

CISM eLearning Stress Awareness Training for Cardiac First Responders

To assist Responders and emergency service personnel, PHECC in partnership with the NAS, has developed the first eLearning module on critical incident stress awareness training.

The module consists of a combination of expert presenters, bespoke video clips and interactive content. It is available free to all Responders, PHECC registered practitioners and NAS personnel who are not engaged in frontline service delivery. There are plans to also roll out to other services.

The module should provide you with skills to assist in developing resilience and preparedness to focus on immediate difficulties you may experience as a responder. In addition it should also provide you with skills to deal with all aspects of the daily stresses of life outside the workplace.

The module can be accessed anytime and anywhere regardless of the device you are using.
www.phecc.ie

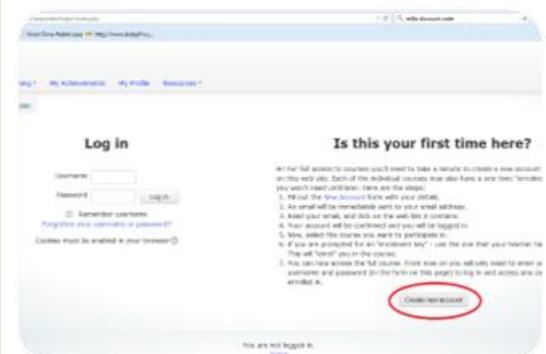
Step 1 go to www.phecc.ie

Click on the Responder CISM Link



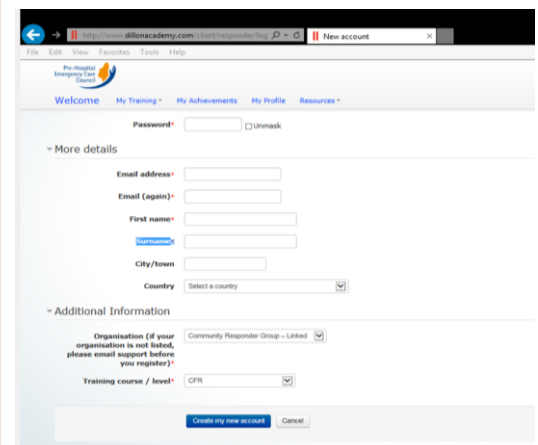
Step 2

Click create new user link

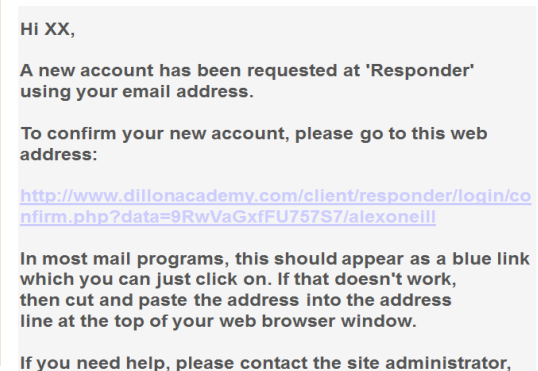


Step 3 Enter Information

Click Create my new account



Step 4 You will now receive and email with a link to the CISM page. Click "My Training"



If you need help, please contact the site administrator,

