

USE OF FIRE DEPARTMENT DECONTAMINATION SAUNAS

ADMINISTRATION



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OPERATIONAL GUIDELINES

OG – x.xx.xx

RISK:

HF/HR

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Purpose:

To establish safe procedures for using the Fire Department Detoxification saunas.

Scope:

All SSIFR personnel

Policy:


SSIFR Detoxification saunas are provided to the firefighters as part of our Health and Safety Program for Cancer Prevention. Firefighter involved in recent firefighting activities shall be given priority before other members.

Procedure:

SSIFR provides infrared Detoxification Saunas at Fire Hall #3 for our member's health and wellness. The following procedures and safety precautions shall be followed. The chamber contains medical grade heaters which when combined with mild exercise, should coax a quick and profuse sweat without raising the core body temperature. All instructions and safety information shall be posted on Saunas.

While the device is recommended for all members, priority will be given to operational personnel involved in recent firefighting operations.

- Before using the sauna, firefighters must inform the Duty Officer.
- Only one person is permitted in a sauna at a time. (No Exceptions)
- Detox saunas are for SSIFR firefighters only unless special permission is given by the Fire Chief.
- A white board will be mounted on each sauna. The firefighter must write in their name, employee number, and the time they entered the sauna.
- Firefighters may utilize the sauna as a general health benefit but only if the Duty Officer is notified beforehand. Use of non-fire related detoxification is restricted to day use only.

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- Loose clothing must be worn when in the detoxification saunas. (Shorts, t shirt, towel, and footwear) Station uniform and boots are not permitted.
- Firefighters shall sit on a clean towel while in the sauna.
- After use the sauna must be cleaned and sanitized before leaving. Once the detoxification is complete, erase your name from the whiteboard, and sanitize the seated area of the sauna.
- A shower is not required after the sauna but is a best practise.
- If an emergency call occurs during a detoxification, you shall respond as normal. Once you return continue with the detoxification process.

Safety Precautions

- DO NOT use if you have cardiac or medical issues without getting medical clearance first.
- HYDRATE. It is recommended to hydrate before, during and after the treatment. Adding electrolytes is also beneficial.
- If you are unable to use the decontamination sauna for health reasons, a shower is recommended.
- Read and understand the Operational Guideline and sauna safety precautions prior to use.
- Exit immediately if you feel uncomfortable, dizzy, develop a headache, or become fatigued.
- Only designated exercise equipment shall be permitted inside the decontamination sauna.
- Maximum time with mild exercise is 15 minutes.
- Maximum time with no exercise is 60 minutes.
- Wipe away sweat regularly with a clean towel. This encourages more sweat and removes toxins from skin.
- Turn off the unit after use.
- Erase the whiteboard with your name and time. Clean the surfaces of the decontamination sauna.
- Rehydrate: Drink plenty of water before and after use.

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References:

- Salt Spring Island Fire Rescue Cancer Prevention and Awareness Program 2016

Related Operational Guidelines:

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