



Healthy Heroes Sauna Decontamination Program



PREMIER • PROFESSIONAL • PROACTIVE



As we know, removing toxins from the skin after fires is one of the ways that firefighters can protect their health. Wiping down with cleaning cloths or taking showers can help remove surface grime, but what about the toxins that have already been absorbed while battling the fire?

Studies out of the University of Alberta in 2011 showed that nine toxic metals, including lead, aluminum, and cadmium are removed 10 times more effectively via sweat than other natural ways. To help firefighters expel these toxins faster, fire stations in the U.S. and Canada have started to incorporate sauna decontamination in their post-fire routines. Many are using “cycle saunas” that combine exercise and heat to promote faster, more efficient sweating to get the toxins out of the body as quickly as possible.

As part of their 80th anniversary celebration, accounting firm Clark Schaefer Hackett has raised money to purchase decontamination units for Ohio and Northern Kentucky fire stations. These units will help firefighters and first responders remove toxins after fighting fires, which will help them stay healthy.

Under the Clark Schaefer Hackett fundraising program, a limited number of cycle saunas are available. A selection committee will determine placement based on several qualifying criteria, such as the frequency of employee exposure via structural fires.

APPLY TODAY TO BE CONSIDERED FOR THE SAUNA DECONTAMINATION PROGRAM!

APPLICATIONS MUST BE RECEIVED BY MARCH 1, 2018 TO BE CONSIDERED

EMAIL TO info@ohiofirechiefs.org OR FAX (614) 410-6324

NAME/TITLE _____

Fire Department/Company _____

Mailing Address _____

City _____ State _____ Zip _____

Daytime phone _____ Fax _____

Email address _____

Is your department: Full-time _____ Part-time _____ Volunteer/Paid on Call _____

How many firefighters does your organization currently employ? _____

How many reported NFIRS series 100 fires did your department have for the last three calendar years? (Please provide documentation to support answer.) _____

Does your department currently adhere to any cancer prevention measures or have a cancer prevention policy? If so, please give a brief description.

Have any of your firefighters within your department been diagnosed with job-related cancer within the last 10 years? If yes, how many?

Does your department plan on taking any preventative measures in the future toward firefighter cancer prevention? If yes, what might they be?
