



B.C. SEARCH & RESCUE ASSOCIATION

CRITICAL INCIDENT STRESS MANAGEMENT PROGRAM

Signs and Symptoms of Critical Incident Stress

Physical*	Cognitive	Emotional	Behavioural
Chills	Confusion	Fear	Withdrawal
Thirst	Nightmares	Guilt	Antisocial acts
Fatigue	Uncertainty	Grief	Inability to rest
Nausea	Hypervigilance	Panic	Intensified pacing
Fainting	Suspiciousness	Denial	Erratic movements
Twitches	Intrusive images	Anxiety	Change in social activity
Vomiting	Blaming someone	Agitation	Change in speech patterns
Dizziness	Poor problem solving	Irritability	Loss or increase of appetite
Weakness	Poor abstract thinking	Depression	Hyperalert to environment
chest pain	Poor attention/decisions	Intense anger	Increased alcohol use
Headaches	Poor concentration or memory, disorientation of time, place or person	Apprehension	Change in usual communications
Elevated Blood Pressure	Difficulty identifying objects or people, heightened or lowered alertness	Emotional shock	
Rapid heart rate	Increased or decreased awareness of surroundings	Emotional outbursts	
Muscle tremors			
Grinding of teeth			
Shock symptoms			
Visual difficulty			
Profuse sweating			
Difficulty breathing			

For more information: www.bcsara.com/cism