



5.00 credits

30.0 h

Q2

|                             |  |
|-----------------------------|--|
| Teacher(s)                  | Frankart Aurélie ;Schepens Bénédicte ;   |
| Language :                  | French   |
| 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 physical/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). |
| Learning outcomes           | <p><b>At the end of this learning unit, the student is able to :</b></p> <p>1 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 medicine. The students will have to be broadly aware of, and motivated by, the problems raised, and be technically capable of joining with these specialists in fruitful dialogues designed to implement measures designed to improve working conditions.</p>   |
| Evaluation methods          | The evaluation procedures are described and available on the course website on the Moodle platform. They are also presented to the students during the first course. Written examen.   |
| Teaching methods            | Ex-cathedra teaching with time devoted to exchanging with students   |
| Content                     | After an introduction to legislation on well-being at work, the main notions, as well as legislative concepts, are described for the different covered topics : physical working environments (noise, temperature, illumination and work on displays.); ergonomic aspects of work layout; psychosocial workload; shift work; personal protective equipment; maternity protection; occupational accidents and diseases. With regard to psychosocial aspects, their risk factors (work organization, work content, working conditions, living conditions at work, interpersonal relations at work), as well as their consequences for physical and mental health, will be reviewed.  |
| Bibliography                | La bibliographie est annoncée et/ou rendue disponible sur la plateforme <i>Moodle</i> du cours.  |
| Other infos                 | This course forms part of a study programme that takes place in the evenings and on Saturday mornings.   |
| Faculty or entity in charge | TRAV   |

| <b>Programmes containing this learning unit (UE)</b> |         |         |              |   |
|--|---------|---------|--------------|---|
| Program title  | Acronym | Credits | Prerequisite | Learning outcomes   |
| Master [120] in Labour sciences<br>(shift schedule)  | TRAV2M  | 5       |              |  |
| Master [60] in Labour Sciences<br>(shift schedule)   | TRAV2M1 | 5       |              |  |