



Pennsylvania State Fire Academy

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Minimum Standard for Accreditation (MSA)

July 1995

Course Title: Stress Management for Fire Service (STRM)

Length of Course: 16 Hours

Lecture/Lab Breakdown: 14/2

Prerequisites: None

Referenced Texts:

Course Goal: To enable participants to develop a solid understanding of stress in the fire services and how it can impact job performance, on scene safety procedures, and the health of individual fire department personnel. Each person will establish a personal wellness program.

Description of Course: This course provides instruction on how to identify stressors in the Fire Service environment. Personal stress level is emphasized. Students will also learn to identify the consequences of stress on physical health, relationships, and job performance. Techniques for coping with stress will also be discussed.

Description of Methodology to be used: (Brief) The course will be taught using a combination of lecture, interactive surveys, and small group problem solving sessions. One video demonstration will also be used with charts and transparencies displayed on an overhead.

Student Equipment/Supply Needs: Materials to take notes.

Equipment/Audiovisual/Supply requirements: (AV) Screen, overhead projector, TV, and VCR.

COURSE OUTLINE (General - Not Detailed)

Time	Content	Instructor Notes
1:30	Stress in the Fire Services	
2:00	Assessing Individual Stress Levels	
2:30	Understanding and Coping with Critical Incident Stress	
1:00	Impact of Stress	
1:00	Understanding Burnout	
2:00	Understanding Wellness	
1:00	Designing a Department Wellness Program	
5:00	Stress Management and Wellness Coping Techniques	

continued

MINIMUM STANDARDS FOR ACCREDITATION

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Competency Evaluation Mechanism (Brief description-attach copy): A review of individual stress and wellness plan will demonstrate understanding of course material.

Course Objectives (specific): Upon successful completion of this program, the student shall be able to:

1. understand the concept of stress and how it can impact a person's physical and psychological well being and job performance.
2. assess the signs and symptoms of too much stress in their own life.
3. understand how emotional trauma, commonly called critical incident stress, can impact their jobs, relationships, and personal life.
4. develop a stress management and wellness program.

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**Questions/Comments: Contact Rita Wessel, Curriculum Specialist: Extension 106
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