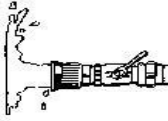


PHOENIX FIRE DEPARTMENT FIRE FITFACTS



Be Nice

Prevent Harm

Survive

Principles of Success: Avoid the Smoke

Tobacco Facts

- ☒ Tobacco contains an addictive drug – nicotine.
- ☒ Tobacco smoke contains over 4,000 chemical compounds.
- ☒ At least 43 of the chemical compounds found in tobacco smoke cause cancer.
- ☒ The leading cause of lung cancer, emphysema and other respiratory diseases is smoking.
- ☒ Chewing tobacco or inhaling snuff causes mouth, nose, and throat cancer.
- ☒ A leading cause of heart disease is smoking.
- ☒ Smokers are 4 to 5 times more likely to develop oral and laryngeal cancer than nonsmokers.
- ☒ Each year approximately 3,000 nonsmoking adults die of lung cancer as a result of breathing second hand smoke.
- ☒ Smoking permanently stains your teeth.
- ☒ Smoking makes your clothes, hair and especially your breath stink.



Firefighters have to work in smoke – it comes with the job. But crazy as it may sound, a firefighter learns early that the only way to be effective and remain healthy is to NEVER breathe smoke. To do this we wear a Self Contained Breathing Apparatus (SCBA) that provides us with clean compressed air. In fact- a cardinal rule of survival is that a firefighter can only last in a fire as long as his/her air lasts.

Before the invention of the SCBA it was very common for firefighters to die of lung disease before they reached 45 years old. A common adage that is learned in fire prevention programs is: “it isn’t the fire that kills most victims it is the smoke”. In fact, the invention of smoke detectors has saved more lives than firefighters and fire sprinklers combined. The reason is simple – SMOKE KILLS.

Why then do people voluntarily smoke cigarettes and expose their body, their family and their friends to the toxins in smoke? Is it because it is cool? Is it because it makes us fit in? The fact is that smoking is very addictive, very costly and very difficult to quit. The best way to avoid the dangers of smoking is:

Don’t start in the first place.

~Smoking isn’t cool~