

Ponderosa Fire Department Operational Guidelines

PPE AND PERSONNEL DECONTAMINATION

July 11, 2018

1. PURPOSE

1.1. To establish a program to minimize contamination of personnel, personal protective equipment, and clothing by potential carcinogens encountered at emergency scenes.

2. SCOPE

2.1. This guideline will apply to all personnel involved in firefighting activities that exposes individuals to the products of combustion.

3. GUIDELINE

3.1. Equipment and PPE Decontamination

- A. Following completion of incident operations and/or personnel who have been exposed and not reentering the hot zone, PPE should be thoroughly rinsed of particulate contamination with a booster line or other suitable means prior to transporting the gear in any vehicle passenger area. Rinse gear at a downward angle from top to bottom.
- B. SCBA should be thoroughly rinsed of particulate debris before being returned to the apparatus cab.
- C. Firefighting equipment exposed to the products of combustion such as hose, nozzle, ladders, tools, fans, etc. should be thoroughly rinsed of particulate with a booster line or other suitable means prior to storing on the apparatus. Upon return to quarters, equipment should be further cleaned/wiped down as necessary with appropriate cleaners and methods consistent with manufacturer recommendations.
- D. PPE with any soot or particulate stain, or presence of an odor of smoke shall be taken apart and cleaned in an extractor as soon as possible following the incident.
 - 1. Soiled gear that can be cleaned following the shift will be passed along to the oncoming shift to ensure cleaning. Oncoming personnel will ensure that the gear being cleaned is reassembled and returned to the appropriate locker.
 - 2. In cases where gear must be cleaned during the shift, personnel should select a suitable set of substitute gear among sets present at the station.
 - 3. **Reference guideline “Personal Protective Equipment” for further laundering instructions.**

3.2. Personnel Decontamination

- A. Personnel shall perform gross decontamination of their person while on scene. Exposed skin should be rinsed of particulates with water, following by use of decontamination wipes.
- B. Personal decontamination wipes will be made available to personnel. These wipes are located on each engine in the officer's side first compartment. Special attention should be given to the neck, throat, face, and ears. Hands and arms should also be wiped down on scene.
- C. Soiled decontamination wipes will be disposed of properly. Stock shall be maintained on specified apparatus. Additional supply will be restocked for station supply upon return. When the station supply is exhausted, additional wipes must be requested via PSTrax.
- D. Soiled uniform items will be laundered as soon as possible upon return
- E. Upon return to station, personnel will rotate through showering and sauna use while apparatus is being placed in service. All exposed personnel will shower using soap and water, followed by 20 minutes of sauna use.
- F. During sauna use, personnel shall perform 20 minutes of light aerobic exercise with the goal of achieving moderate perspiration. Following sauna use, personnel will again shower with soap and water to complete the personal decontamination process.

3.3. SAUNA USE

- A. Adequate HYDRATION is paramount. Drink plenty of water before and after use.
 - 1. Turn power on to sauna, it takes ten minutes to heat up to the temperature set on the panel.
 - a) Maximum temperature is 104° F.
 - b) Exit immediately if you feel uncomfortable, dizzy, develop a headache, and/or fatigued.
 - 2. Cycle at your own pace for 20 minutes to produce a detoxifying sweat.
 - 3. Wipe away sweat regularly with your towel. This encourages more sweat.
 - 4. Do not exceed 20 minutes.
 - 5. Turn off light and power unit.
 - a) Power unit located to the right of door.
 - 6. When finished, clean and wipe down all equipment.
- B. REHYDRATE – drink plenty of water, before and after use.