



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Work hygiene

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### Course

Field of study

Hygiene of work

Area of study (specialization)

Safety and Crisis Management

Level of study

Second-cycle studies

Form of study

part-time

Year/Semester

1/2

Profile of study

general academic

Course offered in

Polish

Requirements

elective

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### Number of hours

Lecture

10

Laboratory classes

0

Other (e.g. online)

0

Tutorials

10

Projects/seminars

0

### Number of credit points

3

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### Lecturers

Responsible for the course/lecturer:

dr hab. Joanna Sadłowska-Wrzesińska

Instytut Inżynierii Bezpieczeństwa

Zakład Zarządzania Ryzykiem i Jakością

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Responsible for the course/lecturer:

dr inż. Żaneta Nejman

email: zaneta.nejman@gmail.com

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### Prerequisites

The student has basic knowledge of ergonomics, ecology and occupational safety. The student is able to interpret the relationships occurring in the human-technical object system, as well as organize work



taking into account the reduction of physical and mental loads for the human body. The student understands the legitimacy of occupational hygiene in connection with safety engineering.

### Course objective

To acquaint the student with theoretical and practical problems related to the impact of work on human psychophysical well-being, which in turn should enable the acquisition of skills to control the degree of nuisance / harmfulness of working conditions and strive to minimize risk factors in this regard.

### Course-related learning outcomes

#### Knowledge

- The student knows the issues of ergonomics and occupational safety, including preventive measures in the field of occupational health P7S\_WG\_03
- The student knows the concepts related to human and the world of values and the role of man in ensuring reliability in the human-technical object system P7S\_WK\_04

#### Skills

- The student is able to prepare the necessary resources to work in an industrial environment and knows the safety rules associated with this work and is able to enforce their use in practice, taking into account the requirements of occupational hygiene
- The student is able to present, using properly selected means, current problems of occupational hygiene, embedding them in the theoretical assumptions of ergonomics and occupational safety P7S\_UK\_01
- Student is able to plan and conduct research using various methods (including measurements and simulations), performing a prognostic function in relation to the protection of working health P7S\_UO\_01
- Student is able to identify changes in requirements, standards, regulations, technical progress and reality of the labor market, and on their basis determine the need to supplement knowledge in the context of planning and implementing health plans at the workplace P7S\_UU\_01

#### Social competences

- The student is aware of the recognition of cause and effect relationships in the implementation of the set goals and organizational tasks, taking into account the importance of issues related to the protection of employees' health P7S\_KK\_01
- The student is aware of the responsibility for own work and readiness to comply with the principles of teamwork and taking responsibility for jointly implemented tasks in the field of occupational hygiene and health protection at work P7S\_KR\_02

### Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:  
forming assessment:



- knowledge is verified by short tests after the third and fifth didactic unit - short test + problem tasks;
- social skills and competences are verified by issuing partial grades resulting from: teamwork; rewarding activity; independent problem solving.

Summative rating:

knowledge is verified by an oral exam on basic concepts related to human psychophysical functioning and problems of modern occupational hygiene;

classes - average partial grades + grade from a plan prepared by students to improve working conditions in a selected enterprise.

### Programme content

1. Basic concepts. Hygiene and occupational hygiene - scope of activities, methodology, goals. 2. The relationship between occupational hygiene and occupational safety and ergonomics. Harmful and harmful factors. Human tolerance limits, hygienic assessment of working conditions. 3. Legal regulations regarding the protection of occupational health. Standards related to determining acceptable changes in the work environment (regarding chemical substances and mixtures, carcinogens, harmful biological agents, microclimate). 4. Psychophysiological aspects of work organization, with particular emphasis on shift work and overtime. Fatigue curve. 5. Technical and organizational rules for shaping employee well-being conditions (sanitary and hygienic rooms, workplace environment). The organization of the work of women, the elderly, and adolescents. 6. Work hygiene of the student. Growing problems of static loads and mental fatigue. Hygiene of leisure and free time. Nutrition hygiene. 7. Occupational diseases and work-related illnesses. Preventive medicine, health-related activities in the work environment. Health security culture.

### Teaching methods

ecture

- informative lecture, conversational lecture,

exercises

- displaying methods (films, presentations), seminar discussion, case study, brainstorming, workshop methods - demonstration.

### Bibliography

Basic

1. Sadłowska-Wrzesińska J., Lewicki L., Podstawy bezpieczeństwa i zdrowia w pracy, Wydawnictwo WSL, Poznań 2018.

2. Wejman M., Higiena pracy, Wyd. Politechniki Poznańskiej, Poznań 2012.



3. Sadłowska-Wrzesińska J., Lewicki L., Istotne aspekty BHP, Wydawnictwo WSL, Poznań 2014.
4. Horst W.M., Wprowadzenie do diagnozowania sposobu wykonywania pracy. Wybrane zagadnienia fizjologii, biomechaniki i antropometrii, Wyd. Politechniki Poznańskiej 2012.

Additional

1. Sadłowska-Wrzesińska J., Kultura bezpieczeństwa pracy. Rozwój w warunkach cywilizacyjnego przesilenia, Aspra, Warszawa 2018.
2. Normy i akty prawne.

**Breakdown of average student's workload**

	Hours	ECTS
Total workload	65	3,0
Classes requiring direct contact with the teacher	20	1,0
Student's own work (literature studies, preparation for laboratory classes/tutorials, preparation for tests/exam, project preparation <sup>1</sup>	45	2,0

<sup>1</sup> delete or add other activities as appropriate