



COURSE DATA

DATA SUBJECT

Code: 33573
Name: Health in the workplace
Cycle: Undergraduate Studies
ECTS Credits: 6
Academic year: 2025-26

STUDY (S)

Degree	Center	Acad. year	Period
1309 - Degree in Labour Relations and Human Resources	Facultat de Ciències Socials	3	First quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
1309 - Degree in Labour Relations and Human Resources	Workplace risk prevention	COMPULSORY

COORDINATION

CORTES VIZCAINO CONCEPCION

SUMMARY

The subject *Labour Health* is a compulsory subject of the third year in the degree in Labour Relations and Human Resources.

The aim of this subject is to present the future graduate student with basic knowledge related to the prevention of labour risks and security and health at the workplace. According to the current legislation and within an organizational, institutional and legal framework (covered in the second quarter subject *Legal Framework and Management of Labour Risks Prevention* –code 33574-), all companies and working centres are forced to identify, eliminate and control the circumstances related to work that may be harmful for the workers' health, including aspects related to work organization, environmental conditions and individual skills.

Labour Health uses strategies from different disciplines. In the first place, the objectives and functions of Labour Health ("organized effort of society to protect and improve the health of the population") correspond to those of Public Health applied to a specific environment (working centres) and to a specific population collective (workers). Labour Health pays close attention to the main health problems related to work, including injuries (accidents), illnesses and labour-related disabilities, health problems affecting health and well-being indicators of the population.



Also, Labour Health activities combine different techniques for the evaluation and control of working conditions that may have a negative effect on the workers' health, such as security in the workplace (which meets structural conditions of the workplace), industrial hygiene (focused on physical, chemical and biological contaminants present in the workplace), ergonomics (related to the physical circumstances in the workplace), psycho-sociology (related to the psycho-social factors, secondary to working conditions and organization of tasks and work) and health specialties in Labour Health (Medicine and Labour Nursing, which interact with the rest of disciplines and contribute information about the health aspects involved).

The subject *Labour Health* provides the future graduates with the necessary knowledge and abilities work as advisor and manager in relation to labour risks prevention in companies and contributing the necessary basis to deepen in the postgraduate major (Master's Degree in Labour Risks).

PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

OTHER REQUIREMENTS

Relationship with other subjects of the same degree
No enrolment restrictions have been specified.

COMPETENCES / LEARNING OUTCOMES

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Act with autonomy in learning, making informed decisions in different contexts, issuing judgements based on experimentation and analysis, and transferring knowledge to new situations.

Advise and manage matters relating to occupational risk prevention.

Analyse, synthesise and reason critically.

Analyse and assess decisions made by agents involved in labour relations.

Analyse and assess the factors that determine inequalities in the world of work.

Collaborate effectively in work teams, assuming responsibilities and leadership roles and contributing to collective improvement and development.

Contribute to the design, development and implementation of solutions that respond to social demands, taking into account the Sustainable Development Goals as a reference.

Demonstrate critical and self-critical thinking in the field of the degree programme, considering aspects such as professional ethics, moral values and the social implications of the different activities carried out.

Develop an interrelated vision of the different academic disciplines that analyse the field of work.



Develop organisational and planning actions.

Know and apply the principles of the professional code of ethics.

Know and understand, within the field of the degree programme, gender inequalities in society; integrate different needs and preferences based on sex and gender into the design of solutions and problem solving.

Know how to communicate effectively, both orally and in writing, adapting to the characteristics of the situation and the audience.

Know the fundamentals of occupational health and the bases of occupational risk prevention.

Know the regulatory framework governing labour relations.

Know the regulatory framework governing social security and supplementary social protection.

Learn independently and develop initiative and entrepreneurial spirit.

Manage information, draft and formalise reports and writings.

Plan and apply systems of occupational risk prevention.

Propose creative and innovative solutions to complex situations or problems within the field of knowledge, to respond to diverse professional and social needs.

Respect and promote fundamental rights, equality between men and women, equal opportunities and non-discrimination, democratic values and sustainability.

Select and manage social and labour information and documentation.

Solve problems, apply knowledge to practice and develop motivation for quality.

Understand the relevance of fundamental rights, equality and the prohibition of discrimination in labour relations and in the social security system.

Use information and communication technologies.

DESCRIPTION OF CONTENTS

1.

2.



3.

4.

5.

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Theoretical and practical classes	60,00
Total hours	60,00

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	5,00
Individual or group project	20,00
Independent study and work	40,00
Preparation of lessons	10,00
Preparation for assessment activities	10,00
Resolution of case studies	5,00
Total hours	90,00

TEACHING METHODOLOGY

Methodology will be based on the preparation and study of the contents by the students, attendance, carrying out of papers (both individual and in groups), tutorials, external activities and written examinations.

Study/preparation of contents: students will have to carry out activities prior to the lessons such as the reading of texts, preparation of presentations or generating questions related to the topic in order to get the most out of the lessons.

Theoretical and practical lessons: the methodology used will try to encourage the participation of students as well as their ability for analysis, reflection and discussion. Lectures will be based on theoretical contents and student presentations, as well as on debates and questions about the topics covered.



Preparation of assignments: once the practical activities are completed, students will have to draft a report and submit it on the date due. Assessment criteria will be specific for each assignment. However, basic requirements include adaptation to the objective, submission on due date, logical structure and correct drafting.

Tutorial attendance: tutorials are complementary to lectures and they contribute to improving the learning process. Their objective is to guide and explain to the students the existing doubts as well as supervision and monitoring of the assignments subject to assessment by the teacher.

Attendance at external activities: depending on the availability and circumstances of each academic year, attendance at external activities related to the subject such as conferences, exhibitions, work centres, etc, will be encouraged.

Written examinations will prove that students have acquired the necessary knowledge and competences.

EVALUATION

Both individual and group work carried out by the students throughout the course will be assessed in relation to the acquisition of generic and specific competences as well as to the characteristic knowledge of the subject.

Assessment elements will be (one or more of) the following:

- Final examination: written test consisting of the combination of objective-type questions and brief or essay questions. The contents may be related to theoretical and practical lessons and complementary activities.
- Classroom practice: attendance and participation, especially during practical sessions, will be positively considered, as will attendance at tutorials.
- Complementary activities: assessment of participation in these activities and voluntary assignments will depend on the teacher.

All the activities carried out throughout the course will be taken into consideration and assessed, according to the assessment methodology, criteria and processes. So will the results and their relation to the final grade, which will also depend on participation in class and complementary activities (25% of the grade; final examination: 75%).



The grading system will be expressed through numerical grading as established in the legal system (RD 1125/2003, 5th September), which establishes the European Credit System and the grading systems in official degree studies, valid in the entire country.

REFERENCES

- Calatayud A, Laborda R, Recalde D. Evaluación y control de riesgos laborales. Valencia: Tirant lo Blanch; 2006.
- Cortés Díaz J M. Técnicas de prevención de riesgos laborales. Madrid: Tébar; 2000.
- OIT. Enciclopedia de Salud y Seguridad en el Trabajo, Madrid: Ministerio de Trabajo y Asuntos Sociales; 2001 (www.insht.es)
- Ruiz-Frutos C, García AM, Delclòs J, Benavides FG, editores. Salud laboral: conceptos y técnicas para la prevención de riesgos laborales (3^a edición). Barcelona: Editorial Masson; 2007.
- Notas Técnicas de Prevención del Instituto Nacional de Seguridad e Higiene en el Trabajo. Disponibles en: www.insht.es
- Revistas profesionales relacionadas con la materia: - Seguridad y Salud en el Trabajo (www.insht.es) - Revista On Mutua (www.revista.ibermutuamur.es) – MC Salud Laboral (www.mc-mutual.com) - PorExperiencia (www.istas.net/pe/portada2009.asp)
- Revistas científicas relacionadas con la materia: - Archivos de Prevención de Riesgos Laborales (scielo.isciii.es) - Medicina y Seguridad del Trabajo (revistas.isciii.es)
- Instituciones de referencia relacionadas con la materia - Instituto Nacional de Seguridad e Higiene en el Trabajo (INSHT) www.insht.es - Dirección General de Salud Pública. Ministerio de Sanidad. www.mspes.es/ciudadanos/saludAmbLaboral/home.htm - Instituto Valenciano de Seguridad y Salud en el Trabajo www.invassat.gva.es