UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Hygiene, Safety and Health in the Workplace

Academic Year 2023/2024

1. Organic Unit

Faculty of Business and Economic Sciences

2. Course

HUMAN RESOURCE MANAGEMENT AND ORGANIZATIONAL ANALYSIS

3. Cycle

2nd

4. Course Unit

Hygiene, Safety and Health in the Workplace (N3115)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

2nd Semester

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8. Class type and workload (work time)

Practical classes:	0,00
Theoretical-Practical Classes	15,00
Tutorial Guidance:	20,00

9. ECTS Credits

7,50

10. Scientific Area Coordinator

11. Regent

Prof. Doutor PAULO JORGE PEREIRA DE MATOS HENRIQUES DOS MARQUES

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

To master concepts and technical terms of Health and Occupational Injuries, concerning both classic and emerging risks;
To monitor organizational reality in terms of occupational safety and health;
To promote models of well-being and quality of life at work;
To articulate the needs of Human Resources and Production with the Occupational Health and Safety services;
To apply methods and techniques for taking decisions that prevent occupational injuries.

15. Specific Objectives

- Identify the main risk factors in different work environments and the measures to be implemented for their prevention
- Identify the responsibilities of those involved in the employment relationship in terms of Safety and Hygiene at Work (OSH)

16. Skills to be acquired

- Analyze and assess professional risk situations
- Program prevention and protection measures
- Develop a holistic culture and perception of Health and Safety appropriate to Organizations

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17. Teaching Methodology

Expository, demonstrative, interrogative and active pedagogical methods will be used, supported by appropriate techniques for students and syllabus contents, such as:

- Theoretical exposition;
- Case Study;
- Resolution of exercises;
- Bibliographic research and summary of the state of knowledge;
- Independent individual study and presentation of summary in class;
- Scientific articles;
- Demonstrations of risk assessment and control.

18. Course Unit Program

1. Introduction to Occupational Health
1.1 Health, integral wellness
1.2 History of occupational safety and medicine
1.3 Legal framework for occupational safety and health in the European Union and Portugal
2. Occupational and Work Related Injuries
2.1 Accidents at Work
2.2 Occupational Diseases
2.3 Chronic Fatigue
2.4 Early Aging
2.5 Decompensated Insatisfaction
3. Labour Epidemiology
4. Risk Management in Occupational Safety and Health
4.1 Assessment of Classics and Emerging Risks
4.2 Occupational Safety
4.3 Occupational Hygiene
4.4 Occupational Medicine
4.5 Ergonomic Intervention
4.6 Labour Toxicology
4.7 Psychosocial Risk Control
5. Successful Practices of Intervention in Occupational Health
5.1 Labour Gymnastics
5.2 Prevention, control and rehabilitation of psychoactive substances abuse
5.3 Prevention of stress
5.4 Prevention of antisocial behaviours (bulling, stalking, sexual harassment and physical violence)
5.5 Immunization and other bio-safety measures

19. Assessment Methods

In accordance with current regulations.

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20. Didactic Resources

Videos
Technical and scientific articles
Prezi Presentations

21. Sustainability Objectives

3. Health and well-being
8. Decent work and economic growth

22. Keywords

Occupational Hygiene
Workplace safety
Occupational Health

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23. Main Bibliography

Author(s):	Paulo Henriques dos Marques		
Title:	Gestão de Riscos, para quem? -revista segurança		
Edition:	218 até 248	Year:	2019
Local:	Lisboa		
Publisher:	Petrica editores		

Author(s):	Alberto Sérgio Miguel		
Title:	Manual de Higiene e Segurança do Trabalho		
Edition:	12	Year:	2012
Local:	Porto		
Publisher:	Porto Editora		

Author(s):			
Title:			
Edition:		Year:	
Local:			
Publisher:			

24. Complementary Bibliography

Author(s):	Paulo Henriques dos Marques		
Title:	Apontamentos sobre promoção da Segurança e Saúde do Trabalho e o direito à reparação		
Edition:	1ª	Year:	2019
Local:	Lisboa		
Publisher:	Universidade Europeia		

Author(s):			
Title:			
Edition:		Year:	
Local:			
Publisher:			

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Título / Title	Course Unit Program 'HIGIENE, SEGURANÇA E SAÚDE NO TRABALHO': Academic Year 2023/2024
Autor / Author	Prof. Doutor PAULO JORGE PEREIRA DE MATOS HENRIQUES DOS MARQUES
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