

Course Unit	Occupational Health and First Aid	Field of study	-		
Bachelor in	Pharmacy	School	School of Health		
Academic Year	2023/2024	Year of study	1	Level	1-1
Type	Semestral	Semester	2	ECTS credits	2.0
Code	9549-803-1207-00-23				
Workload (hours)	54	Contact hours	T -	TP 15	PL 7,5
			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) Adília Maria Pires da Silva Fernandes, Paula Eduarda Lopes Martins

#### Learning outcomes and competences

- At the end of the course unit the learner is expected to be able to:
1. Recognize the Methodology and Systems for Organizing Occupational Health and Work.
  2. Know the general fundamentals of occupational health and safety and health at work;
  3. Identify, assess and prevent major professional risks.
  4. Recognize the interaction of Quality/Environment/Safety systems
  5. Know the legislation on Health and Safety at Work
  6. Learn about the main organizational models
  7. To know how to intervene in the context of Basic Life Support and other emerging situations

#### Prerequisites

Before the course unit the learner is expected to be able to:  
Does not apply

#### Course contents

General fundamentals of Safety and Health at Work. Identification and evaluation of occupational risks. Identification and evaluation of occupational risks. Prevention and control of occupational risks. Interaction of Quality/Environment/Safety systems. Legal Framework for Safety and Health at Work. First Aid.

#### Course contents (extended version)

1. Methodology and Systems for Organising Occupational Health, Hygiene and Labour
  - Overall objectives of SOHST activities
  - Occupational risks: Identification, assessment, prevention and control
  - Laboratory Safety Rules and Good Practices
  - Interaction of Quality/Environment/Safety systems
  - Legal framing for Safety and Health at Work
2. Main organisational models
3. Competences relating to the main forms of organisation of SOHST
4. First aid.
  - Basic notions.
  - System Integrated Medical Emergency Integrated Medical (SIMI).
  - Chain of Survival.
  - Cardiopulmonary reanimation - Basic Life Support and Automated External Defibrillation (AED)
  - First aid in situations of airway obstruction.
  - First aid face wounds, hemorrhages and burns.
  - First aid face intoxications, eye injuries.
  - First aid face fractures, head injuries and column 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. DGERT. (2020). Legislação Nacional - Segurança e Saúde no Trabalho. Disponível em: <https://www.dgert.gov.pt/seguranca-e-saude-no-trabalho>
3. Freitas, L. (2011). Manual de Segurança e Saúde do Trabalho. Lisboa: Edições Sílabo.
4. Instituto Nacional de Emergência Médica (2021). Manual de Suporte Básico de Vida e DAE. Disponível em: [https://www.inem.pt/wp-content/uploads/2022/06/SBV\\_DAE-Versão-2-1a-Edição-2021\\_15Nov.pdf](https://www.inem.pt/wp-content/uploads/2022/06/SBV_DAE-Versão-2-1a-Edição-2021_15Nov.pdf)
5. Miguel, A. (2014). Manual de Higiene e Segurança do Trabalho, (13ª. Ed. ) Porto: Porto Editora.

#### Teaching and learning methods

Theoretical practical classes and tutorial guidance for carrying out work related to the contents of the curricular unit. Bibliographic research for analysis, discussion and resolution of problem cases.

#### Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 70%
  - Development Topics - 30%
2. Exam - 100% - (Regular, Student Worker) (Final, Supplementary, Special)

#### Language of instruction

Portuguese, with additional English support for foreign students.

#### Electronic validation

Adília Maria Pires da Silva Fernandes, Paula Eduarda Lopes Martins	Isabel Cristina Jornal Freire Pinto	Luis Migue Fernandes Nascimento	Olívia Rodrigues Pereira
20-05-2024	27-05-2024	27-05-2024	31-05-2024