

# 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](https://PTSDalliance.org)
- Suicide Prevention in Construction - [www.CFMA.org](http://www.CFMA.org)
- Man Therapy - [www.mantherapy.org](http://www.mantherapy.org)
- Gallagher Crisis Resilience Services [tricia\\_kagerer@ajg.com](mailto:tricia_kagerer@ajg.com)

# TRICIA KAGERER

Speaker  Author

All Hazard Planning Consultant

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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](mailto:TRICIA@TRICIAKAGERER.COM) OR  
CALL 915-203-4518.



Previous Speaking Clients Include:

American Society of Safety Professionals

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Associated General Contractors - (TEXO) Dallas, Texas

RIMS (Risk & Insurance Management Society)

CFMA - Construction Financial Managers Association

IRMI - International Risk Management Institute

