POLSON POLICE FOUNDATION | LAKE COUNTY, MONTANA

Lake County First Responder Field Toolkit

Quick-reference tools for difficult calls, supervisor check-ins, recovery and peer support.

After a Difficult Call

- Handle immediate operational, medical, reporting and agency requirements.
- Notice breathing, tension, shaking, headache, nausea, numbness or racing thoughts.
- Use basic recovery: water, food if appropriate, quiet and a trusted check-in.
- Use support if reactions persist, intensify or interfere with daily life.

Supervisor Check-In

- Choose privacy and enough time for a real answer.
- Ask what the person needs now.
- Check basics: safe to drive, able to finish shift, food, hydration, rest and coverage.
- Follow up later; one 'you good?' is not always enough.

Five-Minute End-of-Shift Reset

- Slow breathing and release tension.
- Separate what must be handled now from what can wait.
- Water, food, medication or normal health routine.
- Decide what you need at home and identify support if something is sticking with you.

Peer Check-In

- Be specific about what you noticed.
- Listen more than you talk.
- Offer a next step: coffee, walk, supervisor, peer or professional support.
- Follow through when you say you will check back.

Educational quick-reference material, not medical treatment or a replacement for agency policy or professional care.

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