

# Workforce Resiliency: Stressful Effects of Disasters on Workers

## INTENDED AUDIENCE

The primary audience for this module is public health administrators and managers. Additional audiences include other public health professionals, nurses, first responders, and rescue workers.

## FORMAT

This online module has interactive exercises.

## ESTIMATED TIME TO COMPLETE

The module takes approximately forty-five minutes to complete.

## LEAD COURSE DEVELOPER

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## MORE INFORMATION

See <http://www.nwcphp.org/wr>



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## COURSE DESCRIPTION

Stress infiltrates our lives every day and has effects beyond what we usually realize. In this module, learn how to define stress and the effects that stress has on your behavior, biology, and psychology in both day to day and disaster situations. This module is the first in a three part series on individual and organizational resiliency in the face of stress, emergencies, and disasters.

## LEARNING OBJECTIVES

By the end of this course, participants will be able to:

- Define stress and discuss its relationship to workplace performance.
- List and describe various routine work-related stressors as well as likely disaster-related stressors.
- Explain the psychological, social, behavioral, biological, and physical elements of acute stress and how these aspects relate to one another.
- Describe the characteristics of both individual and workforce resilience in the context of disasters.

## COMPETENCIES ADDRESSED

This module addresses the following competencies from the Iowa Department of Public Health Mental Health Competencies Task Force.

2. Understand psycho-physiological effects of fear and terror.
3. Describe the four components of psycho-physiological response to fear and terror.
12. Develop a general understanding of available mental health interventions and recognize the indications and limitations for each type of intervention.
14. Recognize the mental health effect of terrorism and emergencies on themselves as they perform their role helping others to actively prevent the emergence of serious consequences.

## About the Course Developer

Randy Beaton is a volunteer EMT and has twenty-five years experience as a clinical psychologist. He has headed NIOSH and FEMA funded programs to examine the causes and effects of stress in firefighters and other emergency responders. In the past several years his research has focused on psychosocial aspects of terrorism; especially in First Responders. Dr. Beaton has been an instructor at the Summer Institute for Public Health Practice in Seattle and currently serves as a co-leader of the ASPH/CDC Disaster Mental Health Collaborative Group.