

MINE RESCUER'S PSYCHOLOGICAL TRAINING MODEL IN CORELLATION TO ENVIRONMENTAL FACTORS

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When it comes to workplaces characterized by a high degree of hazard and liability, such as mine rescue and intervention in major risk environments, the most important element is the convergence of the skills required by this activity and the skills of the individual, this being the guarantee for a successful vocational selection. Along with psychological selection, training / retraining and physical training in conditions which are as close as possible to the reality of future interventions, under the action of stress factors which cause negative mental states and problematic situations, represent elements which complete the mental strength. Also, another important element which has to be taken into consideration is represented by the environmental and work factors, namely: humidity, temperature, ventilation system, low lightning, and physicochemical pollutants etc., all of which are factors that increase stress.

In the context of this presentation, we are going to address issues related to psychosocial risks generating stress. We will also present a model of psychological training designed to increase mental resistance of mine rescue and intervention staff in major risk environments through a training program meant to increase mental resistance to higher values, in the sense of increasing the threshold value beyond which the intensity and duration of strains cause functional alterations. Psychological preparedness can be improved by acquiring knowledge and specific psychological strategies and through indirect experiences with emergency situations and scenarios.