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Police Spiritual Welfare Info-Journal:

Psychically Effective Stress Factors During Police Operations

There can be numerous stress factors during a police operation. Those who are prepared are less vulnerable but more able to cope with stress. The risk of psychic and physical injuries can be decreased.

The list of psychically effective stress factors can be used, e.g., in education and further education and can also be widened by considering the possibilities of prevention, on-scene-support and aftercare. Experiences of former operations can be used as well.

Psychically effective stress factors during a police operation can be:

- Members of one's own family, colleagues, friends, children are concerned
- Mortal danger, death or heavy injury of assistants
- Use of weapons
- Particularly: Use of firearms
- Menace by a greater strength
- Menace by an opponent who can not or hardly be localised
- Surprise attack, ambush
- Sight of serious casualties, mutilated, burnt, dead people
- Stuck or buried people whose rescue lasts long or fails
- The compulsion to leave helpless people
- Shouts, noise, smells
- Mistakes in action, competence wrangling
- Insufficient devices or application means
- Escalation of the situation
- Communication problems (due to technical and foreign-language)
- Being insulted
- Problems with partners like people responsible for the accident, culprits, witnesses, relatives
- Weather terms
- High traffic amount, rash measures of traffic regulation, in general difficult accessibility of
- the place of operation
- Orientation problems in unknown objects or areas
- Size and vagueness of the area of operations
- Bad view by smoke, fog, darkness, vegetation, cultivation
- Operations during night
- Intellectual, psychic or physical overtaxing
- Personal excitement
- Disturbing media representatives
- Accumulation of professional and non-professional charges
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