Firefighters are exposed to many chemicals, which may increase their risk of cancer and other harmful health effects.

**What do we know about chemicals and cancer?**

- Getting cancer depends on the chemicals you are exposed to, how long you are exposed, and if you have additional health complications.
- There are over 100 types of cancer.
- We are exposed to hundreds of different types of chemicals.

**Are firefighters at a higher risk?**

A study of firefighters (1950 – 2009) found that firefighters have increased risk of cancer.

Risk of lung cancer increased with the amount of time spent fighting fires.

**How can firefighters reduce their exposure to harmful chemicals?**

Research has shown that a few small steps can reduce exposure to harmful chemicals for firefighters.

- Always wear your **personal protective equipment**
- Take a **shower** after each fire and before ending your shift
- Clean your gear after every fire

To learn more...

- [https://www.cdc.gov/niosh/firefighters/](https://www.cdc.gov/niosh/firefighters/)
- [https://youtu.be/BFbk0gaM1C4](https://youtu.be/BFbk0gaM1C4)

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