Implementation Guide for Fire Departments

What is StepOne?

StepOne is a **proactive** skin decontamination product—think of it as a "sunscreen for smoke." Applied **before** a fire, it forms a durable, lightweight film on the skin that reduces the absorption of carcinogens **during** a fire.

Using StepOne—a firefighter's perspective

How to Apply

- ➤ Hold the can 4-6 inches from your skin, spray on like sunscreen, and then spread evenly with your hand.
- > Stop spreading once an even coat is formed. StepOne dries in about 30 seconds and fully sets within 5 minutes for maximum abrasion resistance.
- Target key areas: Apply to your forearms, neck, and lower legs. These are the areas that receive the highest carcinogen exposure.

When to Apply

- Apply once at the beginning of your shift.
- Reapply after showering. The film is designed to be removed with soap and water.

How It Works

- Once applied, StepOne forms a durable film that lasts up to 24 hours or until removed with soap. It's resistant to water, sweat, heat, and abrasion, meaning that activities like training and working out won't compromise its effectiveness.
- During a fire, StepOne delays the absorption of carcinogens, keeping them on the skin's surface where they can be more easily cleaned off.

After the Fire

- Clean your skin like usual per department policy (i.e., wipes & showers). StepOne reduces carcinogen absorption by up to 90% compared to wipes and showers alone.
- Reapply StepOne when you're clean and back at the station—you'll be ready to go for another 24 hours.

Deploying StepOne in the station

The wall-mounted can holders included with your kit come pre-applied with 3M VHB tape to facilitate easy mounting. Install them in the following locations:

- > In each shower room
- Next to locker-room sinks

These locations are convenient because **StepOne** is commonly used after shaving or showering. Each can holder fits one active can plus two spares, which can be restocked during routine station checks. This system keeps **StepOne** visible and accessible and encourages regular use.



Training your crew & setting department policy

Several training resources are available, including an informational video, a printable handout, and dedicated resources on product testing and ingredient safety. You can access these materials on our website, fightrightpro.com.

We recommend not making **StepOne** an official SOP. Instead, focus on proper training, keeping the product visible and accessible, and giving crews the freedom to make informed choices. Many firefighters first try **StepOne** before a training burn, which builds familiarity and leads to regular use during shiftwork. This approach supports gradual cultural change and the development of positive habits.

Answering common questions

What does StepOne feel like?

> **Nothing**. The film dries within about 30 seconds and is very lightweight. It doesn't interfere with sweating and is unscented once dry.

Is StepOne safe to put on my skin?

Yes. Every ingredient in StepOne has been used for decades in skincare products worldwide. Long-term studies confirm their safety. StepOne is also hypoallergenic and safe for sensitive skin.

Why is StepOne applied specifically to the forearms, lower legs, and neck?

> These areas are closest to **gear interfaces**—boots and trousers, gloves and coat, coat and hood—where carcinogenic smoke most often penetrates and reaches your skin to be absorbed.

How long is StepOne effective after application?

> **Up to 24 hours**, or until washed off with soap. **StepOne** forms a sacrificial film that is removed during normal showering or decontamination.

How do I know that StepOne works?

➤ Visit **fightrightpro.com** to read our white paper. **StepOne** was developed by firefighters in partnership with chemists and cancer biologists.

I wear a particulate-blocking hood. Should I still apply StepOne to my neck?

> Yes. Particulate-blocking hoods help protect against particulates, but StepOne also protects against carcinogenic gases. We recommend using both for full protection.

Is StepOne compatible with sunscreen?

> Yes—but use a spray sunscreen. Lotions may contain ingredients that disrupt the StepOne film. Spray sunscreens don't have this issue and are fully compatible.

Is StepOne flammable?

No. StepOne is completely non-flammable and has been tested for use in high-heat environments.

Additional support & resources

Visit our website **fightrightpro.com** for additional resources. You can also reach us directly by phone or email:



(214) 267-9135



info@fightrightpro.com

Reordering StepOne

Visit our online store or email **sales@fightrightpro.com** to place an order. We are happy to set up recurring orders as requested.



Fight Right Decon[™]