



# The “Secondary Dangers” of Wildland Firefighting

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- Cumulative and Psychological Stress
- Disruption to personal and family life
- Psychological injury
  - Post-traumatic stress related illnesses
  - Anxiety
- Exposure to human suffering
- Job dissatisfaction and burn out
- Poor self-care
  - Lack of trust of outside resources
  - Not willing to ask for help
  - Lack of insurance