# 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.