AFTER THE CRISIS

Checklist

☐ Have discussions on the conscience of the company.
☐ Create an All Hazards Plan before you need it.
☐ Gain consensus and buy-in from leadership.
☐ Visit impacted families. Have financial info ready. Bring food.
☐ Be present at the funeral.
☐ Create a memorial.
☐ Check in regularly with employees and other team members.
☐ Reach out to the community to inform and support.
☐ Educate and communicate about resources at the job site.
☐ Train your supervisors on identifying PTSD warning signs.

PTSD Warning Signs

- Nightmares, flashbacks, or unwanted thoughts
- Excessive absenteeism
- Blame of self or others
- Unable to experience happiness or other positive emotions
- Being irritable, easily startled, or having sleep disturbances
- Being antisocial and avoiding others
- Increased drug and alcohol use
Resources

- National Alliance for Suicide Prevention - https://suicidepreventionlifeline.org
- PTSD Alliance - PTSDalliance.org
- Suicide Prevention in Construction - www.CFMA.org
- Man Therapy - www.mantherapy.org
- Gallagher Crisis Resilience Services tricia_kagerer@ajg.com

TRICIA KAGERER

Speaker  ☕  Author

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IF YOU WOULD LIKE TO HAVE TRICIA SPEAK FOR YOUR ORGANIZATION OR IF YOU WANT HELP CREATING AND EXECUTING YOUR HAZARDS PLAN, EMAIL TRICIA@TRICIAKAGERER.COM OR CALL 915-203-4518.

Previous Speaking Clients Include:
American Society of Safety Professionals
Associated General Contractors
Associated General Contractors - (TEXO) Dallas, Texas
RIMS (Risk & Insurance Management Society)
CFMA - Construction Financial Managers Association
IRMI - International Risk Management Institute