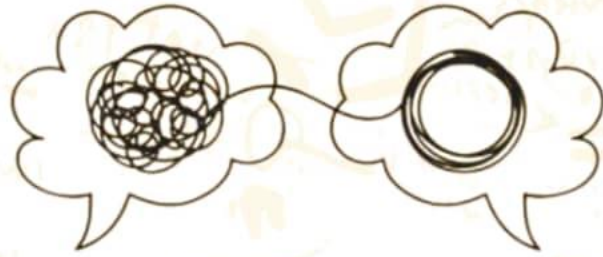




AMERICAN SOCIETY OF  
SAFETY PROFESSIONALS  
NIGERIA CHAPTER



**Topic:**  
**Psychological  
First Aid**



Sun., 19th Jan., 2025



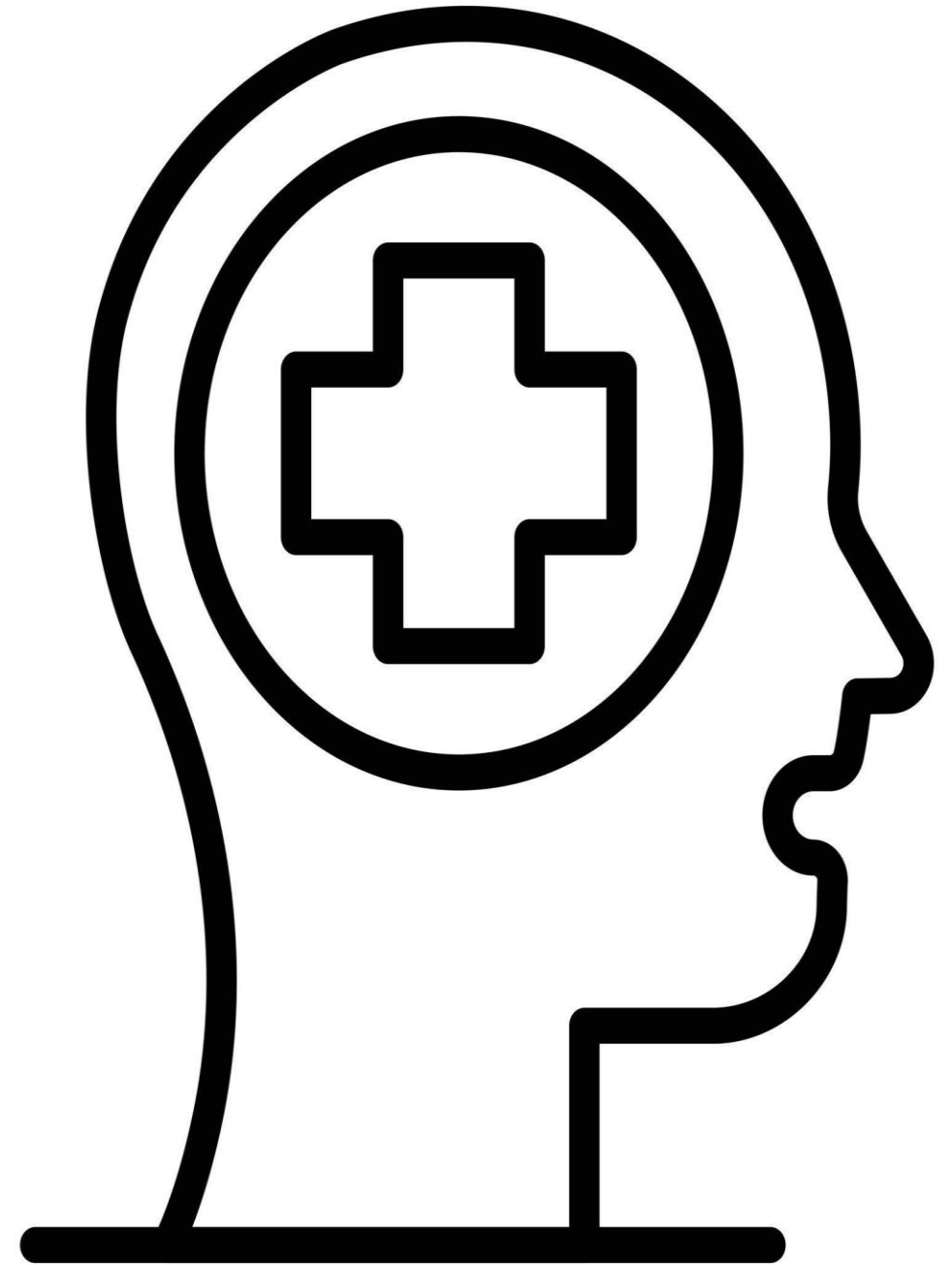
5:00pm WAT



[https://us02web.zoom.us/  
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**KSS #6**

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# Focus of Discussion



- What is psychology?
- What is First Aid?
- What is Psychological first aid?
- Goal of Psychological first aid
- Core principle of psychological first aid
- When and where to provide PFA?
- DO'S and Don'ts
- Conclusion





# I AM NOW HERE



# What is Psychology?



**Psychology**, scientific discipline that studies mental states and processes and behaviour in humans and other animals



# What is First Aid?



First Aid is the initial care rendered to a casualty on the occurrence of an accident or sudden illness using appropriate methods and available, but suitable materials, before a qualified help is reached.

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# Data for Psychological first aid



- Approximately 75% of the general population will experience a traumatic event at some point in their lives (Kessler et al., 2003).
- Studies have shown that PFA can reduce symptoms of post-traumatic stress disorder (PTSD) by 50-60% (Hobfoll et al., 2007; Vernberg et al., 2008).
- PFA has been shown to increase social support and reduce feelings of loneliness in individuals who have experienced a traumatic event (Hobfoll et al., 2007).
- A study found that 80% of individuals who received PFA training reported feeling more confident in their ability to provide support to individuals who have experienced a traumatic event (Vernberg et al., 2008).

# What is PFA?

- A humane, supportive, and practical response to those suffering during crises.
- Helps individuals feel safe, connected, calm, and hopeful.
- Psychological first aid (PFA) is a process for helping people after they experience a natural disaster or traumatic event.

Example: Fire disaster in California and Los Angeles, involvement in accident, or having a chronic illness



# What is PFA?

Is:

- Comforting someone who is in distress and helping them feel safe and calm
- Assessing needs and concerns
- Protecting people from further harm
- Providing emotional support
- Helping to address immediate basic needs, such as food and water, a blanket or a temporary place to stay
- Helping people access information, services and social support.



# What is PFA?



Is not:

- Something only professionals do
- Professional counselling or therapy
- Encouraging a detailed discussion of the event that has caused the distress
- Asking someone to analyze what has happened to them
- Pressing someone for details on what happened
- Pressuring people to share their feelings and reactions to an event.



# Goal of PFA

Is to promote an environment of:

- Safety
- Calm
- Connectiveness
- Self-reliance
- Hope



# Core Principle of PFA



# Core Principle of PFA



## Look for:

- information on what has happened and is happening
- who needs help
- safety and security risks
- physical injuries
- immediate basic and practical needs
- emotional reactions.

LOOK

# Core Principle of PFA



## **Listen:**

- approaches someone
- introduces oneself
- pays attention and listens actively
- accepts others' feelings
- calms the person in distress
- asks about needs and concerns
- helps the person in distress find solutions to their immediate needs and problems.



# Core Principle of PFA



## Link

- access information
- connect with loved ones and social support
- tackle practical problems
- access services and other help.





# When and Where to Provide PFA?

- Immediately after an emergency or crisis.
- In shelters, hospitals, or at the scene of the incident.



# DO'S and Don'ts of PFA



## What to Say

- Do say
  - Is there anything I can do for you right now?
  - I am here to help you if I can.
  - Acknowledge their feelings.





# DO'S and Don'ts of PFA

## What NOT to say

- I know what you are going through.
- Don't feel so bad.
- You are strong and will get through this.
- Don't cry, cheer up.
- Its God's will.
- It could have been worse.



# Conclusion



- PFA is an essential tool in helping individuals cope with trauma.
- Every responder can provide Psychological First Aid to support emotional recovery.



Thank  
you

