



Firefighter Cumulative Stress Assessment Tool

Firefighting has always been a physically and mentally demanding job. Firefighters have a higher rate of anxiety, depression, PTSD, and suicide than the general population. The latest 2018 edition of NFPA 1582 now recommends firefighters be screened for occupationally related psychological issues.

Recognizing this problem, SiteMed has partnered with an I/O psychologist specializing in stress assessments for first responders, and has developed an online tool to assess firefighter cumulative stress levels. With this tool. We can identify firefighters who may be at risk for psychological issues, and provide options for intervention.

By simply filling out a yearly confidential online questionnaire, the firefighter is given a green, yellow, or red stratification to allow SiteMed providers to gauge their current cumulative stress level. Recommendations are given based on their score. This tool also allows SiteMed providers a way to discuss the effects of stress with the firefighter without putting them on the defensive or allowing them to simply deny that they are under stress.

The goal of the Firefighter Cumulative Stress Assessment Tool is to identify firefighters that are under higher than normal amounts of stress and to get them the help that they need to continue working and leading productive lives. To date, less than 1% of firefighters that have taken the assessment have been rated as red and all were able to continue working.

While the assessment tool does not diagnose PTSD, even if a firefighter is diagnosed with PTSD, it is not career ending, it simply means that they need treatment.

This assessment tool is currently being used by several departments in Alabama, North Carolina, and Florida. To maximize the Cumulative Stress Assessment Tool, SiteMed recommends it be performed yearly as part of the NFPA 1582 Health and Wellness exam. It can also be used as a stand-alone tool for departments that do not perform annual physical exams. Annual use of the tool allows for trending of both the individual firefighters and for the department as a whole.

For more information please call us at 888-837-4819.