



TRAUMATIC EVENTS OR MATERIALS

WHAT ARE TRAUMATIC EVENTS OR MATERIALS

This hazard involves exposure to incidents or materials that can have a severe impact on a person's mental and emotional well-being. Traumatic events or materials encompass a wide range of distressing situations, such as accidents, violence, natural disasters, or witnessing or experiencing traumatic incidents. They can also include exposure to disturbing materials like graphic images, videos, or content related to violence, abuse, or traumatic events.

Secondary and vicarious trauma arises when a worker is exposed to a fatality or is engaged in the investigation of a severe injury or fatality. Additionally, some workers may regularly encounter the task of listening to detailed accounts of traumatic or distressing events experienced by others.

The psychological and social consequences of exposure to traumatic events or materials can be significant. Individuals may experience symptoms such as anxiety, depression, post-traumatic stress disorder (PTSD), sleep disturbances, flashbacks, and intrusive thoughts. These hazards can also affect interpersonal relationships, job performance, and overall quality of life.

EXAMPLES OF TRAUMATIC EVENTS OR MATERIALS

- observing or examining a situation involving death, severe harm, mistreatment, neglect, or significant incidents
- being in contact with individuals who are severely injured or deceased encountering fear or
- engaging in highly dangerous situations
- being exposed to natural catastrophes
- observing or investigating acts of terrorism or warfare assisting individuals who have experienced distressing and traumatic occurrences
- hearing or reading accounts of painful and traumatic experiences endured by others
- discovering proof of criminal activities or traumatic incidents
- experiencing events that trigger traumatic memories