

Worker Self Assessment Prior to Disaster Assignment

Disasters are very demanding and if you are not in good health, not only may you jeopardize your own health, but you may further tax the already stretched resources of the local community to respond to your health issues

Yes No

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| <input type="checkbox"/> | <input type="checkbox"/> | Are there any particular health hazards associated with this disaster response (e.g., smoke and poor air quality in forest fires) that would exacerbate any pre-existing health conditions? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you had a recent surgery or recently undergone any extensive medical treatment? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you on any medications that may make working long hours without regular sleep and/or meals difficult? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is acquiring sufficient medication to take with you on this disaster assignment a problem? |
| <input type="checkbox"/> | <input type="checkbox"/> | Would you have any difficulty working long hours or walking a fair distance if regular transportation is not available? |
| <input type="checkbox"/> | <input type="checkbox"/> | Would an inability to acquire tobacco and/or alcohol create a stressful situation for you? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you had a recent medical check-up? Would your doctor disapprove of you going on this disaster assignment? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you had a recent dental check-up? Is there any reason to suspect any dental problems may surface? |

In some cases your agency or organization will be paying for your wages while on assignment, in other cases you will be going on assignment as a volunteer. In either case, it is important to ensure that financial matters are looked after while you are on assignment.

If you are a volunteer and are employed

Yes No

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|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Will your employer be reluctant to allow you to take this assignment? |
| <input type="checkbox"/> | <input type="checkbox"/> | Will taking this assignment jeopardize your job in any way? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you in midst of any projects that would make it difficult for you to leave the office? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you recently been promoted? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you applied for another job and is it likely that you would be asked to an interview in the near future? |
| <input type="checkbox"/> | <input type="checkbox"/> | Will your employer pay for your time away from your job? If not, will it be financially difficult for you to take this assignment? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you talked to your colleagues about taking this assignment, and will taking this assignment create difficulties in terms of coverage? |
| <input type="checkbox"/> | <input type="checkbox"/> | Will you have to take holiday time to go on assignment? If so, will this disrupt any vacation plans with your family? |

If you are a volunteer and are not employed

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|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Are you looking for employment and if so, will this assignment jeopardize any possible job offers? |
| <input type="checkbox"/> | <input type="checkbox"/> | Will it be financially difficult for you to take this assignment? |
| <input type="checkbox"/> | <input type="checkbox"/> | Will taking this assignment affect your eligibility for Employment Insurance or BC Employment and Assistance? |

In either case . . .

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|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Will there be any problem paying bills while you are away? |
| <input type="checkbox"/> | <input type="checkbox"/> | Will there be any problem depositing cheques or making bank deposits during your absence? |

Circumstances can change – sometimes very quickly. Everyone has times when one’s life situation is more stable than during other times. Going on disaster assignment is demanding enough without having to worry about what is happening at home or leaving when things have been very stressful (either positively or negatively).

Yes No

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|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Has your life situation changed recently – for example: have you recently experienced a separation, divorce, or a period of marital discord? have you recently married or decided to live common-law? has there been a recent birth in the family? has a family member been seriously ill and/or is anyone in your family undergoing medical treatment? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you returned recently from another disaster assignment? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have there been any recent traumas and/or critical incidents in your life? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you recently moved? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you recently lost your job or been laid off work? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are there any significant financial stresses in your life? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are there any important family occasions in the near future – for example, a graduation, expected birth of grandchild, significant wedding anniversary, or birthday? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are there any religious observances that you follow that might make this disaster assignment difficult? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have plans for a family vacation or anticipated trip? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you made any important commitments (family or organizational) that would be difficult to change and/or postpone (e.g., providing child care, caring for an elderly parent)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Has it been a long time since you have had time off to yourself and/or to simply relax and enjoy life? |
| <input type="checkbox"/> | <input type="checkbox"/> | Has it been a long time since your will and other personal affairs have been updated? |
| <input type="checkbox"/> | <input type="checkbox"/> | Will taking this assignment be welcomed as an escape from having to cope with ongoing problems at home or in the workplace? |

Will your family disapprove of you going on this assignment?

If you have answered “yes” to any of these questions you should seriously consider whether going on a disaster assignment at this time is a good choice for you. Experienced disaster responders know that there will always be another disaster and that before going to help others you have an obligation to yourself and your family to ensure that you are physically, financially, and emotionally healthy.

Developed by:
British Columbia
Disaster Worker Care Committee

If you would still like to be considered for out of area assignment, please complete the Emergency Response Worker Out of Area Deployment Application Form. Submit the completed form to your Emergency Program Coordinator.