



Personal Exposure Reporting Note Book



WorkplaceNL

Newfoundland
Labrador

Supporting **Our Firefighters**

The Workplace Health, Safety and Compensation Act and Regulations provide presumptive cancer coverage for the province's career and volunteer firefighters. Adding a presumptive clause to the legislation means a firefighter who serves for a specified period of time and develops a specific form of cancer will be presumed to have developed that cancer as a result of their work and can avail of worker's compensation benefits.

Qualifying firefighters will receive wage-loss benefits, medical aids, and certain other benefits through WorkplaceNL, while health care costs associated with firefighters' cancer treatment will be paid through the Medical Care Plan.

Supporting **Our Firefighters**

Eleven types of cancer are covered:

1. Breast cancer
2. Lung cancer
3. Bladder cancer
4. Non-Hodgkin Lymphoma
5. Colorectal Cancer
6. Testicular cancer
7. Esophageal cancer
8. Ureter cancer
9. Kidney cancer
10. Brain cancer
11. Leukemia

Workplace NL Toll-free: 1.800.563.9000

For further information regarding presumptive cancer coverage please contact:

Telephone: 709.778.1000

Email: general.inquiries@workplacenl.ca



Actions You Can Take to **Protect Yourself**

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 decontamination of PPE to remove as much soot and particulate as possible.
3. Use infant wet sanitation 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. Decontaminate fire apparatus interior after fires.
9. Keep bunker gear out of living and sleeping quarters.
10. Stop using tobacco products.

For more information regarding firefighter field decontamination, contact your regional Fire Protection Officer.

Why Decontamination

Decontamination will help reduce the harmful contaminants that accumulate on PPE, including SCBA, and provides added protection from the carcinogens that we come in contact with.

Contaminated PPE continues to give off harmful gasses for up to four hours after a fire. Improper storage such as the inside of apparatus or personally owned vehicles exposes us to those gasses. Decontamination is necessary not just after structure fires, but after any smoky fire like vehicle fires, dumpsters, or other fires involving man-made products. Certain hazards that may be present on the PPE and/or firefighters after an emergency response will not degrade significantly over time such as many chemical hazards and some physical hazards such as asbestos. As a result timely and effective decontamination is needed as well as measures to minimize the spread of such contaminants to non-contaminated firefighters, vehicles and equipment.

PREFERRED METHOD

Basic Wet PPE Decontamination

after a Structure Fire

Materials:

- Water Supply source e.g. Fire apparatus
- Spray bottle and a mild liquid detergent such as a detergent that is appropriate for babies.
- Soft brushes of some type
- A bucket with lid (5 gallon bucket) to hold detergent and water solution (pH range of not less than 6.0 pH and not greater than 10.5 pH).
- infant wet sanitation wipes (individually wrapped is best and can be carried in your coat pocket; avoid wipes with alcohol)

PREFERRED METHOD

Basic Wet PPE Decontamination after a Structure Fire

Instructions:

1. Assemble firefighters with contaminated PPE in an area free of traffic or other hazards as determined by the Officer in charge.
2. Simply decontaminate using the solution with a fresh water rinse
3. After firefighters has washed and rinsed from head to toe. Remove gloves and wear protective gloves such as nitrile gloves before removing remaining PPE. The mask and regulator should be the last piece of PPE to come off. Ensure SCBA regulator is connected and flowing air. Start at the head removing PPE downwards. Once “off air”, that the mask/regulator has been removed don respiratory protection according to the hazards that maybe present. Note that a N95 masks may only provide limited protection.

PREFERRED METHOD

Basic Wet PPE Decontamination after a Structure Fire

4. Follow up with using infant wet sanitation wipes and/or firefighter decontamination wipes around the head and neck area, paying attention to the amount of contaminate that has accumulated on the wipes.
5. After cleaning from the decontamination line, the PPE should be thoroughly cleaned according to manufacturer's instructions, and/or the NFPA 1851 Standard on Selection, Care, and Maintenance of Protective Ensembles for Structural Fire Fighting and Proximity Fire Fighting, and dried.
6. Shower and don clean uniforms/clothes after each fire.
7. When possible ensure decontamination area is remediated if necessary so that any remaining hazard has been reduced or eliminated.

For more information regarding firefighter field decontamination, contact your regional Fire Protection Officer.

LEAST PREFERRED METHOD

Basic Dry PPE Decontamination after a Structure Fire

During cold weather operations, the process of soaking firefighters while performing a wet decontamination may create additional safety hazards such as hypothermia or equipment failure.

Materials:

- Infant wet sanitation wipes
- Heavy duty garbage bags or similar bags which are leak-proof and can encapsulate contaminated PPE

Instructions:

1. Dry brushing with soft brush/gloved hand should be conducted to remove the toxic products of combustions from the firefighters prior to going off air and removing SCBA face pieces. Attempt to remove all of the visible contaminants.
2. Use damp towels to wipe the area around the facepiece to suspend any particulate matter.

LEAST PREFERRED METHOD

Basic Dry PPE Decontamination after a Structure Fire

3. Place contaminated PPE in large encapsulating leak-proof bags for transport back so it may be thoroughly cleaned according to manufacturer's instructions, or the referenced NFPA standard, and dried. Wear a minimum of medical latex or nitrile gloves to protect hands from dermal absorption of contaminants while packaging PPE.
4. Follow up with using infant wet sanitation wipes around the head and neck area, paying attention to the amount of contaminate that has accumulated on the wipes.
5. Shower and don clean uniforms/clothes after each fire.

Always wear appropriate PPE when cleaning contaminated equipment!

To protect against exposures from contaminated equipment and turnout gear, wear appropriate PPE such as latex or nitrile gloves, splash suit and respiratory protection according to the hazards present. N95 masks, may only provide limited protection.

Personal Information

Name: _____

Department: _____

Home Address: _____

Phone Numbers: _____

Hire Date: _____

Department Information

Name/Station No.: _____

Address: _____

Address: _____

Phone Numbers: _____

Officer's and Personnel Phone Numbers

Name: _____

Rank: _____

Home Phone: _____

Cell Phone: _____

Name: _____

Home Phone: _____

Cell Phone: _____

Name: _____

Home Phone: _____

Cell Phone: _____

Training & Certifications

Firefighter Training

Date

Refresher Training

Date

HazMat Level

Date

Refresher Training

Date

Medical Training

CPR/First Aid

Exp. Date

Other

Exp. Date

Refresher Training

Exp. Date

Exposure Report

Incident #: _____

Date: _____

Address of incident: _____

Incident Type

Fire

Vehicle

Haz Mat

Additional or Other: _____

Primary Activity

Extinguishment

Search/Rescue

Salvage

Ventilation

Support

Medical Care

Haz Mat Response

Vehicle Extrication

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Symptoms: No Yes (if yes, explain):

Medical Attention Required No Yes

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Fire Services Division, Justice and Public Safety

Contact Information

Emergency Services Telephone: 1.709.729.3703
Emergency Services Fax: 1.709.729.3857

Provincial Office

St. John's

Telephone: 1.709.729.1608
Fax: 1.709.729.2524

Regional Offices

Clareville

Telephone: 1.709.466.4109
Fax: 1.709.466.1306

Grand Falls-Windsor

Telephone: 1.709.292.4414
Fax: 1.709.292.4078

Deer Lake

Telephone: 1.709.635.4153
Fax: 1.709.635.4163

Happy Valley Goose Bay

Telephone: 1.709.896.7957
Fax: 1.709.896.7956



WorkplaceNL

Newfoundland
Labrador