

**AGENDA
ITEM**

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CALEXICO *California*

WHERE CALIFORNIA AND MEXICO MEET

**AGENDA
ITEM**

CITY COUNCIL AGENDA STAFF REPORT

DATE: December 20, 2023

TO: Mayor and City Council

APPROVED BY: Esperanza Colio Warren, City Manager

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Esperanza Colio Warren
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PREPARED BY: Eduardo Ainza, Acting Fire Chief

SUBJECT: Authorize the City Manager to accept a donation from the Calexico Firefighter Association of a dry sauna to the Calexico Fire Department. Sauna will be used for means of detoxification of carcinogen material accumulated during fire suppression operations. Sauna use after fires is a proven means of decreasing carcinogen absorption post exposure, and a growing industry standard with the objective to decrease cancer rates during and after Calexico Fire Department personnel's career.

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Recommendation:

Authorize the City Manager to accept a donation from the Calexico Firefighter Association of a dry sauna to the Calexico Fire Department. Sauna will be used for means of detoxification of carcinogenic material accumulated during fire suppression operations. Sauna use after fires is a proven means of decreasing carcinogen absorption post exposure, and a growing industry standard with the objective to decrease cancer rates during and after Calexico Fire Department personnel's career.

Background:

In line with the CFA's Health and Wellness Project for the Calexico Fire Department, the CFA has been working on steps towards their goal to decrease cancer risks for our fire personnel. Firefighters are at a higher risk of cancer due to the release of toxins through combustion of synthetic materials such as plastic, rubber, and vinyl, all of which are commonly found materials in present day households. There have been numerous retired Calexico Fire Personnel and current CFD employees who have been diagnosed or treated with different forms of cancer. Studies have shown that while exposed to high temperature environments, skin pores of firefighters readily absorb harmful cancer-causing toxins. Current research has shown that the use of a sauna post exposure is the most effective means of removing toxins absorbed during firefighting. It is proposed for this sauna be placed in service in the

apparatus bay in accordance with local and state codes. The technology utilizes infrared light and a timer requiring only a 20-amp breaker for installation, for which the proposed location already provides.

Fiscal Impact:

The Calexico Firefighter Association has purchased a sauna with association funds and wishes to donate it to the Calexico Fire Department. Cost of the Dynamic Bergamo 4 Person Infrared Sauna was \$2,799.99. There is no financial impact to the Calexico Fire Department. The equipment includes a five-year warranty, and requires no additional liability coverage as it should be considered fitness equipment included in the health and wellness of personnel.

Coordinated With:

Josh Paddock, Calexico Firefighter's Association