

Be part of the DECON generation

Firefighters' health and safety is our top priority. We have more work to do to understand contaminants - and you can help us make a positive change to firefighters' futures.

DECON isn't a one-time event. It's a change in behaviour for good, and **we need to ensure that every firefighter receives the training and commits to it throughout their career.**

What can I do?

We want fire and rescue services to officially adopt and deliver this training to all firefighters across the UK. **Some fire and rescue services have already partnered with us on DECON training on their fire stations.**

Having DECON officially adopted by fire and rescue services will help us to reach more firefighters and, ultimately, save more lives.

If you work for a fire service, **get the training onto your stations and adopt the recommendations in the FBU and UCLan's interim contaminants report.**

Find out more about
DECON and the
FBU's research into
contaminants



www.fbu.org.uk/decon

DECON

TO PREVENT & PROTECT



Putting firefighters'
health first

WHAT IS DECON?

For the last three years, the Fire Brigades Union (FBU) has been working with the University of Central Lancashire (UCLan) to better understand the links between fire contaminants and cancer.

Fire contaminants can increase firefighters' risk of developing cancer and other diseases, but making simple changes can help firefighters to better protect their health, co-workers and family.

Using UCLan's research, DECON encourages firefighters to take actions before, during, and after every fire incident to help reduce their exposure to contaminants and prevent cancer and other diseases.

The training package consist of four short educational videos to watch and discuss on fire stations, which are available on the FBU's website. The eleven habits learnt during the training are reinforced with posters and stickers put up in key places around the workplace.



Why is DECON important?

Cancer is a very sad reality for many firefighters. Our research with UCLan has found that UK firefighters can be four times more likely to be diagnosed with cancer than the general population.

We want to change these statistics and make firefighting safer. By following DECON, firefighters can make a real difference to their health and decrease their changes of developing a serious disease.

With DECON, we can save firefighter lives.



4x more likely
to get cancer in their working life



clean kit regularly

handle dirty kit with care



BA on until the job is done



contain your dirty kit

scrub before grab



...but small behaviour changes
can better protect firefighters
against toxic contaminants



watch out for wear and tear



DECON before you drive