EMOTIONAL TACTICAL WORKSHEET

BENCHMARKS
- Evaluate scope of the problem
- Construct Incident Action Plan
- Contact appropriate “hand-off” sources
- Establish safety officer
- Verify the member has made contact
- RIT established for follow-up
- Make appropriate notifications
- Under control

RISK FACTORS
- Trauma/Abuse history
- Sleep disorder
- Rumination
- Substance abuse
- General life stress
- Separated or divorced; recently widowed
- Physical health problems
- Access to firearms
- Previous attempts
- Family history
- Exposure
- Depression
- Low self-esteem
- Anxiety
- PTSD

SAFETY / ISO
- Emotional wellness is not an option but a mandatory part of firefighter health and safety.

EMS/REHAB
- Emotional health and wellness is part of your overall health, not a portion or separated.

RIT/RITO
- Aware of situation
- 360 degree size-up
- Assigned/volunteer to help?
- Briefing with command staff if necessary
- Strategy/tactics Understood? (Options available).

INCIDENT COMMAND TACTICAL WORKSHEET
- Open culture established
- Emotional wellness education/training top to bottom completed
- Programs evaluated and in place including funding
- Members and their families trained on the available programs
- Annual evaluations of personnel and programs in place

MAYDAY
RECOGNITION/DENIAL
- (personal/organizational)
- Failure to reach out
- Problem seen as not solvable
- Lack of professional intervention
- Nowhere to turn to
- Catastrophic failure/suicide

Location in building: __________
Unit: __________
Person/Company Requesting MAYDAY: __________
Assignment: __________
Radio Frequency Assignment: __________
- Location (Emotional) – numb, depressed, lost.
- Unit – family, fire department.
- Name – who I am as a person.
- Assignment – (role) husband, wife, father, sister, brother, firefighter.
- Resources – I need someone to talk through something with me.

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Family Notification
1. __________
2. __________