



UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Hygiene and Safety in the Workplace

Academic Year 2024/2025

1. Organic Unit

Faculty of Business and Economic Sciences

2. Course

Human Resource Management

3. Cycle

1st

4. Course Unit

Hygiene and Safety in the Workplace (11328)

5. Scientific Area

6. Curricular Year

3rd

7. Type of Curricular Unit / Semester

2nd Semester



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8. Class type and workload (work time)

Theoretical classes:

Practical classes:

Theoretical-Practical Classes 30,00

Tutorial Guidance: 20,00

9. ECTS Credits

6,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutor JOÃO PAULO SOARES PEREIRA

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

- Gain a historical-political-social perspective of the emergence of Occupational Safety and Health (OSH)
- Understand the role of international and community institutions in the evolution of prevention
- Know the OSH legislation in Portugal
- Become familiar with the OSH management system

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

17. Teaching Methodology



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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 the genesis, historical and legislative developments of Occupational Safety and Health (OSH):
 - 1.1. Genesis, historical and legislative developments OSH
 - 1.2. The Portuguese OSH legislation
2. Occupational Hazards, methodologies and techniques associated with prevention and OSH:
 - 2.1. Workplace safety
 - 2.2. Ergonomics
 - 2.3. Psychosociology
 - 2.4. Occupational hygiene
 - 2.5. Occupational medicine
3. Promoting Safety and Health at Work and the right to reparation:
 - 3.1 Responsibilities in OHS matters
 - 3.2. The law of the right to compensation
 - 3.3. The organization of occupational safety and health activities in the company

19. Assessment Methods

In accordance with current regulations.

20. Didactic Resources

The teacher makes available, on the learning platform, scientific articles, technical articles, innovation patents, summaries of presentations, a theoretical workbook and a workbook of exercises.

21. Sustainability Objectives

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

22. Keywords

Workplace safety
Occupational Hygiene
Occupational Health
Occupational Medicine
Ergonomics



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23. Main Bibliography

Author(s): Alberto Sérgio Miguel
Title: Manual de higiene e segurança do trabalho
Edition: 13^a Year: 2014
Local:
Publisher: Porto Editora

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

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

24. Complementary Bibliography

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

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



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Ficha técnica MIP / MIP Datasheet	
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Autor / Author	Prof. Doutor JOÃO PAULO SOARES PEREIRA
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Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
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