



## AGENCY 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 agency's minimum requirement for participation in the Cancer and Behavioral Health Programs.

The \_\_\_\_\_ **(Name of Agency)** agrees as a condition of MFFCIP membership to immediately implement and maintain the actions stated below for all agency personnel:

- 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. Do not wash other personal clothing items with PPE. 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 Agencies - Use SCBA from the initial attack to the completion of overhaul.
- Open Communication - Encourage open conversations about feelings, experiences, and challenges. Schedule regular check-ins to monitor mental and emotional well-being, intervening early if signs of distress are noticed.
- Crisis Support - Provide post-incident debriefings for all responders involved in a potentially traumatic event.
- Seek Assistance - Encourage first responders to seek help from peer support teams, chaplains, and mental health professionals when displaying signs of despair or stress. Keep issues confidential to eliminate fear of broken trust or repercussions.
- Resources - Encourage personnel to 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 - Gear should be washed in an extractor to provide increased decontamination of carcinogens. A second set of gear is ideal to allow for washing and drying time following exposure. Rely on multi-gas detectors to determine use of PPE when appropriate.
- Detectogether - Agency personnel should complete coursework available for free at [firefighter.detectogether.org](http://firefighter.detectogether.org).
- Behavioral Health Wellness Program - Create an agency program in policy, practice and procedure to support mental well-being of all first responders. Offer training which supports first responder behavioral health.
- Peer Support Teams - Support the training of and incorporate the use of peer support teams within the agency.

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

Agency Head Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_