

Course title in English	Occupational Health and Safety and Ergonomics
Course title in Polish	BHP i ergonomia
Course code	
Type of course	Lecture
Level of course	PhD
Year of study	1-4
Semester/trimester	2/4/6/8
Number of hours/credits allocated	30/1
Name of lecturer	dr Waldemar Nowicki
Objective of the course (expected learning outcomes and competences to be acquired)	<p><u>Knowledge:</u></p> <ol style="list-style-type: none"> 1. knows the basic health and safety regulations and fire protection regulations in force at the university, 2. has knowledge of legal labor protection, 3. knows the institutions responsible for the creation and implementation of labor law, 4. has knowledge about the causes of accidents at work, 5. knows the rules of first aid, 6. knows the basic ergonomic concepts, 7. has knowledge about the basic features of the material working environment, 8. understands the anthropometric principles of shaping the work environment, 9. has knowledge about recommendations regarding optimal parameters of the work environment. <p><u>Skills:</u></p> <ol style="list-style-type: none"> 1. knows the basic issues related to the organization of work, 2. can find the necessary information on health and safety in Regulations, Laws or the Labor Code, 3. can behave in a fire situation, 4. knows how to use firefighting equipment, 5. understands the need and knows the basic principles of first aid, 6. has the ability to use SDSs of hazardous substances, 7. can assess the risk and apply appropriate personal protection, 8. knows the rules of ergonomic workplace design, <p><u>Social competence:</u></p> <ol style="list-style-type: none"> 1. understands the need for further education in the field of occupational health and safety, 2. understands the need to use safety data sheets of dangerous substances, 3. can properly prepare a place for laboratory work, 4. is careful in dealing with chemical substances, can foresee and properly plan the necessary personal protection measures.
Prerequisites	lack

Course contents	Problems of the lecture: Basic regulations and legal issues regarding health and safety at universities (taking into account the specificity of the department). Legal protection of work. Labor Code. The essence of health and safety at work. Fire protection, fire-fighting, use of hand-held fire-fighting equipment. Accidents involving the student, post-accident proceedings. Typical injuries, first aid. Physiological determinants of work performance. Optimal working time, rest breaks. Psychophysical properties of man. Material work environment: physical, chemical and biological factors, microclimate. Risk assessment. Occupational health and safety management. Organization of the workplace. History and development of ergonomics. Ergonomics tasks. Ergonomic assessment of the material work environment. System: human - work station. Ergonomic shaping of the workplace, working position. Evaluation of a computer workstation with a screen monitor.
Recommended reading	Literature required to pass the course: Polish legal acts (Regulation of the Minister of Science and Higher Education, the Rector UG, Fire Protection Act) relating to occupational health and safety and fire protection in universities. Literature on first aid in emergencies.
Teaching methods	Lecture with multimedia presentation
Assessment methods	written test, pass with grade
Language of instruction	Polish