Navigating Critical Incidents

Before, During, and After

Exposure to stressful and dangerous situations are part of the job for first responders. Follow these steps at your department to support their mental and physical health.



BEFORE: PREPARATION





MAKE OBSERVATIONS

Use member surveys and visual observation to assess your agency's current state



Borrow or develop thoughtful policies and procedures that get department buy-in





ESTABLISH RESOURCES

Partner with culturally competent counselors and provide ongoing training on mental health

DURING: RESPONSE





COMMUNICATE

Discuss what you can when you can to maintain trust between members and leadership and dispel rumors



Setting expectations around limited communication and availability helps alleviate stress at home





WATCH FOR SIGNS OF STRESS

Look out for the "thousand-yard-stare" for those on the scene and provide relief and defusing as needed

AFTER: RECOVERY





CONSIDER POST EVENT ASSIGNMENTS

Mindfully and transparently selecting reassignments can prevent further trauma





Mitigate critical incident "ghosts" (sights, smells, and other

ADDRESS TRIGGERS

reminders) with EMDR, brainspotting, Peer Support, counseling, etc.





Bolster solidarity by sensitively recognizing critical incident anniversaries impacting members who will never forget

Vector Solutions' innovative technology is built to help first responders stay safe, prepared, and effective. Learn More >

<u>Download this whitepaper</u> for more on safeguarding first responders before, during, and after a critical incident.

