



Potential Causes of Critical Incident Stress

1. Death of or serious injury to a co-worker.
2. Death of a child especially under unusual circumstances such as neglect or abuse.
3. Death or serious injury to a well known or well liked patient/client/victim or who resembled someone your knew.
4. Having to work under unusual sights, sounds, or smells. This could include photographs or written material.
5. An incident extending over a long period of time and especially when experiencing mission failure.
6. Death of a person caused or appeared to be caused by personnel.
7. Incident with profound emotion.
8. Incident with significant media attention.
9. Threatening situation such as assault, shooting, hostage taking or other situations of personal vulnerability.
10. Major incidents with multiple casualties and /or where triage is required.

The above list relates to professionals who work in the emergency service or health care professions. For the general public or others less exposed to traumatic events, any shocking incidents could result in critical incident stress.
