



25 TO STAY ALIVE

- 1. Wear SCBA's and full PPE on all structure, car and trash fires.
- 2. Engineers and Command staff should wear SCBA's and full PPE in proximity to the fire.
- 3. Wear SCBA's and full PPE throughout the duration of overhaul.
- 4. Investigators and Command should wear SCBA's and full PPE while inside the structure.
- 5. Use Wipes on scene to remove contaminants on the skin.
- 6. Wash hands before ingesting food or liquids while on scene.
- 7. Gross Decon PPE while on scene.
- 8. Transport PPE, SCBA's, and tools outside of the cab if possible.
- 9. Clean contaminated SCBA's, tools, and hose back at the fire station.
- 10. Shower ASAP, Ideally out of service.
- 11. Change and wash contaminated clothing at the fire station.
- 12. Wash PPE ASAP including your helmet, hood, gloves and boots.
- 13. Switch into backup set of PPE ASAP.
- 14. Upgrade PPE with new particulate blocking technology.
- 15. Keep PPE in totes if transporting in personal or department vehicles.
- 16. PPE should never go inside the fire stations living quarters.
- 17. Avoid storing PPE in the apparatus bay.
- 18. Use Diesel Exhaust systems as recommended.
- 19. Avoid storing frequently used items in compartments directly over the diesel exhaust tip.
- 20. Keep living quarters doors shut.
- 21. Conduct annual medical and skin exams.
- 22. Exercise and eat healthy.
- 23. Use sunscreen and wear a hat.
- 24. Keep documentation of exposures from fire calls.
- 25. Avoid all tobacco products.



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