



**Learning
Platform**

This certificate is awarded to

Carles Lara Llaó

for the successful completion of the course

Staff Health in Disaster and Crisis



Staff Health in Disaster and Crisis

IFRC

This is an introduction to Staff Health in disaster and crisis.

Knowledge and awareness of the effects of stress and trauma on humanitarian workers have gradually increased over the past decade. Stress reactions today are no longer seen as a sign of weakness or vulnerability but as a natural human reaction when confronted to extreme situations, violence and suffering. The nature of humanitarian work has also drastically changed over the last decade. Humanitarian workers have paid dearly in the face of violence and terrorism. Burn out and after-effects of traumatic experiences constitute a major risk for humanitarian workers.

In this 20-minute online course, you are invited to watch the Surge Series episode on Staff Health in disaster and crisis, to do a self-check, and to explore other related resources.

Online Course - 0 Hours 20 Minutes

This online learning was completed by Carles Lara Llaó on 21 November 2023.

www.ifrc.org/learning-platform