

Critical Incident Stress Management Training For Investigators

Transport Safety Investigation Bureau
Singapore

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Agenda Item 3: Enhancing Accident Investigation Capabilities

CONFIDENTIAL

Introduction

- The different types of hazards at an accident site as listed in ICAO Circular 314*:
 - Environmental
 - Physical
 - Biological
 - Material
 - Psychological
- Not straight forward to identify and mitigate psychological hazard

* ICAO Circular 314 – *Hazards at Aircraft Accident Sites*

Psychological hazard

- Stress and traumatic pressures due to exposure to aircraft accident, and interaction with those associated with the air carrier and related aviation activities, e.g.
 - Sight and smell of human bodies and remains
 - Interaction with victims and distraught family members
- varying effects and potential of developing into Post-Traumatic Stress Disorder (PTSD) unknowingly
- Important to recognise the signs and symptoms

Important to be prepared

- Training – Critical Incident Stress Management (CISM)
 - Understand the cause and effects of PTSD
 - Better mental preparation before responding to accident site (pre-deployment preparation)
 - Self awareness identifying signs and symptoms
 - Learn self-care tips and establish peer support program (looking out for each other)
 - To understand and accept that it is normal to develop PTSD

Good practice

- After a deployment:
 - to invite a psychologist to have a sharing session with the investigators, individually or in a group
 - sharing session, where investigators would be asked to share their encounters at the accident site
 - useful in sifting out individuals who are suffering from PTSD and rendering assistance to them

Meeting to note

Objective and advantage and of the CISM training for accident investigators