FIREFIGHTERS: Three reasons why using your SCBA makes sense

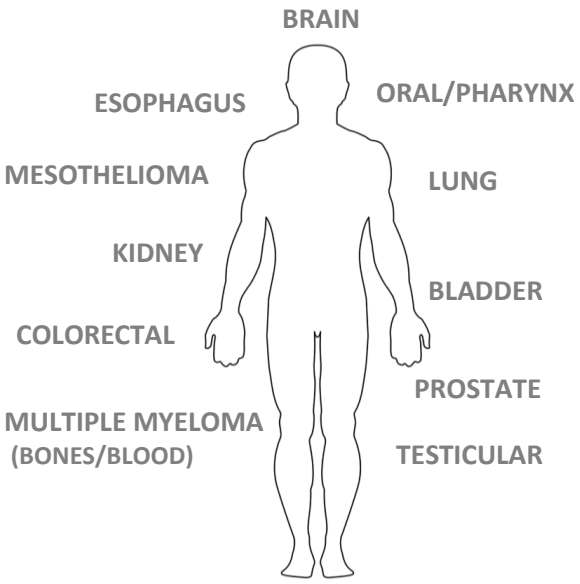
1 Smoke contains hundreds of toxic substances, many of which are linked to cancer.

Forest firefighters are exposed to a complex mixture of substances as organic material breaks down during a fire, including acetaldehyde, acrolein, benzene, black carbon, 1,3-butadiene, formaldehyde, fine particulates, hydroquinone, methanol, methyl chloride, methylphenols, polycyclic aromatic hydrocarbons, polychlorinated dibenzo-*p*-dioxins, radionuclides including iodine-129, cesium-137, and chlorine-36, styrene, toluene and more…[1,2,3]

Municipal firefighters may be exposed to many of the same substances, including: acetaldehyde, asbestos, arsenic, benzene, benzofuran, 1,3-butadiene, polychlorinated dibenzodioxins, dichloromethane, ethylbenzene, formaldehyde, furan, lead, naphthalene, fine particulates, pentachlorophenol, polycyclic aromatic hydrocarbons, polychlorinated biphenyls, tetrachloroethylene, trichloroethylene, trichloromethane, trichlorophenol and more…[4]

Emissions from vehicle fires are similar and can contain: 1,2,4-Trimethylbenzene, 1,3-butadiene, acetone, acetonitrile, acrolein, acrylonitrile, benzene, chloromethane, dichlorodifluoromethane, ethylbenzene, fine particulates, naphthalene, polycyclic aromatic hydrocarbons, polychlorinated dibenzo-*p*-dioxins and dibenzofurans, propene, styrene, toluene, *m,p,o*-xylenes and more…[5,6]

2 Firefighters have higher rates of some cancers.[7,8,9]



3 Your exposure to pollutants is 10,000 times lower when using a SCBA

Many harmful pollutants are invisible and levels can be high during knockdown AND overhaul, even when outdoors.[10] Reducing your exposure to these pollutants reduces your risk of getting cancer. When in doubt, **use your SCBA**.

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