UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Hygiene and Safety in the Workplace

Academic Year 2025/2026

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

Dr. VITOR JOSÉ LAROUCO GOMES

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

SDG 3 - Health and well-being: The course unit promotes risk prevention and sound occupational health and safety practices.

SDG 8 - Decent work and economic growth: The course unit develops skills to promote safe and decent work and ensure compliance with health and safety regulations.

SDG 12 - Responsible consumption and production: The course unit encourages responsible risk-management practices, promoting accident prevention and the sustainable use of resources.

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22. Keywords

Workplace safety
Occupational Hygiene
Occupational Health
Occupational Medicine
Ergonomics

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23. Main Bibliography

Author(s): Luís Conceição Freitas
Title: Manual de Segurança e Saúde do Trabalho
Edition: 6ª Year: 2025
Local: Lisboa
Publisher: Edições Sílabo
ISBN Code: 978-989-561-400-4

Author(s): Silva, S. C. A. (Coordenação) et al.
Title: Livro Verde do Futuro da Segurança e Saúde no Trabalho
Edition: 1.ª edição Year: 2024
Local: Lisboa
Publisher: Gabinete de Estratégia e Planeamento do Ministério do Trabalho, Solidariedade e Segurança Social
ISBN Code: Não aplicável

Author(s): Assembleia da República
Title: Lei n.º 102/2009, de 10 de setembro: Regime Jurídico da Promoção da Segurança e Saúde no Trabalho (v
Edition: Versão consolida Year: 2009
Local: Lisboa
Publisher: Diário da República / Imprensa Nacional - Casa da Moeda
ISBN Code: Não aplicável

24. Complementary Bibliography

Author(s): Vitrano, G.; Micheli, G. J. L.
Title: Effectiveness of Occupational Safety and Health Interventions: A Long Way to Go
Edition: Não aplicável Year: 2024
Local: Lausanne (Suíça)
Publisher: Frontiers Media
ISBN Code: Não aplicável

Author(s): Cotrim, T. P. et al.
Title: The Portuguese Third Version of the Copenhagen Psychosocial Questionnaire: Preliminary Validation St

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Autor / Author	Dr. VITOR JOSÉ LAROUCO GOMES
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Descritores / Descriptors	-
Colaborador(es) / Colaborator(s	-
Data Hora / Date Time	
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