



**FIRST RESPONDER**  
*Center for Excellence*

**FIRE SERVICE**

# **OCCUPATIONAL CANCER**

## *Regional Seminars*

### Topics

#### **How Did We Get Here and Where Are We Going?**

An overview of research studies to date, including a discussion of under-represented groups and research needs. This session will also provide an overview of dermal and inhalation carcinogen exposures to firefighters.

#### **Modifiable Risk Factors and Healthy Lifestyle**

This session will address reducing risk, increasing protective factors, and building resilience through a healthy lifestyle. Wellness best practices regarding diet, exercise, smoking cessation, and sleep, as well as successful programs.

#### **Exposure Reduction and Implementation Strategies**

This session will look at procedures that can be implemented by departments and personnel to reduce exposure at the fire scene, in apparatus and at the fire station. This session will also discuss current advances in PPE development to reduce exposure as well as best practices for fire fighter decontamination processes.

#### **Support After the Cancer Diagnosis**

This session will provide an overview of the FCSN tool kit and key steps in the cancer treatment process.

#### **Concluding Remarks**

Final remarks will touch on presumptive legislation as well as how an organizations overall culture fits in with implementing change.

