

Friend Or Foe: Is Your Firefighting Gear Protecting Or Killing You?

For years, firefighters have relied on their protective gear to keep them safe while risking their lives for their communities. Articles published by Bloomberg and The New York Times highlight a growing concern: the same gear firefighters use to keep them safe has harmful "forever chemicals" that are known to cause ulcerative colitis, testicular cancer, kidney cancer, and prostate cancer, among other diseases.

In this ebook, we will detail what these harmful chemicals are, where they are usually found, and what to do if you are a firefighter and have been recently diagnosed with cancer.



What Are PFAS?

PFAS stands for per- and polyfluoroalkyl substances, a group of human-made chemicals that first hit the market as coatings for Teflon pans in the 1950s and are now found in products like microwave popcorn bags, pizza boxes, carpets, and cosmetics.

PFAS include thousands of compounds, including PFOA, PFOS, and GenX. They are known for their stability and water and heat resistance, thus making them ideal for firefighter gear. Currently, the only personal protective equipment rated for firefighter safety uses PFAS.



Where Are These Found & Why Are These Harmful?

PFAS are included in a group of man-made chemicals referred to as "forever chemicals". These chemicals have incredibly long half-lives and don't break down in the environment, making them incredibly useful in a variety of industries.

Due to their durability and resistance to water and heat, PFAS are commonly used in fire suppression foam, as well as in the water-resistant outer layer and the inner moisture barrier of firefighters' "bunker gear". PFAS can also be found in:

- Teflon and other brands of nonstick cookware:
- Paper and cardboard wrapper coatings for fast food and bakery goods;
- Stain-resistant furniture, carpets, and other fabric treatments;
- Clothes labeled stain- or water-repellent, such as jackets and other garments;
- Personal care products and cosmetics; and
- Tap water.

This durability comes with a cost: these chemicals build up in the body rather than break down, causing toxic levels to stay in the human body long after exposure. PFAS can be absorbed into the skin through sweat, which presents a unique threat to firefighters using equipment made with PFAs. Despite firefighter turnout gear including a thermal base layer to protect the skin from the water-resistant outer layer and the inner moisture barrier, this base layer can quickly become saturated with sweat, allowing PFAS to absorb through the skin.

Lawsuits have already been filed against a number of firefighter gear manufacturers and chemical companies that provide various materials. The firefighter plaintiffs in these cases have alleged they developed various forms of cancer as a result of PFAS exposure, including but not limited to:

- ulcerative colitis;
- kidney cancer;
- testicular cancer;
- pancreatic cancer;
- bladder cancer;
- prostate cancer;
- liver cancer:
- leukemia; and
- Lymphoma.

If you were diagnosed with any of the above forms of cancer and are currently working or have worked as a firefighter, you could be entitled to financial compensation.





