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| Course Unit | Occupational Health and First Aid | | Field of study | Safety and Hygiene at Work | |
| Bachelor in | Dietetics and Nutrition | | School | School of Health | |
| Academic Year | 2025/2026 | Year of study | 3 | Level | 1-3 |
| Type | Semestral | Semester | 2 | ECTS credits | 2.0 |
| Code | 8149-807-3205-00-25 | | | | |
| Workload (hours) | 54 | Contact hours | T - | TP 7,5 | PL 15 |
| | | | TC - | S - | E - |
| | | | OT - | 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) Ana Sofia Coelho de Carvalho, Luis Carlos Almeida Pires

Learning outcomes and competences

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

1. Recognise the Methodology and Systems for Organising Occupational Health;
2. Knowing the main organisational models
3. Acquire up-to-date legislative knowledge;
4. Recognise first aid methodologies and practices

Prerequisites

Before the course unit the learner is expected to be able to:
Not applicable

Course contents

Occupational Health and Occupational Health Organization Methods and Systems; The Main Organizational Models; Competences related to the main forms of organization of Occupational Medicine and Occupational Health; Updated legislative knowledge; First Aid Methodologies and Practices - concepts and functions.

Course contents (extended version)

1. Occupational Health and Occupational Health Organization Methods and Systems
 - Global objectives of Occupational Health, Hygiene and Safety at Work activities
 - Professional risks - Identification, evaluation, prevention and control
 - Safety Rules in the Laboratory, and Good Practices
 - Interaction of Quality / Environment / Safety systems
 - Legal Framework for Safety and Health at Work
2. The Main Organizational Models
3. Competences related to the main forms of organization of Occupational Health
4. Updated legislative knowledge
5. First Aid Methodologies and Practices - concepts and functions
 - Integrated Medical Emergency System (SIEM) - Chain of Survival
 - Cardiopulmonary resuscitation - Basic Life Support and AED (BLS).
 - First aid in cases of airway obstruction
 - First aid for wounds, bleeding and burns.
 - First aid in case of poisoning, eye damage
 - First aid for fractures, head and spine injuries and shock situations

Recommended reading

1. Associação Nacional de Técnicas de Emergência Médica - NAEMT (2016). PHTLS - Atendimento pré-hospitalar ao traumatizado (8ª ed). Artmed editora.
2. Freitas, L. (2011). Manual de Segurança e Saúde do Trabalho. Lisboa: Edições Sílabo
3. Instituto Nacional de Emergência Médica (2017). Manual de Suporte Básico de Vida Adulto. Disponível em: <http://www.inem.pt/wpcontent/uploads/2017/07/Suporte-B%C3%A1sico-de-Vida-Adulto.pdf>
4. Miguel, A. (2014). Manual de Higiene e Segurança do Trabalho, (13ª. Ed.) Porto: Porto Editora.

Teaching and learning methods

The theoretical actual lessons are based on the exposition with the date show and black board. The theoretical expositions will be complemented by the presentation and real situations of First Aid Practices. The students are stimulated to carry through research (Internet, libraries, etc.) to congregate the contents of support First Aid Methodologies and Practices

Assessment methods

- Alternative 1 - (Regular, Student Worker) (Final, Supplementary, Special)
- Final Written Exam - 100%

Language of instruction

Portuguese, with additional English support for foreign students.

Electronic validation

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|---|---------------------------------------|---------------------------------|--------------------------|
| Ana Sofia Coelho de Carvalho, Luis Carlos Almeida Pires | Adília Maria Pires da Silva Fernandes | Luis Migue Fernandes Nascimento | Olívia Rodrigues Pereira |
| 14-03-2026 | 16-03-2026 | 17-03-2026 | 13-04-2026 |