TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Critical Stress: Ignoring Stress Kills

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

As emergency workers, firefighters are susceptible to stressful situations or events while responding to extreme situations each day. The job requires that we remain productive, and often ignoring the stress that results from the traumatic events that we witness. Stress can appear immediately after witnessing or being involved in a stressful event or it can occur over a period of time. We must deal effectively with the issue of critical stress?

DISCUSSION

- Let's discuss a recent event we have witnessed.
- Did you participate in a debriefing session, was it beneficial?
- Do you think denial is a problem that prevents some firefighters from getting help with critical stress?
- Have you observed peers with signs of PTSD, how did you or the department work with the individual?
- What changes would better help our department deal with critical stress?

The greatest asset of the fire service is its people, protect them!

Copyright May 24, 2006 WHA Insurance
For additional Safety Drill material call 1-800-852-6140 PDT
Or email info@whainsurance.com
Ask for public entity safety coordinator