



FIRE ASSIGNMENT STRESSORS

- **Environment** – climate, altitude, air quality, noise levels and types, new fuel types and topography, different hazards such as bees, snakes, poison oak
- **People** – different supervisor, different co-workers, change in objectives, change in communications, working with contractors, working with other agencies, not always able to contact home
- **Physical** – sleeping patterns and conditions, eating patterns, demands of the work, dehydration, acclimatization, change in work schedule
- **Safety** – crew awareness, communication of hazards, exposure to new fuel types and weather patterns, lack of access to equipment and resources when needed

S STANDBACK: LOOK AT WHAT'S BOTHERING YOU,
TAKE ANOTHER APPROACH

T TALK: ABOUT WHAT'S BOTHERING

R RELAX: TAKE WALKS, EXERCISE, DEEP BREATHS

E ESCAPE: TAKE TIME OFF

S SCALE DOWN: REDUCE AMOUNTS OF CAFFINE,
NICOTINES, SUGARS, ETC...

**S SENSE OF HUMOR: LAUGHTER IS ALWAYS THE
BEST MEDICINE.**

HUMAN RESOURCE SPECIALIST