

JACINTHE DOUESNARD

**MÉTIER  
À RISQUE**

# LA SANTÉ PSYCHOLOGIQUE DES **POMPIERS**



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# La Santeacute Psychologique Des Pompiers

**Lise Lippé**



## **La Santé Psychologique Des Pompiers:**

*Métier à risque* Jacinthe Douesnard, 2012 Qu'est-ce qui permet aux pompiers de maintenir une bonne santé physique et psychologique dans un environnement de travail risqué ? L'auteure présente une analyse du métier de pompier et décrit les stratégies employées pour affronter le danger.

*La santé psychologique des pompiers* Jacinthe Douesnard, 2010 La problématique de la santé psychologique au travail chez les pompiers est au cœur de la présente recherche. Ces travailleurs sont exposés quotidiennement à de nombreux risques d'atteinte à la santé psychologique tant du fait de la nature de leur métier et des dangers qui y sont rattachés. Cependant, suivant le cadre de compréhension amené par la psychodynamique du travail, il est possible de comprendre que les travailleurs exposés à des contraintes et des souffrances dans leur travail ne restent pas impassibles : ils s'organisent entre eux pour faire face aux pénibilités de leur travail. Cette recherche réalisée auprès de pompiers permanents du Québec se divise en deux volets et une méthodologie mixte est utilisée. Le volet I quantitatif permet de tracer le portrait de l'état de santé psychologique des pompiers et de décrire les facteurs de risque psychosociaux et de mesurer l'association entre ces facteurs de risque et les atteintes à leur santé psychologique. Ces données ont été obtenues à l'aide d'un questionnaire distribué à l'ensemble des pompiers des deux villes participant à la recherche : taux de réponse 98,6 %. Il ressort de ce volet de la recherche que les pompiers sont en bonne santé psychologique et que contrairement à ce que l'on trouve habituellement dans la littérature portant sur l'impact des facteurs de risque psychosociaux, la demande psychologique élevée et la faible latitude décisionnelle ne sont pas associées à la détresse psychologique chez les pompiers. Puis, le volet II qualitatif porte sur le rapport qu'entretiennent les pompiers avec leur travail et permet notamment d'identifier et d'analyser les stratégies laborieuses afin de subvertir les contraintes présentes dans leur métier. C'est par le biais de huit entretiens de groupe que le matériel qualitatif a été recueilli. En tout, 37 pompiers ont été rencontrés et une quarantaine d'heures d'entretien ont été enregistrées. Ces entretiens de groupe ont permis de mettre au jour les stratégies défensives collectives mises sur pied par les travailleurs pour gérer la relation avec le feu, contrer la peur de faire une erreur, travailler lors de situations risquées, etc. Il ressort également que c'est dans un espace de parole particulièrement important que les pompiers laborent ces stratégies collectives en plus de donner un sens à leur travail et d'établir des règles de métier et de savoir-vivre qui régissent leur rapport au travail et leurs collègues.

*Risques psychologiques chez les sapeurs-pompiers* Émeline Latour, 2005      Santé Psychologique Lise Lippé, 2007-01-01

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