



Jakob B.

Firefighter + Hazmat Technician, Missoula Fire Department
31, Male, Single, Two-Year College, Vocational Certification



"Since the injury, I'm wondering about how I'll be able to really get moving again."

Physical

Mental

Emotional

JAKOB'S STORY

During a chemical plant emergency call, Jakob, a seasoned hazmat technician, suffered second-degree burns on his legs.

The incident left him unable to walk comfortably, requiring weeks of painful therapy, and unknowingly triggered incident-based PTSD from the magnitude of the event, his injury and others injured.

Struggling with a shaken sense of competence and recurring doubts about his ability to handle future emergencies.

The hazmat lieutenant checks in frequently, offering support but Jakob feels him steering conversation toward his ability to return to work and the team's need for his skills, leaving Jakob to process that as a threat to his livelihood.

TECHNOLOGY

iPad and iPhone
PS5

SOCIAL MEDIA / USE

Twitter, Reddit, Playstation
Plus, Twitch /
Mid: 8-12 hours a week

FEARS / GOALS

That he's unsure how he will handle another crisis situation and he's taking too long to heal

KNOWN ISSUES

- Burn-related pain, discomfort, scarring, hyperpigmentation
- Weight gain

UNKNOWN ISSUES

- Incident-based PTSD
- Incident-based self-esteem issues
- Skin-tightening issues (contractures)
- Workplace-absenteeism guilt
- Pain killer addiction
- Mobility + joint issues

COPING METHODS/HABITS

- Crutches (literal)
- Hypervigilance around risk events
- Emotional surpression
- Isolation
- Gaming (Astrobot)
- Over-the-counter pain killers in addition to his prescriptions