

## AN OFFICER SAFETY AND WELLNESS RESOURCE GUIDEBOOK

# STAYING HEALTHY IN THE FRAY

*The Impact of Crowd Management on Officers in the Context of Civil Unrest*



THE LAST FEW YEARS HAVE PRESENTED UNPRECEDENTED CHALLENGES, BOTH TO OUR COMMUNITIES AND TO PUBLIC SAFETY OFFICERS AND FIRST RESPONDERS—ESPECIALLY LAW ENFORCEMENT.

- High-stress police operations such as crowd management during periods of civil unrest is mentally and physically demanding. Crowd management often challenges officers to push their bodies beyond normal limits, leading to poor performance, fatigue, insomnia, and injury.
- This guidebook offers educational information and practical considerations for sworn officers of all ranks, particularly frontline officers, to better protect officers' mental and physical wellbeing during times of heightened stress.

## REMEMBER:

TAKE CARE OF YOURSELF, YOUR  
COLLEAGUES,  
AND YOUR FAMILIES