

Potentially Traumatic Events -- Checklist

IDENTIFYING AT-RISK PERSONNEL	WINGMAN ACTIONS	COMMAND ACTIONS
<p><input type="checkbox"/> Common indicators of distress</p> <p><input type="checkbox"/> Prior mental health issues or difficulty coping with stress</p> <p><input type="checkbox"/> Exposed to potentially traumatic events</p> <p><input type="checkbox"/> At-risk AFSCs</p> <p><input type="checkbox"/> Search and Recovery or body handling</p> <p><input type="checkbox"/> Few connections to the unit or community (i.e., “loners”)</p> <p><input type="checkbox"/> Appear to be in shock, display disorganized behavior (i.e., not to understand their situation or unresponsive to their surroundings) or unable to engage in behavior to meet the needs of themselves or their family</p>	<p><input type="checkbox"/> Consider General Wingman Actions</p> <p><input type="checkbox"/> Ensure all personnel are safe and accounted for</p> <p><input type="checkbox"/> Help others obtain medical care for physical injuries</p> <p><input type="checkbox"/> Ensure all personnel have basic needs, such as shelter, clothing, food, water, medications, and hygiene</p> <p><input type="checkbox"/> Encourage the individual to talk and listen to their concerns</p> <p><input type="checkbox"/> Maintain awareness of the status of all affected personnel</p> <p><input type="checkbox"/> Direct personnel to helping resources as necessary</p> <p><input type="checkbox"/> Communicate with leadership</p>	<p><input type="checkbox"/> Consider General Command Actions</p> <p><input type="checkbox"/> See AFI 44-153 for additional checklists.</p> <p><input type="checkbox"/> Minimize exposure to environmental stressors (e.g., heat, cold, noise, potentially disturbing visual scenes).</p> <p><input type="checkbox"/> Historical/informational group debriefing to provide factual information about the event and prevent the spread of rumors. These briefings should be delivered with the assumption that affected individuals are coping well.</p> <p><input type="checkbox"/> Continuously evaluate the environment for additional threats; ensure that needs continue to be met.</p> <p><input type="checkbox"/> Be attentive to the needs of family members and the community as a whole.</p> <p><input type="checkbox"/> Foster unit cohesion.</p> <p><input type="checkbox"/> Encourage able survivors to actively engage in practical and familiar tasks rather than passively wait and watch events unfold. Maintaining usual routines, when feasible, can provide a sense of normalcy.</p> <p><input type="checkbox"/> Assure facilities are available for washing hands, clothing, and taking showers after each shift for those involved in disaster recovery.</p> <p><input type="checkbox"/> Plan team activities to help members relax and to stay socially</p>

		<p>connected (e.g., regular physical activity).</p> <ul style="list-style-type: none"><input type="checkbox"/> Keep chaplains and other TSTR members available and fully informed about what is happening.<input type="checkbox"/> Persons who have difficulty with the disaster recovery/body handling tasks often do not want to be dismissed from the mission because it may lead to a sense of personal failure or that they have let the team down.<input type="checkbox"/> If possible, assign such members to another task in which they can contribute, but do not use the member's desire to continue work as the sole factor determining assignment of duties.
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