



# FIRE INVESTIGATOR HEALTH AND SAFETY

## TOP TEN TIPS

Every fire investigator is ultimately responsible for their health and wellbeing. There are known and suspected cancer-causing elements at almost **EVERY** post-fire scene in the form of gases, vapors, and particulates that cannot be seen. Protecting oneself from these hazards can lead to a healthier life. Here are the top tips on how to do that.

The *Fire Investigator Health and Safety Best Practices* document at [www.iaaiwhitepaper.com](http://www.iaaiwhitepaper.com) provides detailed information on accomplishing these tips and lots more!

1. Always wear a respirator that meets or exceeds the IAAI's minimum specifications, and all other PPE appropriate for the scene, whenever you are in the hot and warm zones.
2. Remove PPE and wash/wipe your hands and all unprotected skin areas before eating or drinking anything at the scene.
3. Do gross decon of your tools, and self as necessary, in the cold zone when you are finished and while wearing your respirator and nitrile gloves, at the least.
4. Remove and package your contaminated PPE in the cold zone, away and downwind from your vehicle.
5. Do not place anything that may be contaminated in the passenger area of your vehicle.
6. Take a shower as soon as possible after you leave.
7. Wipe down the hard surfaces of your vehicle's interior after every fire while wearing your respirator and nitrile gloves.
8. Wear a respirator (see #1) and nitrile gloves when you open contaminated apparel containers and handle contents.
9. Fully clean all apparel items and tools.
10. Practice healthy lifestyle choices. Exercise regularly; limit or avoid alcohol, tobacco, and red meat intake; and always use sunscreen.



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