

## MA-STAR

*Mortuary Affairs – Select, Train, Assist, Reset*

### Leader Support for Service Members Working with Human Remains

#### PRE-DEPLOYMENT

##### **S**ELECT

- Select the team
- Assign Service Members with recent death or serious stressors to other duties if possible

##### **T**RAIN

- Explain the mission, tasks, and safety considerations

- Prepare for the expected mission
- Tell the team:
  - » “Feeling upset because it is ugly means you are a Service Member who cares”
  - » “Try not to look at the faces and hands of the deceased”
  - » “Use masking smells or breath through your mouth to avoid the odors”

#### DURING DEPLOYMENT

##### **A**SSIST

- Walk around and talk with team members
- Watch for signs of distress

- Encourage unit members to support each other
- Support team members who have difficulty
- Remind the team of the value of their work

#### POST-DEPLOYMENT

##### **R**ESET

- Discuss and share accomplishments
- Provide resources and time for the team to support each other

- Encourage the team to complete the PDHA & PDHRA to protect their health