In the field of Psychology, several models emphasize an individual view of stress that does not include the collective dimension. Some authors (e.g., Gomes & Puente-Palacios, 2018) argue that research on this phenomenon should consider both levels. Permanent Intervention Teams (PITs) are teams composed of five professional firefighters who work in intervention situations (Couto & Carvalho, 2012), which make these professionals more susceptible to occupational stress (Murta & Tróccoli, 2007). Thus, the objective of this investigation was to explore and describe the individual and collective occupational stress perceived by the firefighters of the PITs.

This is an embedded multiple case study (Yin, 2018) in which the two PITs constitute the cases, the Humanitarian Associations of Volunteer Firefighters (HAVF) to which the PITs belong, represent the context and the firefighters are the units of analysis. The data were collected through documentary analysis and semi-structured interviews to firefighters and were submitted to a content analysis, through NVivo software 12.

The results show that the firefighters of the two PITs, predominantly experience distress. We also found that strategies focused on controlling emotions stood out in both teams. Finally, we emphasize the negative impact at the personal, professional and family level that the occupational stress perceived in the exercise of this function has on the participants and teams.