

Course title:	Work safety and ergonomics				Code:
Field of study:	Tourism and recreation				Year/Semester: 3/5
Specialization:	all				Modes: F/E
Number of hours / semester 15/8					ECTS credits: 3
Lectures:	Classes: 15/8	Laboratories:	Projects:	Seminars:	

Department: Tourism and Recreation

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Course position in the study programme:

- specialization course

Objectives:

- to acquaint students with work safety in the scope of ergonomic factors connected with the process and conditions of work

Learning outcomes:

- to be able to use gained information in practice
- to be able to use systems of social responsibility to a degree necessary for independent project management and their introduction in the workplace

Course contents:

1. Ergonomics. Definitions and the range.
2. Ergonomic risk factors.
3. Work safety and hygiene – legal protection.
4. Work safety and hygiene management.
5. Threats of dangerous and harmful factors in work environment connected with catering industry.
6. Ergonomic factors of professional risk connected with human nutrition.
7. Psychological and social factors.
8. Promotion of safe behaviours in work entertainment.
9. Preparing recommendations limiting threats and difficulties in the process of work.

Teaching methods: preparing projects on the grounds of research carried out during professional training and observations of catering service and group nutrition

Assessment methods: class participation, projects, final written quiz

Recommended reading:

1. A..Patulski, W.Patulski. K.Walczak , G.Orłowski, M.Nałęcz :Prawo pracy i ubezpieczeń i społecznych . Rozdz.9.
2. D.Koradecka. Bezpieczeństwo pracy i ergonomia. Warszawa 2006
3. N. Ogińska – Bulik., Stres w zawodach usług społecznych