

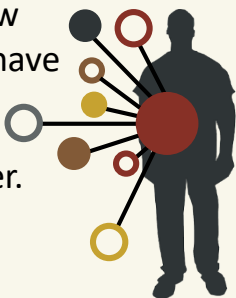
# Firefighters and Cancer Risk

Oregon State University | Center for Fire, Rescue and EMS Health Research

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?

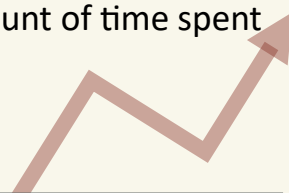
- Getting cancer depends on the chemicals you are exposed to, how long you are exposed, and if you have additional health complications.
- There are over 100 types of cancer.
- We are exposed to hundreds of different types of chemicals.



## 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://youtu.be/BFbk0gaM1C4>

