Lavender Ribbon Report

BEST PRACTICES for Preventing Firefighter Cancer

11 ACTIONS TO MITIGATE THE RISK OF CANCER
Instructor Introduction
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. A second hood should be provided to all entry-certified personnel in the department.
4. 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 PPE, placed in a large storage tote, thus keeping the off-gassing PPE away from passengers and self.
5. 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.
6. 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.
7. Shower as soon as possible after being exposed to products of combustion or other contaminants. “Shower within the Hour”
8. PPE, especially turnout pants, must be prohibited in areas outside the apparatus floor (i.e. kitchen, sleeping areas, etc.) and never in the household.
9. 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.
10. Get an annual physical, as early detection is the key to survival. The NVFC outlines several options at www.nvfc.org.
12. Tobacco products of any variety, including dip and e-cigarettes should never be used at anytime on or off duty.
13. Fully document ALL fire or chemical exposures on incident reports and personal exposure reports.
Overcoming Cultural Barriers for a More Inclusive Volunteer Workforce

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

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

Tags: Featured
Ethanol Emergency Response
Online Course

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.

Hydrogen Response
Online Course

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.

Propane Emergencies
Online Course

The IAFC and Propane Industry have created an online training based upon the text Propane Emergencies 3rd ed. by Hildebrand and Holt. 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.
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


  - 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.
PROTECT YOURSELF FROM CANCER

CLEAN OR CHANGE-OUT YOUR PPE AFTER EVERY WORKING FIRE

AFTER EVERY FIRE, TAKE A SHOWER AND CHANGE YOUR CLOTHES ASAP

EVER WEAR OR PLACE DIRTY PPE IN LIVING AREAS, INCLUDING YOUR CAR

ONSIDER SUNSCREEN AND WEARING A HAT WHILE WORKING IN THE SUN

XHAUST IS DEADLY, BE SURE TO USE YOUR STATION’S EXHAUST SYSTEMS

ERMEMBER TO GET ANNUAL PHYSICALS, INCLUDING CANCER SCREENINGS!

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:

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

WARM ZONE

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

https://www.youtube.com/watch?v=01FcNkbQ4JM
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.
https://youtu.be/nF_C3bO8WZ0