

# Critical Stress Incident Management Awareness Louisiana Task Force 3 – Self Study



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# Critical Stress Incident Management Awareness Louisiana Task Force 3 – Self Study

Name: \_\_\_\_\_ Applicant Number (Initials and Last 4 of SSN): \_\_\_\_-\_\_\_\_

Please check the correct answer:

**1. What defines a critical incident?**

- a. Death or serious injury of a child.
- b. Line of duty death.
- c. An incident that particularly affects a responder.
- d. Any of the above and others.

**2. Physical signs and symptoms such as shortness of breath, rapid pulse, and profuse sweating are:**

- a. Clearly indicators of critical incident stress.
- b. May indicate a medical condition.
- c. Not indicators of critical incident stress.
- d. Indications that the rescuer is having little distress related to the incident.

**3. A week after responding to a fire where he removed five deceased children from the structure, you note that your partner has become very forgetful, gets confused easily, and seems to be having nightmares when he sleeps in the firehouse dorms at night. Although he voices no complaints, you recognize these as:**

- a. Cognitive symptoms of critical incident stress.
- b. Nothing unusual.
- c. Physical symptoms of critical incident stress.
- d. Indications of drug abuse.

**4. Critical incident stress management is:**

- a. A critique of the incident.
- b. Counseling.
- c. Psychotherapy.
- d. An organized approach directed at reducing and controlling the harmful effects of stress involving emergent situations.

**5. Which of the following is a component of critical incident stress management?**

- a. It's based in psychology and crisis intervention theory.
- b. It's education in awareness training, demobilizations, defusings, debriefings, and support services.
- c. It helps speed the recovery of normal people with normal reactions to abnormal events.
- d. All of the above are components of critical incident stress management.

**6. Defusings and debriefings are:**

- a. The emotional first aid following a traumatic event.
- b. A quick critique of incident operations.
- c. For persons displaying weakness following an incident.
- d. Psychotherapy sessions following a traumatic event.

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**7. Persons involved in defusings and debriefings include:**

- a. Peer counselors and those directly involved in the incident.
- b. Members of the media.
- c. Department persons that were off-duty at the time of the incident and did not participate in the incident.
- d. Your personal attorney.

**8. The purpose of defusings and debriefings is to:**

- a. Provide the opportunity to vent the trauma and to learn ways to cope.
- b. Provide follow up and further help if needed.
- c. Strengthen the bond of the group and help each other.
- d. All of the above.

**9. Participation in a critical incident stress debriefing is:**

- a. Mandatory.
- b. Voluntary, but encouraged.
- c. Begun with a prayer.
- d. Required of all those attending the session.

**10. You just got back from a particularly difficult deployment. Your team was tasked with recovering the bodies of firefighters caught in the collapse of a high rise. Clearly, you are having some difficulty coping with what you have seen, since you are having nightmares and intrusive thoughts of the response. You also have a poor appetite. In order to cope well, it is important to remember:**

- a. To not eat for a few days, since it could cause you to vomit.
- b. To at least eat something, even if you don't feel like it.
- c. Increase your consumption of caffeine to maintain alertness.
- d. Consume two or three glasses of an adult beverage at bedtime to promote sleep.