



# Worker Care Checklist for Post-Disaster Building Assessment

## PRE-DEPLOYMENT

Disaster deployments are very demanding physically and emotionally. Before accepting a deployment request, you must first ensure that you are in good health, and that circumstances are right in other areas of your life.

Take a few moments to carefully consider the following questions:

Are there any health hazards associated with this event that may affect you (i.e.. Extreme heat, or poor air quality)?

Do you have any injuries or ailments that may prevent you from walking long distances or on uneven surfaces?

Are you able to work extended hours if necessary?

Do you require regular medication? If so, do you have enough to last for your deployment?

Will this assignment be taking you away from work, family, or other commitments?

Does your absence put pressure on you or on someone else that may distract you from your role?

Do you require additional support for family needs? Pets?

Will this assignment create any financial hardships (ex. unpaid leave from employment)?

Have you experienced trauma due to disasters in the past? Is there a risk of re-exposure?

Are there any other considerations that you should share with your employer, family, or with the requesting agency that may impact you on deployment?

If you have answered “yes” to any of these questions you should seriously consider whether taking this assignment is the right choice at this time. There will be other opportunities to assist those affected by disaster. Your first priority is your own well-being and those that depend upon you.

## ON DEPLOYMENT

“Who gets the oxygen first?” To be at your best while on deployment, you must take care of your physical and mental well-being. Be a good role model for others by practicing good worker care:

Eat regularly and nutritiously

Take regular breaks

Drink lots of water

Let your team know of any medical conditions (allergies, medication, etc.)

Dress for the weather

Always have the appropriate safety gear and know how to use it

Be aware of safety protocols and who to contact in an emergency

Address concerns with your team immediately - ask questions!

Do not take risks – if you get injured resources will need to be diverted to assist you

Get enough rest

Look out for others:

Keep an eye on your teammates for changes in behaviour

Encourage a positive work environment

Encourage others to recover at the end of each shift

## AFTER DEPLOYMENT

Conducting damage assessments can be physically and emotionally demanding. When you return home from a deployment you should be alert for any changes in your attitude or behaviour. Take these steps to cope with health issues upon your return:

Get plenty of rest

Talk to family and friends about your deployment

Establish your pre-deployment routine (eating habits, exercise, recreation, etc.)

Watch carefully for feelings of disappointment, anger, mood swings, or other emotions that are uncharacteristic of yourself pre-deployment

If you experience difficulty with any of the above speak to a trusted source, such as your doctor, for guidance

For more information, visit the [Self-Care for Disaster Workers webpage](#).