# Checklist of Critical Incidents

The original checklist asks whether you have experienced any of the below in your entire career. It could be adapted to ask about specific time frames.

Individual items can be modified, removed or added to reflect experiences and events that occur in your specific workplace.

Responded to a scene involving family, friends, or others known to the crew

Saw someone dying

Encountered an adult who had been badly beaten

Encountered a child who was severely neglected or in dire need of medical attention because of neglect

Made a death notification

Encountered an adult who had been sexually assaulted

Encountered a SIDS death

Responded to a MCI

Exposed to serious risk of AIDS or other life-threatening diseases

Encountered a child who had been badly beaten

Encountered a child who had been sexually assaulted

Responded to an aggressive crowd or riot

Saw animals that had been severely neglected, intentionally injured, or killed

Encountered the body of someone recently dead

Had to respond to a large-scale disaster

Encountered a mutilated body or human remains

Encountered a decaying corpse

Was trapped in a potentially life-threatening situation

Threatened with a gun or other weapon

Present when a fellow EMT/paramedic was seriously injured

Exposed to a life-threatening toxic substance

Was seriously injured

Received serious threats toward loved ones as retaliation for your work in EMS

Was in a serious car accident

Had my life endangered in a large-scale disaster

Made a mistake that lead to the serious injury or death of a patient

Was present when a fellow EMT/paramedic was killed

Was seriously beaten

Was taken hostage

Original source:

Donnelly, Elizabeth & Bennett, Michael. (2014). *Development of a critical incident stress inventory for the emergency medical services*. Traumatology: An International Journal. 20. 1. 10.1177/1534765613496646.