**Safe Work Practice**

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| Name of Job:  **Firefighter** | Development Date:  **February 14th,2011** | Developed By:  **CSNS** |

**Possible Hazards Present**

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| [Heat stress](http://www.ccohs.ca/oshanswers/phys_agents/heat_health.html) | [work shifts or extended work days](http://www.ccohs.ca/oshanswers/work_schedules/) | Back injuries and other strains | overexertion |
| "Hypoxia" | Exposure to blood borne diseases |  |  |

**Personal Protective Equipment (PPE) and Devices Recommended**

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| Fire Retardant Gloves | Fire retardant Jacket and Pants /Boots | Self Contained Breathing Apparatus (SCBA). | Proximity suits, |
| Helmet |  |  |  |

**Fire fighters will need to know:**

* the risks associated with blood borne diseases. ( e.g., [AIDS](http://www.ccohs.ca/oshanswers/diseases/aids/) , hepatitis [B](http://www.ccohs.ca/oshanswers/diseases/hepatitis_b.html) and [C](http://www.ccohs.ca/oshanswers/diseases/hepatitis_c.html))
* the correct "[universal precautions](http://www.ccohs.ca/oshanswers/prevention/ppe/universa.html)" procedures to prevent blood borne pathogen infection
* [hand washing](http://www.ccohs.ca/oshanswers/diseases/washing_hands.html)
* proper selection, use, maintenance and storage of [PPE](http://www.ccohs.ca/oshanswers/prevention/ppe/), where appropriate
* selection of [footwear](http://www.ccohs.ca/oshanswers/prevention/ppe/foot_com.html)
* prevention of [needle stick injuries](http://www.ccohs.ca/oshanswers/diseases/needlestick_injuries.html)
* [manual material handling](http://www.ccohs.ca/oshanswers/ergonomics/mmh/hlth_haz.html) (lifting) techniques
* information about [shift work](http://www.ccohs.ca/oshanswers/work_schedules/shiftwrk.html)
* how to [work alone](http://www.ccohs.ca/oshanswers/hsprograms/workingalone.html) (general information) and [Working Alone - Working With Patients](http://www.ccohs.ca/oshanswers/hsprograms/workingalone_patients.html)
* working safely on [ladders](http://www.ccohs.ca/oshanswers/safety_haz/ladders/)
* how to work safety with [compressed gases](http://www.ccohs.ca/oshanswers/chemicals/compressed/)

All workers should:

* follow company safety rules
* know about [WHMIS](http://www.ccohs.ca/oshanswers/legisl/intro_whmis.html) and [MSDSs](http://www.ccohs.ca/oshanswers/legisl/msdss.html)
* know your [hazard reporting](http://www.ccohs.ca/oshanswers/hsprograms/report.html) procedures
* follow good [housekeeping](http://www.ccohs.ca/oshanswers/hsprograms/house.html) procedures.