



Subject card

Subject name and code	Occupational Safety and Ergonomics, PG_00060632						
Field of study	Transport and Logistics						
Date of commencement of studies	October 2024	Academic year of realisation of subject			2024/2025		
Education level	first-cycle studies	Subject group			Obligatory subject group in the field of study		
Mode of study	Full-time studies	Mode of delivery			at the university		
Year of study	1	Language of instruction			Polish		
Semester of study	1	ECTS credits			1.0		
Learning profile	general academic profile	Assessment form			assessment		
Conducting unit	Institute of Ocean Engineering and Ship Technology -> Faculty of Mechanical Engineering and Ship Technology						
Name and surname of lecturer (lecturers)	Subject supervisor	dr Anna Dembicka					
	Teachers	dr Anna Dembicka					
Lesson types and methods of instruction	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	15.0	0.0	0.0	0.0	0.0	15
	E-learning hours included: 0.0						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan	Participation in consultation hours	Self-study	SUM		
	Number of study hours	15	2.0	8.0	25		
Subject objectives	Providing knowledge about the basic principles of ergonomics and safety in the work environment.						
Learning outcomes	Course outcome	Subject outcome			Method of verification		
	[K6_U04] is skilled in self-educating in order to develop his professional qualifications, is prepared to work in an industrial environment, applies the principles of occupational health and safety	The student has acquired the ability to self-educate in order to deepen professional qualifications in an industrial environment. Applies occupational health and safety rules.			[SU2] Assessment of ability to analyse information [SU4] Assessment of ability to use methods and tools [SU5] Assessment of ability to present the results of task		
	[K6_W07] has general knowledge in the field of humanities, social and economic sciences. Knows the principles of creating forms of individual entrepreneurship and running a business, and knows how to protect industrial and intellectual property and copyright law	The student has general knowledge in the area of socio-economic sciences. He learned the rules of running a business and knows the intricacies of copyright law.			[SW3] Assessment of knowledge contained in written work and projects [SW2] Assessment of knowledge contained in presentation [SW1] Assessment of factual knowledge		
	[K6_U71] is able to apply knowledge from humanistic, social, economic or legal sciences in order to solve problems	Using knowledge of socio-economic and legal sciences, the student is able to solve professional and scientific problems.			[SU5] Assessment of ability to present the results of task [SU4] Assessment of ability to use methods and tools [SU3] Assessment of ability to use knowledge gained from the subject		
Subject contents	Characteristics and goals of ergonomics Man in the work process (nervous system, senses, emotions) Work physiology (physical effort, load on the locomotor system) Material factors of the working environment (lighting, colors, microclimate) Anthropometry in ergonomics - determining safety parameters, computer workstation Designing an ergonomic human-machine system Work safety (Labor Code, employee rights and obligations, accidents, occupational diseases) Factors threatening health and/or life in selected work environments (dangerous; harmful - physical, dust, chemical; burdensome) Stress in the work environment and professional predispositions shift work Safe work in a transport company, warehouses, safety signs First aid (cardiopulmonary resuscitation, stopping bleeding, bone and joint injuries, burns)						
Prerequisites and co-requisites							

Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
		lecture - final test	60.0%
Recommended reading	Basic literature	<p>Ejdys, U. Kobylińska, A. Lulewicz-Sas, Zintegrowane systemy zarządzania jakością, środowiskiem i bezpieczeństwem pracy, Oficyna Wydawnicza Politechniki Białostockiej, Białystok 2012.</p> <p>W. Ł. Nowacka, Ergonomia i ergonomiczne projektowanie stanowisk pracy. Warszawa: Politechnika Warszawska 2010.</p> <p>W. Ł. Nowacka, Zagrożenia człowieka w środowisku pracy. Zagrożenia chemiczne biologiczne i pyłowe. Warszawa: Politechnika Warszawska 2011.</p> <p>W. Bakuła, W. Dzierżyńska, BHP w logistyce i spedycji, WSiP, 2023.</p>	
	Supplementary literature	<p>P. Lubaś Piotr, Diagnoza ergonomicznych czynników ryzyka. Szczecin: Państwowa Inspekcja Pracy 2010.</p> <p>W. Oleszak, Kultura bezpieczeństwa w środowisku pracy. Edukacja Humanistyczna 1(26), 2012.</p>	
	eResources addresses	<p>Adresy na platformie eNauczanie:            Bezpieczeństwo pracy i ergonomia (PG_00060632), W, TiL, sem. 1, zimowy 2024/25 - Moodle ID: 40971  <a href="https://enauczanie.pg.edu.pl/moodle/course/view.php?id=40971">https://enauczanie.pg.edu.pl/moodle/course/view.php?id=40971</a></p>	
Example issues/ example questions/ tasks being completed	List of harmful, burdensome and dangerous factors occurring at the warehouse worker's workplace Ways to reduce the risk of exposure to hazards Ergonomics and work quality		
Work placement	Not applicable		

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