

MÉTIER  
À RISQUE

JACINTHE DOUESNARD

LA SANTÉ PSYCHOLOGIQUE  
DES POMPIERS



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# La Santacute Psychologique Des Pompiers

**Lise Lippé**

## **La Santéacute 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 de nombreux risques d'atteinte à la santé psychologique tant dans la nature de leur métier et les 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 des contraintes et des souffrances dans leur travail ne restent pas impassibles ils s'organisent entre eux pour faire face aux problématiques 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 la santé psychologique des pompiers de décrire les facteurs de risque psychosociaux et de mesurer l'association entre ces facteurs de risque et les atteintes à la santé psychologique Ces données sont 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 d'écisionnelle ne sont pas associées de la manière 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 laborées afin de subvertir les contraintes rencontrées dans leur métier C'est par le biais de huit entrevues de groupe que le matériel qualitatif a été recueilli En tout 37 pompiers ont rencontré et une quarantaine d'heures d'entretien ont été enregistrées Ces entrevues 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 contre 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 relations 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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