

**COURSE DATA****DATA SUBJECT****Code:** 42690**Name:** Occupational health**Cycle:** Master's Degree**ECTS Credits:** 3**Academic year:** 2025-26**STUDY (S)**

Degree	Center	Acad. year	Period
2124 - Master's Degree in Public Health and Healthcare Management	Facultat de Farmàcia i Ciències de L'alimentació	1	First quarter

**SUBJECT-MATTER**

Degree	Subject-matter	Character
2124 - Master's Degree in Public Health and Healthcare Management	Health protection	COMPULSORY

**COORDINATION**

MARTIN MORENO JOSE MARIA

**SUMMARY**

The aim of this unit is to provide to the student the knowledge, skills and attitudes necessary to carry out surveillance and prevention programmes in relation to the health of workers and the determinants of occupational health. In order to accomplish this aim, first we will present the law framework and the organization of occupational health in general, with a focus on our immediate context. Then, basic concepts and fundamental evidence explaining the relationship between work and health will be discussed. Main activities of surveillance and prevention in relation to exposure to occupational hazards and problems of occupational health in workers will be presented, both at company level and from the responsible institutions. Main epidemiological features of occupational injuries and diseases and work-related incapacity shall be revised too. Finally, main characteristics of research in the field of occupational health will be discussed.

**PREVIOUS KNOWLEDGE****RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE**

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

**OTHER REQUIREMENTS**



None

## COMPETENCES / LEARNING OUTCOMES

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Be able to integrate into teams, both as managers or coordinators and for specific and limited functions and in support of the team or of others.

Capacidad de integrar las nuevas tecnologías en su labor profesional y/o investigadora.

Capacidad para aplicar los conocimientos adquiridos a la resolución de problemas en salud pública.

Capacidad para formular una hipótesis, diseñar y desarrollar un proyecto de investigación.

Capacidad para integrar conocimientos y enfrentarse a la complejidad de formular juicios y tomar decisiones a partir de una información que, en muchas ocasiones es incompleta o limitada, e incluya reflexiones sobre las responsabilidades sociales y éticas vinculadas a la aplicación de sus conocimientos y juicios.

Capacitarlo para trabajar en equipos multidisciplinares reproduciendo contextos reales y aportando y coordinando los propios conocimientos con los de otras ramas e intervinientes.

Comprender los fundamentos de los métodos estadísticos y epidemiológicos, en general y aplicados a problemas específicos de salud.

Conocer la evaluación, comunicación y gestión de los riesgos para la salud en materia de sanidad animal y de seguridad alimentaria.

Conocer los conceptos propios de la medicina preventiva, la epidemiología, y la salud pública, su relación con el contexto socioeconómico y su evolución a lo largo del tiempo.

Conocer los fundamentos de las principales estrategias de prevención de la enfermedad, protección y promoción de la salud actualmente disponibles.

Critically analyze both his/her work and that of the colleagues.

Dotarles de práctica en las técnicas de exposición oral, escrita, presentaciones, paneles, etc- para comunicar sus conocimientos, propuestas y posiciones.

Elaborar planes para analizar la situación de la salud de la comunidad.

Identificar y priorizar los determinantes de salud y los estilos de vida saludable de una población.

Participate in, lead and coordinate debates and discussions, be able to summarize them and extract the most relevant conclusions accepted by the majority.

Poder aplicar sus conocimientos sobre problemas concretos y saber resumir y extraer los argumentos y las conclusiones más relevantes para su resolución.



Saber trabajar en equipo con eficacia y eficiencia, y con capacidad de comunicación social.

Ser competente para intervenir en situaciones de emergencia sanitaria.

Students should apply acquired knowledge to solve problems in unfamiliar contexts within their field of study, including multidisciplinary scenarios.

Students should be able to integrate knowledge and address the complexity of making informed judgments based on incomplete or limited information, including reflections on the social and ethical responsibilities associated with the application of their knowledge and judgments.

Students should communicate conclusions and underlying knowledge clearly and unambiguously to both specialized and non-specialized audiences.

Students should demonstrate self-directed learning skills for continued academic growth.

Students should possess and understand foundational knowledge that enables original thinking and research in the field.

## DESCRIPTION OF CONTENTS

### **1. Regulatory and organizational framework of occupational health**

Reference legislation in occupational health: law on prevention of occupational risks, regulation of the prevention services, specific legislation. Institutional structures in occupational health: health administration, labour administration. The organization of occupational health in the company level. Structures of participation.

### **2. Determinants of health at work**

Work-health relationship. Occupational health risks: physical hazards, chemical hazards, biological hazards, physical load, psychosocial factors.

### **3. Surveillance and prevention activities in occupational health**

Monitoring of the health of workers in the enterprise: individual monitoring, collective monitoring. Protocols for health surveillance. The evaluation of risks at work. Occupational health prevention general strategies.

### **4. Occupational injuries**

Registration of occupational injuries. Statistics of occupational injuries in Spain and, in Comunidad Valenciana. Investigation of accidents in the company. Determinants of occupational injuries. Prevention of occupational injuries.



## 5. Occupational diseases

Basic concepts: occupational diseases, work-related diseases, sickness absence. The system of registration of occupational diseases. Statistics of occupational diseases. Occupational diseases active surveillance systems. Determinants of occupational diseases. Prevention of occupational diseases.

## 6. Research of work-related health problems

Occupational Epidemiology: fundamentals, applications. Other techniques of research in occupational health: qualitative research. Action-research. Study of cases.

### WORKLOAD

#### PRESENCIAL ACTIVITIES

Activity	Hours
Theory	24,00
<b>Total hours</b>	<b>24,00</b>

#### NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	2,00
Individual or group project	10,00
Independent study and work	15,00
Preparation of lessons	9,00
Preparation for assessment activities	10,00
Resolution of case studies	5,00
<b>Total hours</b>	<b>51,00</b>

### TEACHING METHODOLOGY

Theoretical and participative lessons

Reading and discussion of documents

Resolution of practical cases

Problem solving

Supervised work in computer classroom



Supervised work in groups

Projects development

Seminars

Individual tutoring

## EVALUATION

Theory assessment. Minimum weight: 40% Maximum Weight: 40%

Practicum Test. Minimum weight: 30%. Maximum weight: 30%

Assessing individual work, minimum Weighting: 5% Maximum Weight: 15%

Assessing group work. Minimum weight: 5% Maximum Weight: 15%

Attendance and participation in lectures. Minimum weight: 5% Maximum Weight: 15%

Attendance and participation in practical lessons. Minimum weight: 5% Maximum Weight: 15%

Delivery of practical work. Minimum weight: 5% Maximum Weight: 15%

## REFERENCES

- Ruiz-Frutos C, García AM, Delclòs J, Benavides FG, editores. Salud laboral: conceptos y técnicas para la prevención de riesgos laborales. 3ª edición. Barcelona: Editorial Masson; 2007.
- Benavides FG, coordinador. Informe de Salud Laboral. España, 2006. Barcelona: Observatorio de Salud Laboral; 2007.
- García AM. Indicadores de resultados en prevención de riesgos laborales. Arch Prev Riesgos Labor. 2003;6: 114-9.
- García AM, Gadea R, López V. Estimación de la mortalidad atribuible a enfermedades laborales en España, 2004. Rev Esp Salud Pública. 2007;81:261-70.



- García AM, Gadea R. Estimaciones de incidencia y prevalencia de enfermedades de origen laboral en España. Aten Primaria. 2008; 40: 439-45.
- Benavides FG, Velarde JM, López-Ruiz M, Rodrigo F. Una década de éxito en la prevención de las lesiones por accidentes de trabajo en España. Seguridad y Salud en el Trabajo. 2011; 62: 22-7.
- Benavides FG, Maqueda J, Rodrigo F, Pinilla J, García AM, Ronda E, Ordaz E, Ruiz-Frutos C. Prioridades de investigación en salud laboral en España. Arch Prev Riesgos Labor. 2008; 11:98-100.