

## What Immediate Actions Can I Take to Protect Myself?

**1**

Use SCBA from initial attack to finish of overhaul. **(Not wearing SCBA in both active and post-fire environments is the most dangerous voluntary activity in the fire service today.)**

**2**

Do gross field decon of PPE to remove as much soot and particulates as possible.

**3**

Use Wet-Nap or baby wipes to remove as much soot as possible from head, neck, jaw, throat, underarms and hands immediately and while still on the scene.

**4**

Change your clothes and wash them immediately after a fire.

**5**

Shower thoroughly after a fire.

**6**

Clean your PPE, gloves, hood and helmet immediately after a fire.

**7**

Do not take contaminated clothes or PPE home or store it in your vehicle.

**8**

Decon fire apparatus interior after fires.

**9**

Keep bunker gear out of living and sleeping quarters.

**10**

Stop using tobacco products.

**11**

Use sunscreen or sun block.

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