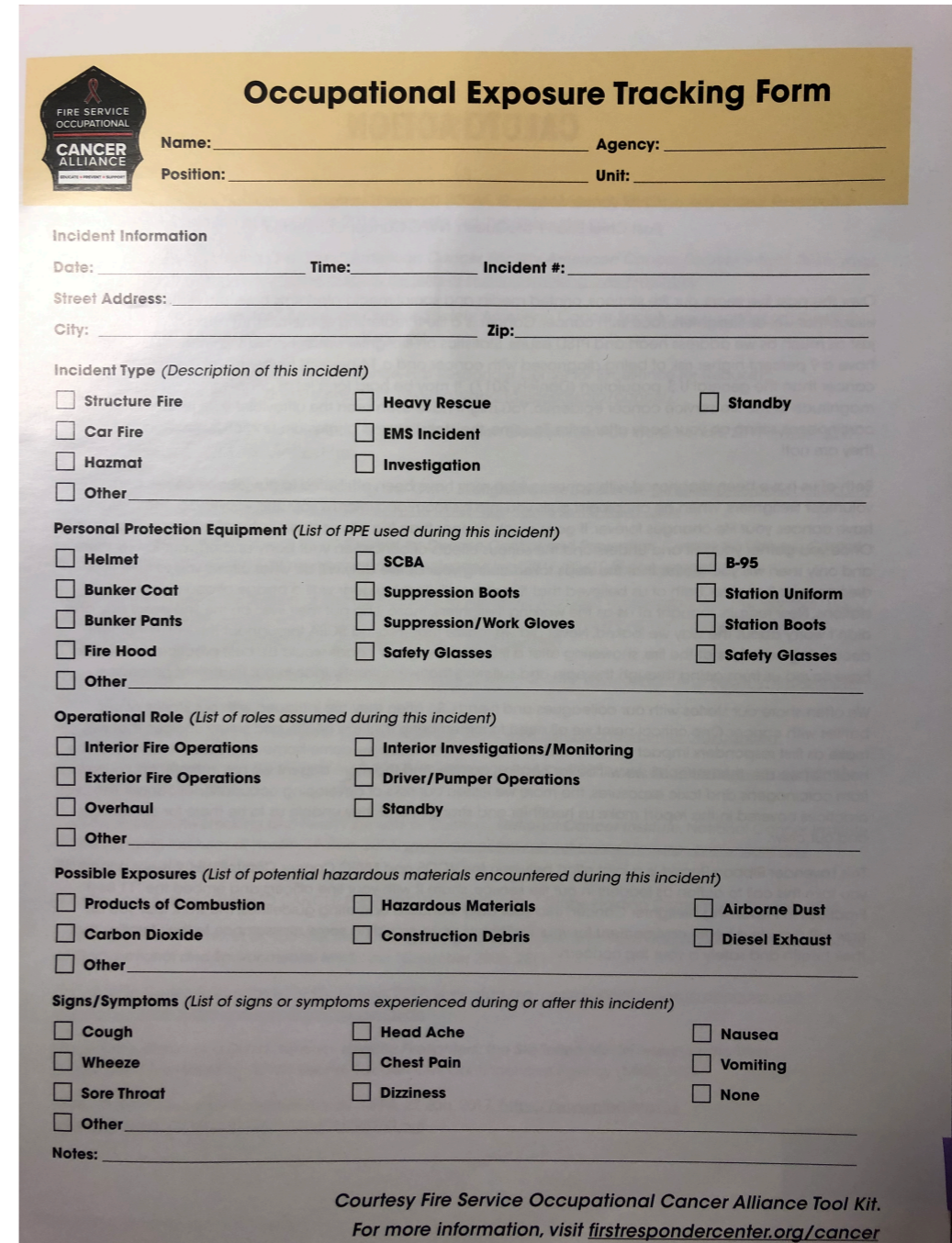
BEST PRACTICE 10

- Tobacco products of any variety, including dip and e-cigarettes, should never be used at any time on or off duty.



BEST PRACTICE 11

- Fully document ALL fire or chemical exposures an incident reports and personal exposure reports.



The form is titled "Occupational Exposure Tracking Form" and features the Fire Service Occupational Cancer Alliance logo. It includes fields for Name, Agency, Position, and Unit. The form is divided into several sections: Incident Information (Date, Time, Incident #, Street Address, City, Zip), Incident Type (Structure Fire, Car Fire, Hazmat, Other, Heavy Rescue, EMS Incident, Investigation, Standby), Personal Protection Equipment (Helmet, Bunker Coat, Bunker Pants, Fire Hood, Other, SCBA, Suppression Boots, Suppression/Work Gloves, Safety Glasses, B-95, Station Uniform, Station Boots, Safety Glasses), Operational Role (Interior Fire Operations, Exterior Fire Operations, Overhaul, Other, Interior Investigations/Monitoring, Driver/Pumper Operations, Standby), Possible Exposures (Products of Combustion, Carbon Dioxide, Other, Hazardous Materials, Construction Debris, Airborne Dust, Diesel Exhaust), and Signs/Symptoms (Cough, Wheeze, Sore Throat, Other, Head Ache, Chest Pain, Dizziness, Nausea, Vomiting, None). A Notes section is at the bottom. The form is credited to the Fire Service Occupational Cancer Alliance Tool Kit and provides a website for more information.

Occupational Exposure Tracking Form

Incident Information

Date: _____ Time: _____ Incident #: _____

Street Address: _____

City: _____ Zip: _____

Incident Type (Description of this incident)

☐ Structure Fire ☐ Heavy Rescue ☐ Standby

☐ Car Fire ☐ EMS Incident

☐ Hazmat ☐ Investigation

☐ Other _____

Personal Protection Equipment (List of PPE used during this incident)

☐ Helmet ☐ SCBA ☐ B-95

☐ Bunker Coat ☐ Suppression Boots ☐ Station Uniform

☐ Bunker Pants ☐ Suppression/Work Gloves ☐ Station Boots

☐ Fire Hood ☐ Safety Glasses ☐ Safety Glasses

☐ Other _____

Operational Role (List of roles assumed during this incident)

☐ Interior Fire Operations ☐ Interior Investigations/Monitoring

☐ Exterior Fire Operations ☐ Driver/Pumper Operations

☐ Overhaul ☐ Standby

☐ Other _____

Possible Exposures (List of potential hazardous materials encountered during this incident)

☐ Products of Combustion ☐ Hazardous Materials ☐ Airborne Dust

☐ Carbon Dioxide ☐ Construction Debris ☐ Diesel Exhaust

☐ Other _____

Signs/Symptoms (List of signs or symptoms experienced during or after this incident)

☐ Cough ☐ Head Ache ☐ Nausea

☐ Wheeze ☐ Chest Pain ☐ Vomiting

☐ Sore Throat ☐ Dizziness ☐ None

☐ Other _____

Notes: _____

Courtesy Fire Service Occupational Cancer Alliance Tool Kit.
For more information, visit firstrespondercenter.org/cancer

Positive Discipline

Attitude

Enforcement

ZERO TOLERANCE
Policy Deviation

Communications

Collaboration



www.iafc.org

[https://youtu.be/
nF_C3bO8WZ0](https://youtu.be/nF_C3bO8WZ0)



**THE
END**



NVFC
NATIONAL VOLUNTEER FIRE COUNCIL
FIRE • EMS • RESCUE