

StepOne™ 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 and spray evenly until the skin glistens—just like applying sunscreen. Then rub it in.
- Work quickly: **StepOne** dries quickly, so apply with purpose.
- Target key areas: Apply to your forearms, neck, and lower legs—areas most exposed near the interfaces of your turnout gear.

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

- Use standard decon practices—wipes and showers—to remove contaminants. Because **StepOne** delays carcinogen absorption during the fire, total absorption for the event is reduced by up to **90%** compared to using 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

We recommend installing wall-mounted can holders to keep **StepOne** visible and readily accessible. Each holder has two clearly labeled slots: one for the can currently in use and one for a backup. When the in-use can is empty, simply move the backup can into its place and restock the backup during regular station checks. This system ensures continuous availability and reinforces consistent usage habits.

Can holders should be installed in locations where crews typically prepare for or wind down from shifts—most often, this means placing them in each shower room and next to locker-room sinks.



Design of can holder may vary

Training your crew & setting department policy

Several training resources are available, including an informational video, and a printable handout, and dedicated resources on ingredients and best practices. You can access these materials at fightrightpro.com.

Regarding department policy, we recommend **NOT** making **StepOne** an official SOP. Mandating its use is often the quickest way to discourage adoption. Instead, focus on providing proper training, ensuring the product is visible and accessible, and allowing crews to make informed choices. This approach supports a gradual cultural shift, which takes time but leads to more meaningful and lasting change.

Answering common questions

What does **StepOne** feel like?

- **Nothing.** The film dries within about 15 seconds and is very lightweight. It doesn't interfere with sweating or comfort.

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 decon.

How do I know that **StepOne** works?

- Visit fightrightpro.com to read our white paper. **StepOne** was developed by firefighters, for 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**

Email sales@fightrightpro.com to place an order. We are happy to set up recurring orders as requested.



Fight **Right DeconTM**