Information sheet for the course
Health at Work I.

University: *Alexander Dubček University of Trenčín*	
Faculty: *Faculty of Health Care*	
Course unit code: ZdrPr1/e	**Course unit title:** Health at Work I.
Type of course unit: *compulsory*	
Planned types, learning activities and teaching methods: *Lecture: 2 hours weekly/26 hours per semester of study; full-time* *Seminare: 2 hours weekly/26 hours per semester of study; full-time* *Supervised practical output: 2 hours weekly/26 hours per semester of study;*	
Number of credits: 2	
Recommended semester: *5th semester in the 3rd year (part-time)*	
Degree of study: *I (bachelor)*	
Course prerequisites: *none*	
Assessment methods: A student obtains 100 points per semester. - Seminary work designed for a designated theme (25 points). - Written test (75 points). To obtain A, a student must score at least 90 points, to obtain B, a student must score at least 80 points, to obtain C, a student must obtain at least 70 points, to obtain D, a student must obtain at least 60 points, and finally to obtain E, a students must to obtain at least 50 points.	
Learning outcomes of the course: A student can describe basic concepts from the field of preventive and clinical occupational medicine, apply practical solutions in the protection and development of occupational health care and prevention of illnesses related to work.	
Course contents: **Lectures:** 1. Introduction to PPL, working environment and staff, psychosocial factors, impact of workplace on employee´s health, preventive measures. 2. The concept of occupational medicine in Slovakia, legislation in the field of occupational health in Slovakia 3. The requirements in protecting and promoting occupational health in Slovakia intervention programmes aimed at health protection of employees. 4. National health surveillance – principles for evaluation of working conditions, minimal requirements for the working environment to protect health. 5. Physical factors in the work environment and occupational health (noise, vibration, non-ionizing radiation). 6. Requirements for workplace lighting, principles of good lightning, health requirements for workplace without natural lightening and ventilation. 7. Hygrothermal microclimate in the workplace, requirements for health protection, measures to protect the health of workers. 8. Impact of workplace with display screen on health, measures to protect the health of workers in legislation. 9. Health risks in the selected manufacturing and non-manufacturing sectors. 10. Health protection of selected groups of employees, women and youth, measures to protect their health. 11. Solid aerosols in the workplace, asbestos. 12. Chemical factors in the work environment, routes of entry into human body, the maximum permissible exposure limits.	

13. Key requirements when working with toxic substances. Measures to protect the health of workers at work with chemical factors.

Seminars:

1. National health surveillance – health of employers at workplace.
2. Application of enactments in practice, in the field of health and safety at workplace.
3. Surveillance at workplace - registration processing, decisions, binding opinion.
4. Objectification and assessment of occupational exposure to physical agents at workplace, protocol processing, interpretation of results.
5. The workplace assessment – workloads.
6. Assessment of workplace risks, record of risk.
7. Workplace assessment with display.
8. Chemical factors - exposure assessment, tolerable concentrations in the work environment, measurement and interpretation of results.
9. Categorisation of work - the risk assessment.
10. Exposure to genotoxic agents, biological exposure tests, evaluation of results.
11. Evaluation of occupational exposure - suspended particulate matter (SPM) in the workplace, elaboration of protocol, interpretation of results.
12. Objectification and assessment of occupational exposure to chemical agents in workplace, elaboration of protocol, interpretation of results. Workshop – seminary works.
13. Workshop – seminary works.

Recommended of required reading:

1. ZAHRADNÍK, P., KOLLÁROVÁ, M.: 1997. *Prehľad chémie 2, Organická chémia a biochémia. Bratislava: S*PN, 1997. 325 p. ISBN 80-08-01005-3
2. VOET, D. 1990. *Biochemie. Praha :* Victoria Publishing, 1990. 1325 p. ISBN 80-85605-44-9.

Language: Slovak

Remarks: -

Evaluation history: *Number of evaluated students*

A	B	C	D	E	FX
-	-	-	-	-	-

Lectures: MUDr. Antónia Bulková
Seminar: Mgr. Petra Znášiková

Last modification: 22.04.2014

Supervisor: doc. MUDr. Mária Štefkovičová, PhD., MPH.