

## **Behavior of journalists in crisis situations**

### **Fifth month in war**

War has become part of everyday life for soldiers, journalists and the population. In addition to the war-adapted daily routine, an increasing desensitization is also occurring. The season and weather have also changed. Personal equipment such as protective vests and helmets from the first days of the war in February have either been replaced or have proven their worth. Now that the course of the front has been consolidated and the battle locations can be better delimited, on the one hand the danger to journalists is somewhat reduced. On the other hand, some dangers are perceived by journalists as less threatening, although they can still be deadly. Everyone notices that there is less willingness to take cover in the face of a distant artillery attack.

#### **1. Equipment Review.**

- a. Check protective vest to ensure that the plate armor is undamaged. If the inside of the vest is visible, the plate must be replaced, as moisture can reduce stability.
- b. The splinter mats that are installed in some vests also need to be checked. Is the sheathing whole? If not: Replace it.
- c. In the case of the safety helmet, retighten/tighten the screws that connect the straps to the helmet. Adjust helmet again so that it sits as low as possible and does not wobble around.
- d. Check backpack and bags for broken seams. Repair damage. Replace/replace emergency rations and water. Replace reserve batteries. Check bandages for damage. Renew medications as they will certainly have become too warm several times.
- e. Check press markings on equipment and vehicles. Has the sun faded the marking or are the signs heavily dusty and unrecognizable?
- f. Check wear on the shoes/boots. Do I need a new sole?

#### **2. Heat illnesses**

- a. In addition to the martial hazards of combat, there is an increasing danger of overheating in the summer. Warm/hot climatic conditions combined with high physical stress and the reduced possibilities of effective cooling through protective equipment lead to heat accumulation in the body. As core body temperature rises, mental and physical performance decreases. From a core body temperature of over 40°C, there is a danger to life. Here, the body increasingly loses the ability to cool itself independently.
- b. The main preventive measures are drinking enough and staying out of the sun. Make targeted use of cooling opportunities through shade, basement

rooms or airflow. If possible, actively cool yourself with cooled objects (beverage bottles) on the wrists, groin or front of the neck.

- c. In case of heat illness, cool immediately by all means. The first 30 minutes are crucial here.

### **3. Front leave**

- a. Everyone needs a break from the suffering of war: seven days away from the front, no news, just friends and family.
- b. Sleep in completely in a safe environment and heal minor injuries.
- c. Check your equipment and reorder at the beginning of the vacation.
- d. Check back in with the networks the day before you return, connect and plan your return.
- e. Bring small tokens of appreciation for your front-line partners, something personal from home.

### **4. Journalistic work**

- a. Become aware of the personal role in the conflict. Everyone has experienced and witnessed many things, so after four months of war, objectivity is very difficult.
- b. As an embedded journalist, be aware of this role.
- c. The newsroom is the anchor of the war reporter. Psychological support should be available here: Someone independent to get the burden off your chest.

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