



FIRST RESPONDER *Center for Excellence*



STRESS FIRST AID 2.0

Supportive actions designed to help emergency responders take care of themselves and assist each other in reducing the negative impacts of stress.

The goal of SFA is to restore health and readiness after a stress reaction. SFA 2.0 was designed specifically to support firefighters, EMS, and rescue personnel. This method of assisting a coworker undergoing stress is practical, flexible, and can be tailored to the specific need of the individual.

Stress First Aid Awareness — 90 minutes

Basic Stress First Aid Awareness and:

- Explain why Check must be performed continuously and often for every member of the organization.
- Describe the steps that make up the Check Function and why they are analogous to surveys used in trauma triage and emergency care situations.
- Explain the goals of the Coordinate Function.
- Describe the spectrum of both verbal and non-verbal Cover and Calm techniques.
- Introduce the skill set to implement the SFA model for individual in crisis.

Stress First Aid - Full Course (2 Days)

- Describe the basic foundation of Stress First Aid.
- Differentiate between stress reactions and stress injuries.
- Recognize Orange Zone Indicators.
- Describe different types of situations in which it would be appropriate to use each SFA action.
- Explain why Check must be performed continuously and often for every member of the organization.
- Describe the steps that make up the Check Function and why they are analogous to surveys used in trauma triage and emergency care situations.