

Theoretical and practical courses
Ilam University of Medical Sciences

- * Introducing the course of general occupational health
- * Second semester
- * School: Health
- * Department: Public Health
- * Name and course number: General Occupational Safety and Health
- * Field and degree: Bachelor of Public Health
- * Day and time: Wednesday 16-14
- * Venue: Faculty of Health
- * Name of course instructor: Dr. Hojjatullah Kakai
- * Prerequisite courses: No
- * Office Address: School of Health
- * Email Address: hojatkakaei@gmail.com

General purpose of the lesson:

- **Behavioral goals** (behavioral goals have an audience, behavioral verb, degree and criteria and conditions of performance)

Familiarity of public health students with general occupational health and safety

Familiarity with health issues and problems of workers and work environments

Familiarity of students with the necessary skills to comply with occupational safety and health standards in the field of work

- **Student duties** (student homework during the semester)

1- The student must be ready in each session to answer the questions related to the previous sessions.

2- Be active in the class

3- Be active in class discussions

- **Main sources** (observing the principles of source writing and giving an address for their preparation, including library, bookstore, internet ...)

- 1- Alireza Choobineh, Generals of Occupational Health, Shiraz University of Medical Sciences Publications
- 2- Alireza Choobineh, Musculoskeletal Disorders at Work, Shiraz University of Medical Sciences Publications
- 3- Rostam Golmohammadi, Sound and Vibration, Fanavaran Publications
- 4- Gholam Hossein Sanaei, Volumes 1 and 2 of Industrial Toxicology
- 5- Iraj Mohammad Fam, Safety for Engineers
- 6- Samad Ghazaei, Diseases and Complications from Work, University of Tehran (latest edition)
- 7- Sadeghi Naeini, Hassan, Principles of Ergonomics, Fanavaran Publications

• **Teaching methods and teaching aids used:**

- 1- Lecture using Power point
- 2- Description of contents and discussion
- 3- Discussing an issue in each session
- 4- Presenting a conference or research by students

• **Methods and time of assessment and evaluation of the student and the bar related to each evaluation:**

Method	Score	Date	Time
Participate in class activities and questions and answers	2		
Active attendance at training sessions and midterm exams	4		
End of semester exam	14	End of semester	

Lesson rules and expectations from students

- 1- Active participation of students along with observing order and ethics
- 2- Attending the classroom in accordance with the educational rules and regulations of the university
- 3- Familiarity with general occupational safety and health at the end of the semester

Schedule of presentation of general safety and occupational health curriculum for the second semester of 2020-2021

session	topic	Necessary preparation of students before the start of the class

1	Provide lesson plans and syllabi Definitions, concepts, goals and scope of occupational health practice	
2	Introduction, generalities and acquaintance with organizations related to occupational safety and health Occupational health rules and regulations	Prepare for questions and answers from the previous session
3	Introduction of harmful factors in the work environment (physical, chemical, biological, ergonomic, mechanical and psychological)	
4	Methods of measuring and evaluating noise and vibration in the workplace and diseases caused by these factors	
5	Familiarity with the principles of lighting in the workplace, concepts, definitions and relationships	
6	Familiarity with methods for measuring and evaluating light and its diseases	
7	Familiarity with workplace weather conditions, heat stress	
8	Harmful chemical agents in the workplace	
9	Familiarity with sampling methods of pollutants and related diseases	
10	midterm exam	
11	Harmful ergonomic factors in the workplace	
12	Familiarity with the principles of musculoskeletal disorders and diseases related to ergonomic detrimental factors	
13	Work-related mental disorders (shift work, stress)	
14	Familiarity with the principles of industrial toxicology, how to absorb, distribute, metabolism and excretion of toxins in the body,	
15	Health effects of toxins on the body	
16	Occupational diseases at work, definition of types of diseases, characteristics and features of work-related diseases	
17	Familiarity with safety principles and	

	accidents at work	
--	-------------------	--