



COURSE DESCRIPTION CARD - SYLLABUS

Course name

Psychosocial risk management

Course

Field of study

Safety Engineering

Area of study (specialization)

Level of study

First-cycle studies

Form of study

part-time

Year/Semester

3/6

Profile of study

general academic

Course offered in

Polish

Requirements

elective

Number of hours

Lecture

8

Tutorials

10

Laboratory classes

Projects/seminars

Other (e.g. online)

Number of credit points

2

Lecturers

Responsible for the course/lecturer:

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Prerequisites

A student beginning this course should have basic knowledge of management of organizations, and of the analysis and evaluation of ulcer. He should have the ability to identify hazard factors and know the basic causes of occupational accidents and diseases.

Course objective

The aim of the course is to familiarize students with the sources and consequences of psychosocial risks in the context of building a safe working environment. In addition, develop skills to analyze and minimize psychosocial risks and design preventive actions in this risk area.

Course-related learning outcomes

Knowledge

- 1 The student has advanced knowledge of issues in the field of technical safety, safety systems, OSH, threats and their consequences [K1_W02].
- 2.The student has advanced knowledge of threats and their effects, risk estimation in the work environment and occupational accidents and diseases [K1_W03].
3. The student has advanced knowledge of ergonomics, human ecology and natural environment protection [K1_W05].
4. The student knows fundamental dilemmas of modern civilization and development trends and best practices in the field of safety engineering [K1_W10].

Skills

1. The student is able to select the sources and information from them properly, on the basis of them to analyze, synthesize and evaluate the problems of communication in security engineering [K1_U01].
2. The student is able to apply standards and norms in solving practical engineering tasks in the field of Safety Engineering [K1_U08].
3. The student is able to identify changes in requirements, standards, regulations and technical progress and the reality of the labor market, and on their basis determine the need to supplement knowledge [K1_U12].

Social competences

1. The student is able to perceive the cause - effect relations in realization of set objectives and apply ranks in relation to significance of alternative or competitive tasks [K1_K01].
2. The student is aware of the recognition of the importance of knowledge in solving problems in the field of security engineering and continuous self-improvement [K1_K02].
3. The student is aware of behaving in a professional manner, observing rules of professional ethics and respecting diversity of views and cultures [K1_K06].



Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Lecture: knowledge is verified through colloquia after the third and sixth teaching unit (problem tasks) and the activity during the conversational lectures. The threshold for passing: 50% +1 points.

Exercises: a colloquium (multiple choice test), oral responses, work in teams and activity during the classes. Pass mark: 50% + 1.

Programme content

Lecture: Types of psychosocial occupational hazards- stress, bullying, discrimination, job burnout. Sources of psychosocial occupational hazards - psychosocial hazards related to the content of work; psychosocial hazards related to the context of work. Consequences of psychosocial occupational hazards - personal, organizational, social. Psychosocial occupational risk management model. Prevention of psychosocial stress at work. ISO 45003:2021 standard as a response to the need of shaping psychological safety at work.

Exercises: Stages of psychosocial risk management. Physiological consequences resulting from exposure to psychosocial occupational hazards. Psychological consequences resulting from exposure to psychosocial occupational hazards. Behavioral level consequences resulting from exposure to psychosocial occupational hazards. Counteracting the negative effects of stress.

Teaching methods

Lecture: multimedia presentation illustrated with examples, informative lecture, conversational lecture.

Exercises: multimedia presentation illustrated with examples, practical exercises, chat, exposing methods (film, show), panel discussion, simulating expert debates, case study, brainstorming.

Bibliography

Basic

1. Sadłowska-Wrzesińska J., Zagrożenia psychospołeczne w środowisku pracy. W: Istotne aspekty bhp, L. Lewicki, J. Sadłowska-Wrzesińska (red.).Poznań,Wyższa Szkoła Logistyki, 2014 - s. 257-295.
2. Sadłowska-Wrzesińska J., Stachowiak A., Psychospołeczne konsekwencje zwinnego zarządzania w obszarze logistyki, Difin, Warszawa 2020.
3. Sadłowska-Wrzesińska, Lewicki L. (red.), Podstawy bezpieczeństwa i zdrowia w pracy, Wydawnictwo WSL, Poznań 2018.
4. Nejman Ź., Influence of Employees 'Burnout on Work Motivation. Proceedings of the 37th International Business Information Management Association Conference (IBIMA), 30-31 May 2021, Cordoba, Spain. Innovation Management and information Technology impact on Global Economy in the Era of Pandemic / red. Soliman Khalid: IBIMA Publishing, 2021 - s. 4499-4507



5. Terelak J F., Stres zawodowy: charakterystyka psychologiczna wybranych zawodów stresowych, Wydawnictwo Uniwersytetu Kardynała Stefana Wyszyńskiego, Warszawa 2006..

Additional

1. Sadłowska-Wrzesińska J., Ryzyko psychospołeczne wyzwaniem dla specjalisty bhp. W: Techniczne i społeczne aspekty bezpieczeństwa pracy i ergonomii, G. Dudarski, I. Gabryelewicz (red.). Zielona Góra, Oficyna Wydawnicza Uniwersytetu Zielonogórskiego, 2014, s. 56-68.

2. Sadłowska-Wrzesińska J., Nejman Ż., Zaangażowanie pracowników jako predyktor bezpiecznych zachowań w organizacji [w:] Bezpieczeństwo XXI Wieku Szanse – Zagrożenia – Perspektywy – Aspekty bezpieczeństwa pracy, Sadłowska-Wrzesińska J. (red.), Wydawnictwo Naukowe Silva Rerum, 2020.

3. Sęk H. Pasikowski T. (red.). Stres – Zasoby – Zdrowie, Wydawnictwo Fundacji Humaniora, Poznań, 2000.

Breakdown of average student's workload

	Hours	ECTS
Total workload	50	2,0
Classes requiring direct contact with the teacher	18	1,0
Student's own work (literature studies, preparation for laboratory classes/tutorials, preparation for tests) ¹	32	1,0

¹ delete or add other activities as appropriate