

Don't be next.



Protect yourself from developing cancer.

- C** HANGE YOUR PPE AFTER EVERY FIRE
- A** LWAYS TAKE A SHOWER AFTER EVERY FIRE
- N** EVER PLACE DIRTY PPE IN LIVING AREAS, INCLUDING YOUR CAR
- C** LEAN YOUR PPE REGULARLY REGARDLESS OF APPEARANCE
- E** XERCISE CAUTION AROUND EXHAUST
- R** EMEMBER TO GET YEARLY MEDICALS

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**Newfoundland
Labrador**