TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Critical Stress: Stress Must Be Managed

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. How can we more effectively deal with the issue of critical stress?

DISCUSSION

1. What recent tragedies have we experienced?
2. Did you participate in a debriefing session?
3. Was it beneficial?
4. Do you think denial is a problem that prevents some firefighters from getting help with critical stress?
5. Have you observed peers with signs of PTSD?
6. What are the department SOG's if you think another firefighter is showing signs of critical stress?
7. What changes would better help our department deal with critical stress?

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

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