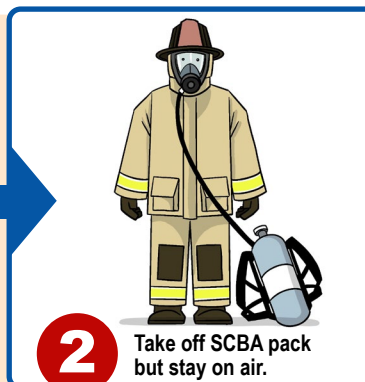
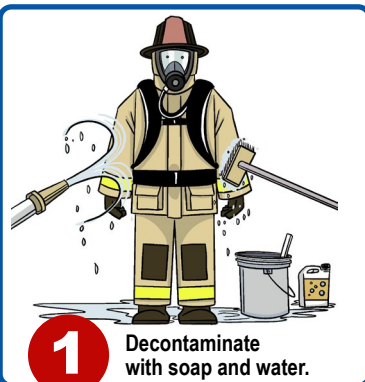


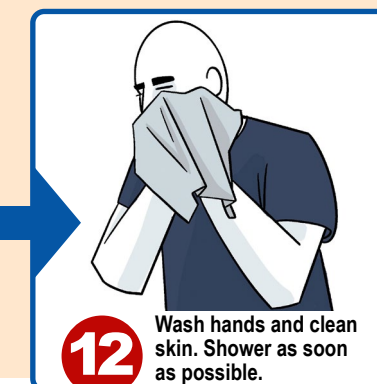
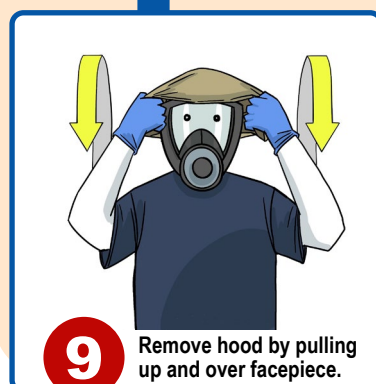
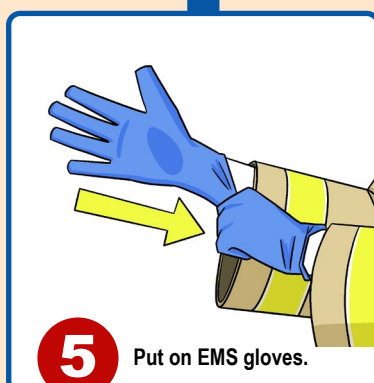
How to Remove Your Gear at a Fire Incident

At a fire incident, you can be exposed to harmful contaminants, which may increase your risk of cancer and other illnesses over time. Properly doffing (removing) your personal protective equipment (PPE) can help reduce the transfer of contaminants to your skin and limit off-gassing exposures.

If you are overheating, prioritize gear removal over decontamination.



If your structural fire glove has a wristlet underneath, undo the thumb loop and remove the wristlet once the glove is off.



Even if you follow this protocol, your skin can still be exposed. Cleaning your skin is critical, especially washing your hands before eating.

This doffing sequence was adapted from the International Fire Service Training Association's Essentials of Fire Fighting: Firefighter 1.