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<b>Course:</b>	L025 - Food Quality and Nutrition
<b>Degree:</b>	Bachelor
<b>Curriculum Unit:</b>	420 - Hygiene , Safety and Health at Work
<b>Scientific field:</b>	Food Science and Technology
<b>ECTS<sup>(*)</sup>:</b>	5
<b>Curriculum year:</b>	1st
<b>Curriculum semester:</b>	2nd
<b>Frequency Regime:</b>	Mandatory
<b>Teacher(s):</b>	João Carlos Gonçalves
<b>Contact hours <sup>(**)</sup>:</b>	TP - 45
<b>Total work time (hours):</b>	132

(\*) - ECTS - European Credit Transfer and Accumulation System

(\*\*) – T- Theoretical; TP- Theoretical/Practical; LP- Lab Practice; S- Seminars; I- Internships; TU - Tutorials; O- Other (Evaluations)

## Objectives / Competences

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Provide the students with knowledge of Hygiene, Health and Safety at Work, as preventive element;

Provide knowledge about Hygiene, Health and Safety at Work, as preventive element;

Provide knowledge to the students about the of different hazards and occupational risks, as well as preventive measures;

The student must, among others:

- Recognize the importance of HSST, consequences and the different prevention mechanisms;
- Recognize the rights and duties of the worker in their organization;
- Identify the most important risks in the workplace and take measures to protect the collective and individual right.

## Syllabus

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- 1 - Historical background and basics of Hygiene, Health and Safety at Work
- 2 - Legislation related to Hygiene, Health and Safety at Work
- 3 - Prevention Principles
- 4 – Risks in the Workstation
- 5 - Security Signs
- 6 - Personal Protective Equipment
- 7 - Safety in Laboratories
- 8 - Rules and Procedures.

## Teaching methodologies and evaluation criteria

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In the theoretical lessons will be exposed to the proposed topics.

In practical classes will be analyzed and solved practical applications of subjects taught.

Evaluation will be checked with a written test and practical work proposed to the students

### **Short bibliography**

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Apontamentos fornecidos pelo docente

Legislation.

Agência Europeia para a Segurança e saúde no Trabalho.

IDICT- Instituto Desenvolvimento e Inspeção das condições de trabalho