

OPERATIONAL STRESS FIRST AID

Operational Stress First Aid (OSFA) is a unique program to teach psychological first aid to first responders and others who are susceptible to stress injury. The Department of Defense originally developed this program for the Marines, the goal of OSFA is to build resiliency and awareness and to keep personnel fully functional. The principles of this class are foundational to all psychological first aid and resources reference legitimate and credible crisis intervention organizations

What you will learn:

- Four sources of stress injury
- Understand the operational stress continuum illustrated by 4 colors
- Signs and symptoms of stress injury
- Leadership functions during stress
- How to do an after-action review
- Understanding checklist to determine level of stress



**Monday,
May 12th, 2025**



**8:00am -
4:00pm PDT**



ONLINE
Zoom

DR. NAOMI PAGET

Crisis Plumbline



FBI Chaplain & Crisis Interventionist
(Ret.)

APC Board Certified Chaplain

National VOAD, Emotional & Spiritual
Care Committee

ICISF Faculty

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