**Supporting Staff- Critical Incident Recovery**

The following is an extract from a workbook associated with a Critical Incident training workshop. It seems like good advice but perhaps a little naïve for the circumstances we frequently encounter post critical incidents. Please read it before discussion.

**VI. Taking care of yourself in a Critical Incident**

Critical incidents take a toll on all involved in them. For those of us working with international students we have to return to our jobs once the incident has passed and often face a pile up of other work. Upon return, we would generally be feeling tired and emotionally drained. The following suggestions may help:

**Allow a margin!**

A critical incident involvement should be a trigger for a margin. This should be part of the debrief action points. Staff should be granted a compensatory leave for recovery after sustained physical and emotional load. A great piece of advice is “have a good feed and a good sleep”. Spend two days away from the scene attending to basics of food, rest, and recreation and maybe some light exercise does wonders in terms of rejuvenating oneself.

Make use of counseling and chaplaincy services as the professionals associated with these services have training in how to handle the emotional aspects of critical incidents and events. This is particularly important as you may have not only to deal with physical tiredness but also with stress reactions, emotions, grief, worry and concern for others affected and even how your handling of the crisis may affect your

**Discussion**

Keeping in mind the above discuss your experience of the aftermath of critical incidents you have been involved in or observed other staff involved in.

What policies and procedures do you think should be enacted in the aftermath of a critical incident that address the issue of staff recovery.

Please also comment on how well you think the international education profession recognises the toll on staff who have involvements in critical incidents. How do you think role descriptions and role outcomes should reflect engagement in critical incidents and recovery from them

What practical steps would you advise an education provider to take in ensuring well being of staff during and in the aftermath of a critical incident