MISSOURI FIRE FIGHTERS
CRITICAL ILLNESS POOL

INDIVIDUAL REQUIRED ACTIONS FOR POOL PARTICIPATION

In order to protect first responders against cancer and support their mental well-being, the Missouri Fire Fighters Critical Illness Pool (MFFCIP) has adopted these low cost actions as an individual's minimum requirement for participation in the Cancer and Behavioral Health Programs.

I, _____(Name of Individual) agree as a condition of MFFCIP membership to immediately implement and maintain the actions stated below:

- Personal Decontamination - Use wet wipes or baby wipes to remove as much soot or other particulates as possible from your head, neck, jaw, throat, underarms and hands immediately and while still on the scene. Shower thoroughly after exposure to smoke, hazardous materials, or biological agents. Showering within the hour is ideal.
- PPE - Conduct gross field decontamination of all PPE to remove as much soot, debris, and particulates as possible. Clean all PPE following an incident involving fire, hazardous materials, or biological agents. Keep all PPE out of living and sleeping quarters.
- Clothing - Change clothes and wash them immediately after a response if possible. Do not wash other personal clothing items with clothing or PPE worn during a response. Do not take contaminated clothes or PPE home or store it in your vehicle.
- Response Apparatus - Decontaminate interior of apparatus after incidents involving fire, hazardous materials, or biological agents.
- Fire Personnel - Use SCBA from the initial attack to the completion of overhaul.
- Open Communication - Participate in open conversations about feelings, experiences and challenges. Check-in with fellow first responders to monitor mental and emotional well-being.
- Crisis Support - Participate in post-incident debriefings when involved in a potentially traumatic event.
- Seek Assistance - Seek help from peer support, chaplains, and mental health professionals when feeling anxiety, despair or stress, and encourage others to do the same. Build trust among peers by keeping their behavioral health information confidential.
- Resources - Access the various resources which support first responder health and wellness including the MFFCIP website and mobile application.

Additionally, the below actions are strongly recommended:

- Reduce cancer-causing behaviors - Use sunscreen or sunblock. Do not use tobacco products. Use of tobacco could result in a 25% reduction in a cancer benefit.
- Reduce transfer of carcinogens - Gently rinse or brush off any debris and soot, place in a large, clear contractor's garbage bag before entering response apparatus and returning to station.
- PPE Use & Care - Wash PPE in an extractor when available in order to provide increased decontamination of carcinogens. A second set of PPE is ideal when possible to allow for washing and drying time following exposure. Rely on multi-gas detectors to determine use of PPE when appropriate.
- Detectogether - Complete coursework available for free at www.firefighter.detectogether.org.
- Behavioral Health Wellness Program - When available, participate in your agency's program in policy, practice and procedure to support mental well-being of all first responders. Participate in training which supports the mental well-being of first responders.

The importance of annual physical and mental examinations cannot be overstated. Early detection and treatment are essential to a healthy and productive life.

Individual Signature _____ Date _____

Print Name _____

Revised July 10, 2024