LTRAV2630

2013-2014

Wellbeing at work

5.0 credits	30.0 h

Teacher(s) :	Schepens Bénédicte ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	The course sets out to describe the methodology of the approach to occupational health and safety problems. The three main stages of evaluating and controlling hazards are examined in terms of environmental factors (noise, climate, lighting and chemical pollution) Problems will be addressed at the levels of constraint and of comfort. Definition and evaluation of pollution. Description of the main occupational diseases, and of the means of medical and technical prevention. Notions of medico-social legislation and of workplace accidents. Elements of occupational physiology: mechanisms for adapting to muscular exercise; different kinds of physi-cal/mental effort; basic metabolism, metabolism while at rest, and energy expenditure linked to occupational and recreational activities. A study of jobs (intensity, anti-social elements, long hours, breaks, and security jobs). Fatigue (definition, varieties, psychological and physiological aspects, measurement and consequences).
Aims :	This course aims to offer basic training to students who will be called upon in their professional lives to deal with specialists in safety and occupational medi-cine. The students will have to be broadly aware of, and motivated by, the prob-lems raised, and be technically capable of joining with these specialists in fruitful dialogues designed to implement measures designed to improve working con-ditions. *The contribution of this Teaching Unit to the development and command of the skills and learning outcomes of the programme(s) can be accessed at the end of this sheet, in the section entitled "Programmes/courses offering this Teaching Unit".*
Other infos :	This course forms part of a study programme that takes place in the evenings and on Saturday mornings.
Cycle and year of study :	> Master [120] in Labour sciences (shift schedule) > Master [60] in Labour Sciences (shift schedule)
Faculty or entity in charge:	TRAV