



ASSIST TRAUMA
CARE

ASSIST TRAINING

Critical Incident Stress

Short Term Reactions

Physical

Nausea
Shakes / Muscle Tremors
Sweating
Heart Rate Increase
Chest pain
Lack of coordination

Cognitive

Confusion
Difficulty in making decisions
Short term memory loss
Poor concentration
Flashbacks

Emotional

Fear
Anxiety
Guilt
Shame
Frustration
Self doubt
Irritability
Anger and/or resentment
Numbness

