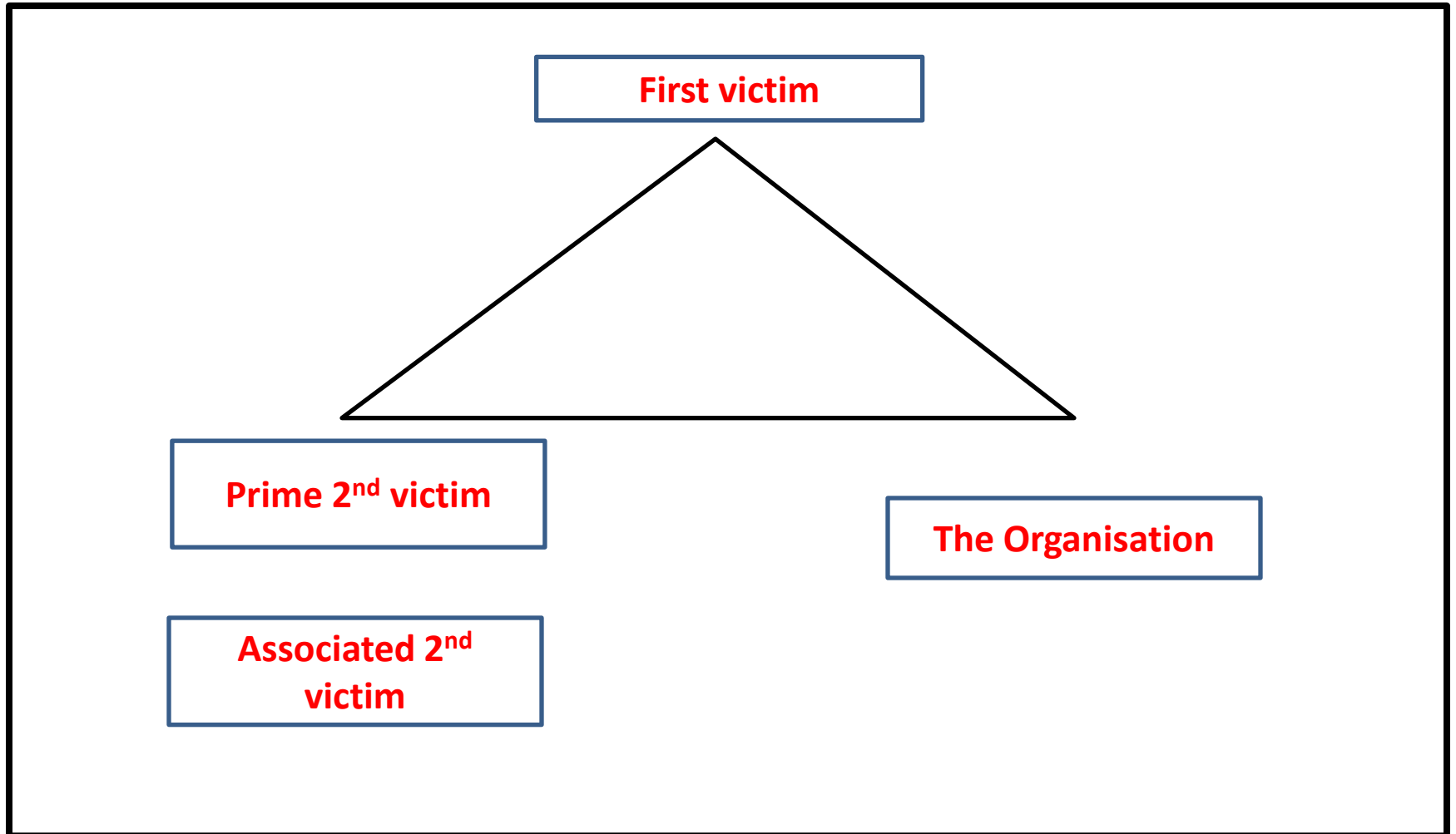
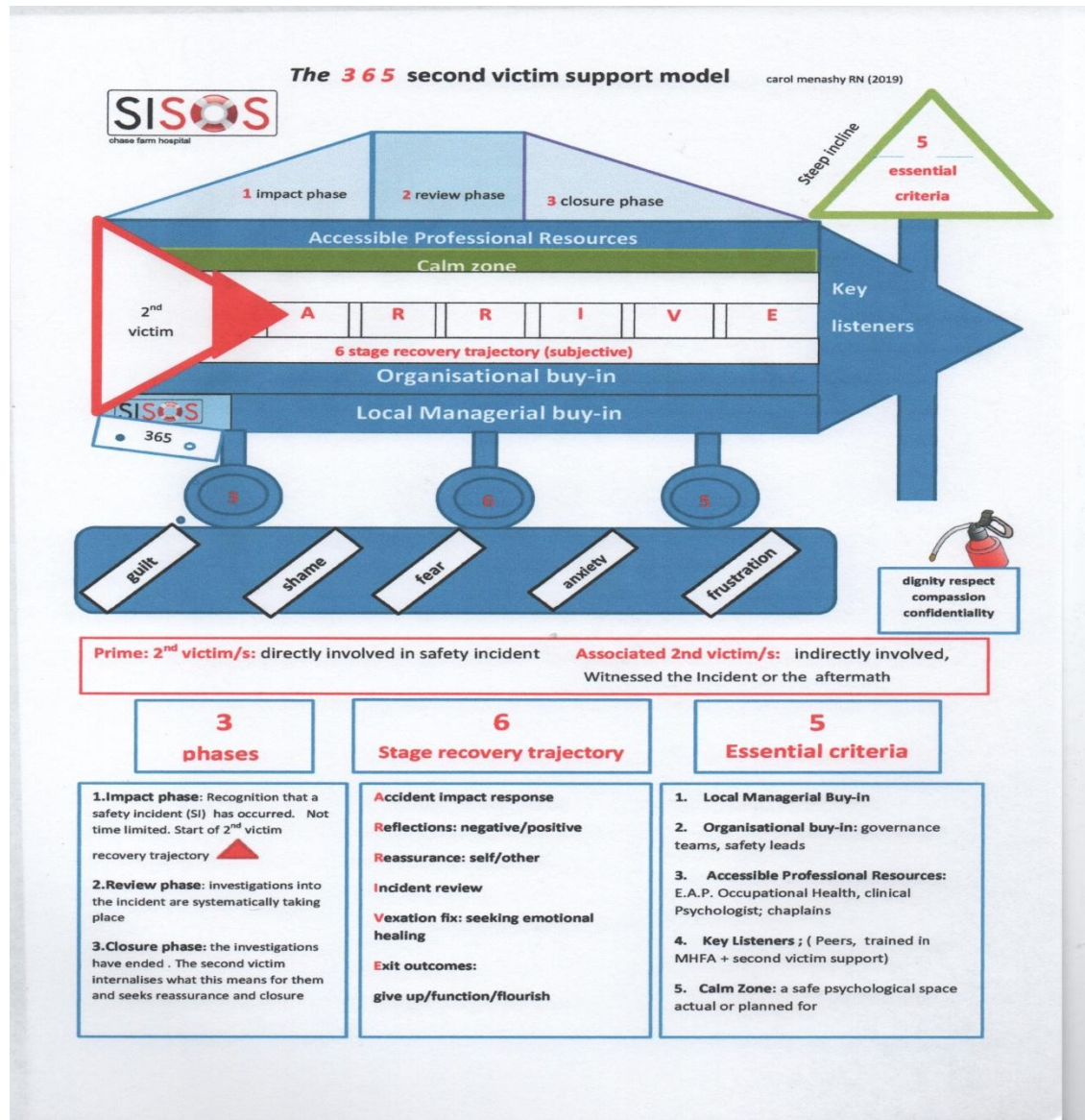


Triangle of Harm



365 second victim support model



Six stage recovery trajectory adapted from Scott et al (2009)

1. **A**ccident Response
2. **R**eflections Positive/Negative
- 3 **R**eassurance Self/other
4. **I**ncident review
5. **V**exation Fix seeking emotional healing
6. **E**xit outcomes: drop out, survive, thrive.

Practical things you can do to support a trainee involved in a safety Incident

- Let your trainee share their experience.
- Be patient and allow for silence.
- Express appreciation for sharing.
- Reflect, interpret, and summarize.
- Discuss some coping strategies - plans.
- Do they have a support system? Is it accessible?
- Ask if it's okay to follow up. Get contact information.
- Provide Employee Assistance Programme (EAP) contact details Care First and SISOS on call information, Mental Health First Aid Hub.
- Verify if they are going to be okay.
- Concerns around safety Escalate.