

FIRE Study

RECRUITING NOW!



FIRE

Firefighters Immune Response
to Exposures

WHAT DO I NEED TO DO?

Taking part involves donating 3 biological samples and filling in a health questionnaire:



FINGER PRICK OF BLOOD

We use a small needle called a lancet to prick the end of one of your fingers. 1 ml of blood will then be collected into a tube (about 1/5 of a teaspoon).



NASAL SWABS

Three nasal swabs similar to a COVID-19 lateral flow test will be collected.



PEAK FLOW

Your expiratory peak flow will be taken by breathing once into a peak flow meter.



HEALTH QUESTIONNAIRE

A few questions about your health, lifestyle and job will be asked in an online quiz.

WHO CAN TAKE PART?



Firefighters:

- Aged 18+
- Any gender/sex
- Non-smoking/vaping
- With 7+ years of working in the fire service
- Currently working in a Mid & West Wales based fire station

Non-Firefighters:

- Aged 18+
- Any gender/sex
- Non-smoking/vaping
- Never worked in the fire service

£5 voucher for participation!



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This research has been given a favourable opinion by Swansea University Medical School Research Ethics Committee, project reference 1 2024 11337 10956.

FIRE Study

WHO IS CARRYING OUT THIS RESEARCH?

Dr Aisling Morrin and Dr Sophie Reed from Swansea University Medical School are carrying out this research.

WHERE WILL THIS STUDY TAKE PLACE?



AT YOUR FIRE STATION OR SWANSEA UNIVERSITY

If you choose to take part, we will arrange to visit your fire station of work to collect samples from you at a time which is convenient. If you are taking part as a non-fire fighter sampling would take place at Singleton Campus, Swansea University

WHAT IS THE PURPOSE OF THIS STUDY?

At Swansea University, we are currently recruiting participants for the "Firefighters Immune Response to Exposures" (FIRE) study. We're interested in understanding how the heat and pollutants firefighters are exposed to can affect the immune system and response to infection.



WHAT DO I DO IF I WANT TO TAKE PART?

If you would like to take part please scan the QR code!



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Astudiaeth TÂN!

RECRIWTIO NAWR!



FIRE

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to Exposures

BETH SYDD ANGEN I MI EI WNEUD?

Mae cymryd rhan yn cynnwys rhoi 3 sampl biolegol a llenwi holiadur iechyd:



GWAED CAPILARIAU BYS

Rydyn ni'n defnyddio nodwydd bach o'r enw lancet i bigo pen un o'ch bysedd. Yna bydd 1 ml o waed yn cael ei gasglu i mewn i tiwb (tua 1/5 llwy de).



SWAB TRWYN

Bydd tri swab trwynol tebyg i brawf COVID-19 yn cael ei gasglu.



PRAWF SWYDDOGAETH YR YSGYFAINT

Bydd eich anadl yn cael ei gymryd drwy anadlu unwaith i mewn i mesurydd uchafbwynt anadl.



HOLIADUR IECHYD

Ychydig o gwestiynau am eich iechyd, gofynnir am ffordd o fyw a swydd mewn cwis ar-lein.

PWY SY'N GALLU CYMRYD RHAN?



Diffoddwyr tân:

- 18+ oed
- Unrhyw rywedd/rhyw
- Di-ysmygu/anweddu
- 7+ mlynedd o weithio Yn y Gwasanseath Tân
- Yn gweithio mewn Canolbarth a Gorllewin Cymru gorsaf dân ar hyn o bryd

Pobl nad ydynt yn ddiffoddwyr tân:

- 18+ oed
- Unrhyw rywedd/rhyw
- Di-ysmygu/anweddu
- Ni weithiodd erioed yn y tân gwasanaeth

Taleb £5 am
gyfranogi!



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TMAe'r ymchwil hon wedi cael barn foesebol ffafriol gan Bwyllgor Moeseg Ymchwil Ysgol Feddygaeth Prifysgol Abertawe, cyfeirnod prosiect 1 2024 11337 10956.

Astudiaeth TÂN!

**PWY SY'N GWNEUD
YR YMCHWIL HWN?**

Dr Aisling Morrin a Dr Sophie Reed o
Ysgol Feddygaeth Prifysgol
Abertawe sy'n cynnal yr ymchwil
hon.

**LLE BYDD YR ASTUDIAETH HON YN CAEL
EI CHYNNAL?**



YN EICH GORSAF DÂN NEU BRIFYSGOL ABERTAWE

Os byddwch yn dewis cymryd rhan, byddwn yn trefnu i ymweld â'ch gorsaf dân o waith i gasglu eich samplau ar adeg sy'n gyfleus i chi. Os ydych yn cymryd rhan ac nac ydynt yn ddiffoddwyr tân, bydd samplu yn digwydd ar Gampws Singleton, Prifysgol Abertawe.

BETH YW PWRPAS YR ASTUDIAETH HON?

Ym Mhrifysgol Abertawe, rydym wrthi'n recriwtio cyfranogwyr ar gyfer y "Diffoddwyr Tân Ymateb Imiwnedd i Datguddiadau" (FIRE) astudiaeth. Mae gennym ddiddordeb mewn deall sut gall gwres a llygryddion effeithio ar y system imiwnedd ac ymateb i haint mewn diffoddwyr tân.



**BETH DDYLWN I
WNEUD OS YDW I'N
EISIAU CYMRYD RHAN?**

Os hoffech gymryd rhan, sganiwch y cod
QR os gwelwch yn dda!



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