

Initial Response to Critical Incidents

Trainee Name	Date
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As you watch the video, follow along and complete the questions in this guide. You can stop the video and view a section again if needed. The goal is for you to complete this guide and then discuss the material with your designated agency trainer or facilitator.

The nervous system cannot tell the difference between doing something physically, such as actually doing it, or if we are thinking about it.

True _____ False _____

Describe mindfulness:

Stress inoculation for more experienced officers can lead to complacency.

True _____ False _____

Describe a combat breathing technique that officers can use to help conquer the adrenaline rush, and gain control of mind and body functions that affect performance in situations of high stress:

What are the three levels of situational awareness?



When trying to make sense of the information coming in, what are two problems that can hinder our decision-making?

If the stress level of an officer at the scene of a critical incident is high, there will be a lot of confusion.

True _____ False _____

In the scenario where the officer checks on an after-hours industrial noise complaint, describe the officer's demeanor before contact:

Describe the L.I.E. principle:

The concept of the Incident Command System is about delegation and accountability on a large scale.

True _____ False _____

