

Exposure to Critical Incidents

At some point, most wildland fire personnel will, at some point in their career, be directly or indirectly affected by a “critical incident” and traumatic stress.



Definition 1: A Critical Incident

Is not defined by the incident itself



It is defined by the **reaction** of individuals and/or an organization **to what occurred.**

Not everyone will react the same way.

Exposure to Critical Incidents

- How affected they may be will depend on how we:
- Prepared them through pre-incident education.
- Instill resistance, resilience, and positive coping skills.
- Respond and support both during and after a critical incident.



A man in a military uniform is shown in profile, looking out towards a bright sunset. A helicopter is visible in the sky, illuminated by a bright light source. The man's uniform is olive green, and he has a beard. The background is a warm, orange-hued sky.

Minimize Effects and Promote Well-Being

CISM is designed to help people deal with their trauma one by one by allowing them to talk about the incident when it happens without judgment or criticism.

Designed to enhance natural resilience and provide specialized support to:

- **Lessen** the impact of the critical incident
- **Normalize** instinctive reactions to the incident
- **Encourage** the natural recovery process
- **Restore** the adaptive functioning skills of the person and/or group
- **Determine the need** for further supportive services or therapy