

Course Unit	Health and Safety at Work		Field of study	Health and Safety at Work	
HPTC in	Food Technology		School	School of Agriculture	
Academic Year	2023/2024	Year of study	2	Level	0-2
Type	Semestral	Semester	1	ECTS credits	3.0
			Code	4071-579-2003-00-23	
Workload (hours)	81	Contact hours	T	-	TP
			PL	-	TC
			S	-	E
			OT	30	O
			T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other		

Name(s) of lecturer(s) Vitor Manuel Ramalheira Martins

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. know the legal framing of the Hygiene and Safety at Work
2. know the competences of the Health, Safety, and Hygiene at work
3. characterize and identify risk sources
4. understand and apply the general prevention principles of occupational risks
5. know several types of signaling
6. know and use correctly the individual and collective protection equipment.
7. organize Hygiene and Safety at Work in enterprises
8. know national and European Union laws about Hygiene and Safety at Work

### Prerequisites

Before the course unit the learner is expected to be able to:  
Do not exist

### Course contents

General Concepts of Safety and Hygiene in Work; Safety in Work; Analysis of Risks (physical, chemical, biological and ergonomic Risks); General Legislation; Safety Rules in the Laboratory; Laboratorial Symbols.

### Course contents (extended version)

1. General Concepts of Safety and Hygiene at Work
  - Introduction
  - Definition
  - Goals
  - Work accidents
2. Safety at Work
  - Meaning and importance of the prevention
  - The domino effect and industrial accidents Safety of machines
  - Reduction of risk accident
  - Collective and individual Protection
  - Prevention and protection against fires
  - Safety signaling
3. Analysis of Risks
  - The risks: prevention of risks in the transport and work equipment use
  - Physical risks
  - Chemical risks
  - Biological risks
  - Ergonomic risks
4. Legislation of General: Purpose, Relevance and Historical Evolution
  - Legislation of Safety, Hygiene and Health in the workstations
  - General regulation about Safety, Hygiene and Health in industrial establishments
  - Legal regulation about Safety, Hygiene and Health at Work
  - Regulation about Safety, Hygiene and of Health activities at the workstation
  - Basic Rules of Safety and Health at the workstation.

### Recommended reading

1. Associação Empresarial de Portugal, Manual de Formação: Higiene e Segurança no Trabalho, AEP, 2004.
2. Cabral, F. e Veiga, R. , Higiene, Segurança, Saúde e Prevenção dos Acidentes de Trabalho, Verlag Dashofer, 2000
3. Miguel, A. , Manual de Higiene e Segurança no Trabalho, Porto Editora, 2005.
4. Veiga, R. , Metodologias de Avaliação dos Riscos Profissionais. Verlag Dashöfer, 2006.
5. Decretos - Lei, Decretos - Regulamentares, Portarias, Normas Portuguesas e Internacionais, aplicáveis em matéria de segurança, higiene e saúde no trabalho.

### Teaching and learning methods

Theoretical lessons will be displayed appealing to the retro projector, data show, and blackboard and complemented with practical cases, by presentation of real situations that foment the debate. Particular works will be developed by group. Students will be stimulated to research bibliographical sources (Internet, libraries) to do case studies.

### Assessment methods

1. Alternative 1 - (Regular, Student Worker) (Final, Supplementary, Special)
  - Intermediate Written Test - 40%
  - Final Written Exam - 40%
  - Practical Work - 20%
2. Alternative 2 - (Regular, Student Worker) (Final, Supplementary, Special)
  - Final Written Exam - 100%

Language of instruction

Portuguese

Electronic validation			
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18-01-2024	19-01-2024	20-01-2024	22-01-2024

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