#### Occupational cancers in firefighting

**Brussels November 13th** 



#### **Tommy Baekgaard Kjaer**

- Public Firefighter 27 years. Special trained. Now retired from active service.
- **Education** as fire officer and instructor from State Fire service.
- Professional rescue diver.
- Certified in "Reconstruction and Integration of Traumatic Stress".
- Editor of firefighter magazine for 11 years.
- Union leader for 7 years.
- Author of numerus articles about occupational health and safety for fire fighters.
- Speaker to fire fighter organizations, Universities and Parliament members around the world about occupational health and safety for fire fighters.
- Member of deferent boards regarding firefighters safety and health.
- Founder of "Danish Firefighter's Cancer Organization" BFC
- ➢ Member of honor upon "The Nordic Firefighters" NBS
- Winner of "The Danish Community Awards 2015"
- > CTIF Health Commission, acting chairman.





#### Occupational cancers in firefighting

- Here and now dangers
- "Long term" dangers. Science and logic? **CO** damage

**Psychological impact** 

Cancer

- **Prevention**
- **Presumptive legislation**





#### Here and now dangers

"Here and now" safety. -just a few...

- Building collapse.
- Burns- and heat stress.
- CO damage on heart and brain.
- Explosions.
- Too few firefighters on the scene.







#### Here and now dangers

"Here and now" safety. - prevention...

- Knowledge and education.
- Training, training and training.
- The best safety equipment and Personal Protective Gear.
- No cut downs on staff... Add resources.





#### Here and now dangers

Help firefighters to safe life.

What's good for firefighters is good for citizens and society

Make NO mistake about that...







#### CO damage on heart and brain.

- 22.000.000 people world wide.
- > 75-80% firefighters.
- Wrong diagnoses.
- Looks like stroke and/or embolism.
- From all fires and off gassing.

#### **Carbon Monoxide: A Silent Killer**

By Robert Bohrer

#### A Case Study

Your fire station gets a call for an "unresponsive person." Both rescue (medic unit) and fire engine get dispatched to this call. While en route to the address, dispatch updates the responding units with information gathered from the caller. The information from dispatch is that the patient is a male in his 50s who is not responding, and the caller is unsure if he is breathing or not. Per the caller, the patient will be located in the driver seat of a vehicle inside of a garage.

Upon arrival of the fire rescue units, they observe multiple three-story condo/town home buildings that are very close to each other with the first floor being the garage. The caller is standing in an alleyway between two of the buildings, waving at the fire rescue personnel. The rescue truck parks between the two buildings in the alley just a bit past an open garage door where the patient is located. As the fire medics get out of the rescue truck, the neighbor (who called 911) frantically runs over to them, saying: "My neighbor is in the car over there, he isn't responding and I don't think he is breathing. I know he has some medical problems. heart issues being one of them, so maybe he had a heart attack. I shook him to try and wake him, but he didn't, and I didn't feel a pulse, but I might have been too nervous to actually feel it."

#### RELATED

#### **Construction Concerns: Carbon Monoxide**

https://www.fireengineering.com/2017/11/20/289163/construction-concerns-carbon-monoxide/

#### Ontario Firefighters Launch Carbon Monoxide Safety Video

https://www.fireengineering.com/2014/12/03/201933/perth-co-safety/

#### THE DANGERS OF CARBON MONOXIDE AT THE "ROUTINE FIRE"

https://www.fireengineering.com/2001/02/01/255598/the-dangers-of-carbon-monoxide-at-the-routine-fire/

#### FirefighterNation: Near Miss: Post-Fire Metering for Carbon Monoxide

https://www.firefighternation.com/2017/10/10/near-miss-post-fire-metering-for-carbon-monoxide/

The fire medics unload the stretcher from the rescue truck and make their way over to the garage. As they approach the building, the small carbon monoxide (CO) detector attached to the EKG monitor on the stretcher begins to alert and beep. All the fire rescue personnel on-scene immediately stop and back away from the garage where the patient is located. Just then, the neighbor who called 911 leans against the rescue truck and begins vomiting, which causes her to fall to the ground.

The company officer immediately has the rescue crew put the vomiting neighbor in the rescue truck for medical treatment and then calls for a hazmat response. While the rescue crew assesses the neighbor, they





Spot it.

- > Headache from ear to ear and neck.
  - Gray color. Pail.
    - Disoriented.
  - **Lose consciousness.**





#### No action.

- Like stroke.
- Loss of memory.
- > Speech difficulties.
- Alzheimer.
- > Symptoms occurs within 48 hours.
- No treatment = too late.





What to do.

> ALWAYS oxygen therapy in pressure tank.

Within four hours.





Psychologic damages.

- PTSD.: 17 30% firefighters show symptoms.
- Anxiety disorder: 20 23% in ambulance personal.
- Clinical depression: 8 21% in both groups.





#### Why?

- Nature og the job.
- Accumulated incidents.
- Culture in the organization.
- Lack of recognition and backup from the leadership within the organization.







#### What to do for prevention.

- Change of attitude in the organization. (Not on the scene).
- Make systems to psychologic defusing and debrifing.
- Make it ok to talk about how you feel.
- We are all the same. Brothers and sisters.







#### Most often trigger reason

- ➤ Lack of recognition and back cover from the management of the organization.
- Poor psychological work environment.







#### We are in this together

#### Almost finished:

Logapp is your personal app to log all your calls in most languages.

- Exposure
- Psychological impacts
- Health
- Photos and diary

Follow the release on Facebook <a href="https://www.facebook.com/Brandcancer/">https://www.brandcancer.dk/</a>

#### **Female Fire Fighters**

More and more women becomes Fire Fighters and experience deferent challenges in a traditional mans world and they also get female cancers. Make special platforms for female Fire Fighters





# Coffee break?





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No longer a debate

Cancers is ocopational

**Cancers kills more firefighters than** actually "death in the line of duty".







#### IARC group 1 carcinogens from all fires

- Benzene
- PAH's

Polycyclic Aromatic Hydro Carbons

- Diesel Particulates
- Formaldehyde
- Dioxin
- Soot

(Asbestos)

Chemical cocktail 1+1=5



Group 1: Known cancer causing for humans.

Group 2A: Probably cancer causing for humans.

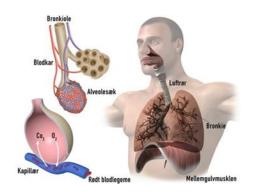
Group 2B: (Fire Fighters) Possibly cancer causing for humans

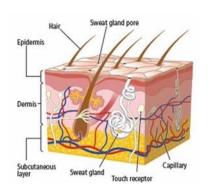


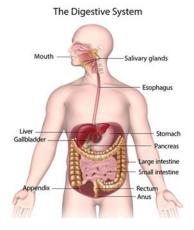


#### Uptake to the body

- Breathing through the lungs
- Eating through the digestive system
- Dermal uptake through the skin
- Warm skin absorb more toxins 5 degree Celsius = +300%











#### Other impacts that contributes to develop cancers and/or heart diseases

- **Cross contaminations**
- Shift work, not enough sleep
- **Psychological impacts**
- **Physical stress**
- **Poor cleaning of PPE**
- **Poor cleaning of equipment**
- **Incorrect construction of fire stations and cleaning areas**
- Lack of education and implementation of procedures
- Less firefighters to the same amount of fires







#### **Expositor studies:**

Show big elevations of soot on the skin and markers in urine and blood and DNA damage in blood cells.

#### **Epidemiological studies:**

Study after study show increased cancer rates in firefighters compared to the general population. It should be les. **HWE** 

http://www.brandcancer.dk/litteratur







Type of cancer	SIR	No. of occurences	95% CI SIR	Excess risk including HWE in %
Birthmark	1,24	70	0,98 - 1,57	39
Prostate	1,10	202	0,95 - 1,26	25
Testicle	1,30	47	0,97 - 1,73	45
Non-Hodgkin's lymphoma	0,96	37	0,69 - 1,32	11
Head and neck cancer:				
Nasal cavity	1,38	4	0,52 - 3,67	53
Tounge	1,52	12	0,86 - 2,68	67
Oral cavity	0,60	7	0,28 - 1,25	
Salivary glands	1,79	4	0,67 - 4,77	94
Pharynx	0,91	20	0,59 - 1,41	6
Larynx	0,92	16	0,56 - 1,50	7
Cancer in lower respiratory tract and				
chest:	0.01	122	0.76 1.07	
Lounge	0,91	132	0,76 - 1,07	6
Mesothelioma (asbestosis)	0,65	4	0,24 - 1,73	442
Heart and other chest	4,27	3	1,38 - 13,23	442
Colorectal cancer:				
Esophagus	0,99	21	0,65 - 1,53	14
Stomach	1,09	27	0,74 - 1,59	24
Colon	0,73	57	0,57 - 0,95	
Rectum	1,22	64	0,95 - 1,55	37
Liver	0,97	14	0,58 - 1,64	12
Gallbladder and gallbladder passages	0,99	5	0,41 - 2,37	14
Pancreas	1,20	34	0,86 - 1,68	35
Anus	1,31	4	0,49 – 3,49	46
Cancer in urinary tract and genitals:				
Kidney	1,04	32	0,74 - 1,47	19
Renal pelvis og urine leader	1,46	10	0,79 - 2,72	61
Urine blatter	1,09	88	0,89 - 1,35	34
Cancer in the central nervous system:				
Eye	0,88	3	0,28 - 2,74	3
Heart membrane	1,22	9	0,64 - 2,35	37
Brain	0,94	33	0,67 - 1,33	11
Other parts of CNS	1,39	12	0,79 - 2,45	54
Blood and lymphatic system cancer:				
Hodgkin's lymphoma	1,64	13	0,95 - 2,82	79
Bone marrow (myelomatosis)	0,62	8	0,31 - 1,24	
Lymphocytic leukemia	0,91	15	0,55 - 1,46	6
Myeloid leukemia	0,76	9	0,40 - 1,46	-
Average under SIR 1.00:	0,85			
Average Healthy Workers Effect in %	15			





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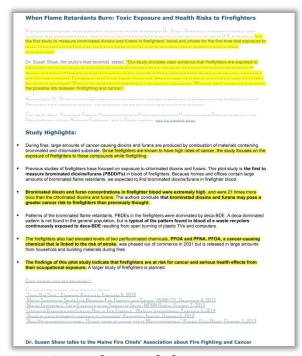




#### A few studies

- > 1986 Eva Støttrup Hansen
- 2002 Guidotti
- 2006 Le Masters
- > 2010 IARC
- 2012 Korean study
- 2013 NIOSH
- 2014 Susan Shaw
- **2014 MONASH University study**
- 2015 and 2019 Juha Laitinen, Finnish Institute of Ocopational Health
- 2017 Danish studies.
- 2017 Miami University.





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#### Remember

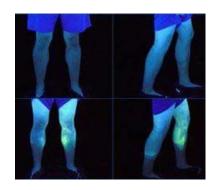
- "Science cannot answer all questions, at some point assumptions and logic need to get into play"
- Science answer some questions but raise many more
- How come that 5 firefighters from the same team at 7 died of cancers?
- How come that 3 firefighters from the same team gets brain cancer within two years?
- How come that twin firefighters get cancer as the only persons in their family?
- How come that very rear cancers strike firefighters?

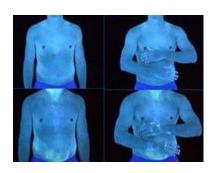
The list of questions are endless...





### Always use best PPE













What kind of inner gloves should we use?

Cotton gloves are tested by Researcher Juha Laitinen as inner gloves.

- He found up to 80% reduction of soot getting through to the hands.
- Gloves are disposed after being used in a fire...

A case study with nitrile (the kind used by paramedics) inner gloves has bean made by BFFC Belgium in cooperation with l'Institut Scientifique de Service Public (ISSeP) and found.

- Safe to use with temperatures (on the hand skin) up to 110 degree Celsius.
- Nitrile gloves decomposes with temperatures from 350 degree Celsius.

Human skin suffer damage beginning from 53 degree Celsius.

A new danger is electrical car fires. Some batteries contains Magnesium and can, mixed with water, burn through the firefighters gloves and make substantial hand burns.





### **Best practice on the scene**









Make procedures on the scene.

After the fire go to the "Safe zone"



Help with contaminated gear

All contaminated gear picked up and handled and decontaminated the right way

Protect before packing used gear





Make procedures on the scene. "Safe zone"



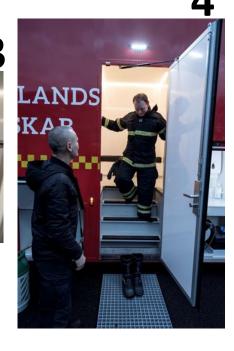
Outside while you shower





Make procedures on the scene. "Safe zone"

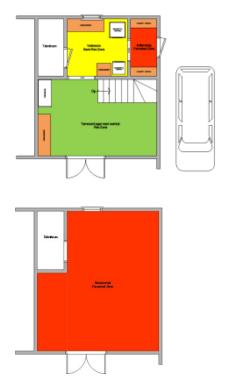








#### Avoid cross contamination in the fire station using clean not clean arias





INFOCATION IN THE TRANSPORT OF THE

Unclean vehicles and equipment in (fire engines returning from task)

Vehicle washing/ equipment prewash Equipment cleaning and maintenance spaces

Showers for crew

Clean area: equipment storage, crew spaces, garage etc.

Hollola Rescue Station Hollolan pelastusasema

First floor plan 1:200 Clean firestation scema





# Ocopational cancer Prevention Washing or decontamination?

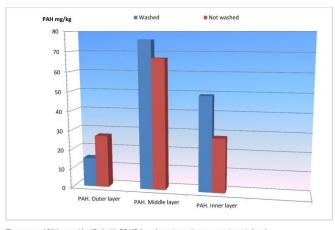
#### Traditional water washing of contaminated fire fighting garments

Ordinary washing machine.
NO GO



Professional washing machine with automatic dosing.





The measured PAHs were identified with GC-MS (gas chromatography-mass spectrometry) and quantification was based on added deuterated (deuterium labelled) standards.

INFOCISTANDICANCES LOK

The extraction was done with a mixture of acetone and hexane (1:1) and the samples (ca. 0,5 g fabric) were sonicated for 1 hour and shaken overnight.

Two firefighter suit jackets were tested for potentially harmful components. Both jacket samples showed the presence of PAHs and all layers of the tested jackets parts were contaminated. The washing procedure seemed to transfer the PAHs to the inner parts of the jacket. However we need to do more repetitions and more tests to be able to validate the findings.

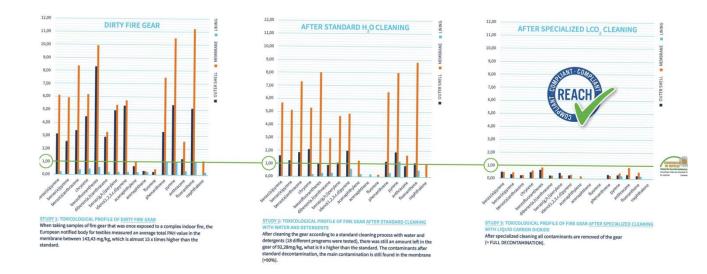




### **Ocopational cancer Prevention** Washing or decontamination?

#### LCO2 decontamination of contaminated fire fighting garments





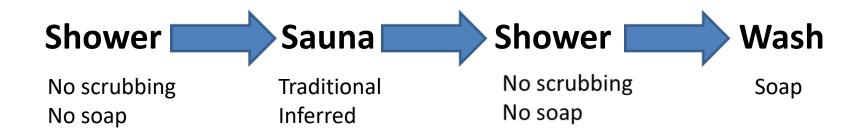
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Personal washing after every fire







#### **Presumptive legislation**

Fire fighters are the modern days chimney sweepers

The first reported ocopational cancer by Percivall Pott in 1775 linking soot to cancer lead to the first preventive legislation passed by British Parliament in 1778

This *Chimney sweepers act* stated that no boy should be work as chimney sweepers before he was eight years old.

Should be provided with clean clothes and bath. Should go to church every Sunday.







#### **Presumptive legislation**

## The 2018 Danish political agreement First step towards presumptive legislation?

- **Key points:**
- Reduce firefighters exposure to the minimum.
- Define "safe zones".
- Always use proper protection.
- Strengthened supervision by the Working **Environment Authority to ensure that the fire** service follow the rules to protect the firefighters from cancer causing carcinogens. In the fire station as well as on the scene.

Aftale mellem regeringen (Venstre, Det Konservative Folkeparti og Liberal Alliance) og Dansk Folkeparti, Socialdemokratiet og Det Radikale Venstre om brandfolks arbejdsmiljø

Aftalepartierne er enige om at forbedre arbejdsmiljøet for brandfolk, der udsættes for skadelige brænderøgspartikler.

Brandfolk må ikke blive syge af at gå på arbejde. Derfor skal beredskabernes og Arbeidstilsvnets forebyggende indsats inddrage den nyeste forskning og viden.

Med aftalen skal det sikres, at brandfolks udsættelse for tjærestoffer i røg, partikler og sod i forbindelse med deres arbeide minimeres så meget som muligt. Tiærestof-fer er ræftfremkaldende og findes bl.a. i den røg, der udvikles i forbindelse med en brand.

Resultaterne fra forskningsprojektet "Biobrand", som er gennemført af Det Nationale Forskningscenter for Arbejdsmiljø, viser, at danske brandfolks røgdykkerudstyr beskytter effektivt mod indånding af partikler, men at der er en betydelig partikeludsættelse, når beskyttelsesudstyret tages af i zoner, som ellers anses for sikre.

Arbejdsmiljøet for brandfolk kan forbedres ved at sætte fokus på hygiejnen under og efter brandslukningen, sådan at værnemidler håndteres korrekt og uden risiko for at sod

Resultaterne påviser også et potentiale ved at flytte de såkaldte "sikre zoner" længere væk fra selve branden, så der ikke sker udsættelse for røg, når åndedrætsværnet tages

ter er i gang med en opfølgning på resultaterne fra "Biobrand", herunder en drøftelse af "sikre zoner", og aftalepartierne mener, at løsningen på denne problematik bør håndteres i branchen.

Aftalepartierne er enige om, at der i forhold til hygiejne skal sættes ind på tre områder:

Aftalepartierne er enige om, at der skal føres et målrettet tilsyn med, at beredskaberne lever op til kravene om håndtering af brandfolks udsættelse for brænderøgs-partikler under brandslukningen og ved efterslukningen.





### **Presumptive legislation**

PRIMARY SITE CANCERS MINIMUM PERIOD OF

REGULAR EXPOSURE TO THE HAZARDS OF A FIRE

SCENE

Primary leukemia	5 years
Primary site brain cancer	10 years
Primary site bladder cancer	15 years
Primary site lung cancer in non-smokers	15 years
Primary site ureter cancer	15 years
Primary site kidney cancer	20 years
Primary site colorectal cancer	20 years
Primary site testicular cancer	20 years
Primary site esophageal cancer	25 years
A primary non-Hodgkin's lymphoma	20 years
A primary site prostate cancer	15 years
A primary site skin cancer	15 years
A primary site breast cancer	10 years
Multiple myeloma	15 years

AR 102/2003 s2;249/2005;74/2010;73/2011

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### **Even firefighters needs heroes**

We ask the politicians to do the right thing and accept occupational cancers in firefighting.

Firefighters start the job being healthy.

They should end the job being healthy













#### The Belgium BFFC. One of our sister organizations.







Christophe Van Helsland, Founder and president.



Marianne Boucher, Founder and treasurer.



Anne Wibin,
Founder and secretary.
RedHoseLine asbl-bzw
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We are all in this together.

Toxic smoke does not ask your name, color, religion, sexuality, nationality or anything else before it gives you the fire-cancer.

Tommy Bækgaard Kjær Danish BFC





#### **Prevention**

# Thank you **Questions?**



**BFC President** Tommy Baekgaard Kjaer E-mail tk@brandcancer.dk



https://issuu.com/skymedia/docs/br andfolkenes cancerforening a4 we b?e=0



