



ASSIST TRAUMA  
CARE



ASSIST TRAINING

## CRITICAL INCIDENT STRESS

**S**TRESS.....IS A REACTION TO INTERNAL AND / OR EXTERNAL PRESSURES THAT SURPASSES A PERSON'S ABILITY TO RESPOND.

**C**RITICAL INCIDENT.....AN UNUSUALLY STRESSFUL INCIDENT WHICH IS OUTSIDE THE RANGE OF A PERSON'S USUAL EXPERIENCE AND COPING ABILITY.

**C**RITICAL INCIDENT STRESS.....A REACTION TO STRONG FEELINGS WHICH HAS THE POTENTIAL TO INTERFERE WITH A PERSON'S ABILITY TO FUNCTION. THE REACTION INVOLVES THOUGHTS, EMOTIONS AND PHYSICAL RESPONSES.

