

# Volunteer “post incident self-check” tool

Quick self-assessment – Score according to scale and then add up

Low Risk = 0		Moderate Risk = 5		Considerable to high risk = 10	
Individual assessment	Score	Incident assessment	Score		
<b>How am I on “capacity self-check” today? Mainly:</b> 0 – Green – Low Impact Risk 5 – Yellow – Moderate Impact Risk 10 – Orange/Red – Considerable/High Impact Risk		<b>Involving the vulnerable (eg children, elderly, pets)</b> 0 – None involved in incident 5 – Involved but no, or low-level, injuries/upset 10 – Involved and serious injury/upset/death			
<b>Personal Identification with persons /incident type /scene</b> 0 – None 5 – Moderate 10 – Significant		<b>Exposure to disturbing scenes</b> 0 – minimal exposure to disturbing scenes 5 – Moderate exposure 10 – Extremely exposure to disturbing scenes			
<b>Contact with families/friends of those involved</b> 0 – Minimal/none 5 – Witnessed family/friend grief 10 – Significant time with family/ friends		<b>Direct threat</b> 0 – There was no perceived or actual threat 5 – There was some perceived or actual threat 10 – There was significant perceived or actual threat			
<b>Novel exposure</b> 0 – Familiar with this type of task 5 – Have done rarely 10 – Never seen this before		<b>Complexity of the incident</b> 0 – Straightforward / good team working 5 – Multi-agency or prolonged 10 – Ongoing, complex, or current unresolved (perhaps when you left)			
<b>Sense of personal involvement and/or support</b> 0 – I understood my role and felt supported 5 – Partial understanding of my role/support 10 – I was unclear on my role and/or felt isolated		<b>Incident outcomes</b> 0 – Strong sense of achievement 5 – Some things didn't go so well; some disagreement 10 – Scrutiny; negative feedback; “Why?”, “What if?”, “I don't understand?” questions			
<b>TOTAL</b>			<b>TOTAL</b>		
<b>COMBINED TOTAL</b>					

## Consider actions for combined total

<40 Connect	40-70 Consider	>70 Recommend
<p>Your responses suggest that that you have no significant concerns following today's incident.</p> <p>Continue to invest your time in the things we know keep us well:</p> <ul style="list-style-type: none"> <li>• Connect with others</li> <li>• Be physically active</li> <li>• Learn new skills</li> <li>• Give (your time, presence, skills)</li> <li>• Take notice</li> </ul> <p>It might be helpful to review “Your Protective Armour” <a href="http://www.lifelines.scot/my-protective-armour">www.lifelines.scot/my-protective-armour</a></p>	<p><b>GREEN actions PLUS:</b></p> <p>Your responses suggest that there were things about today's incident that were more challenging for you so it's important to remember that a wide range of reactions are normal in the aftermath of more challenging incidents and that there are things we can do to help us recover and heal.</p> <p>You can learn more about this from the leaflet: “Coping after a potentially traumatic experience”.</p> <p>And remember to use what's in your Psychological First Aid Kit <a href="http://www.lifelines.scot/understanding-resilience">www.lifelines.scot/understanding-resilience</a></p>	<p><b>YELLOW actions PLUS:</b></p> <p>Your responses suggest that this has been a particularly difficult incident for you so it is even more important that you think about how you look after yourself now.</p> <p>Take a look at the leaflet: “Coping after a potentially traumatic experience”. This will give you information on common reactions to traumatic events and will help you to think about healthy and helpful ways of coping.</p> <p>Please don't ignore how you are feeling, talk to those you trust and seek out support from your GP, EAP or the Rivers Centre if things don't begin to feel better in the coming weeks.</p>



Check the advice and support at [www.lifelines.scot](http://www.lifelines.scot)



We acknowledge similar material from [www.responderalliance.com](http://www.responderalliance.com)

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Volunteering to save lives

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