

Description of the subject  
“Occupational safety”  
for the list of elective courses.

Specialty	Medicine
Educational level	Master
Terms of study(course)	2
Number of credits	3
Total amount of hours	90
Lectures	10
Practical lessons	20
Individual work	60
Type of final control	credit
Department	Hygiene and ecology

**Why subject is very important in your future?**

It's no secret that all industries including healthcare institutions have safety hazards of some sort. Medical workers are exposed to a large number of different types of concomitant risks (infections, chemical agents, carcinogens, musculoskeletal disorders, accidents, radiation, etc.).

It is starting from getting infectious diseases from patients to even psychological and mental disorders.

Biological hazards can lead to diseases, infections, and other serious health conditions. Mold and fungi, blood and other bodily fluids, bacteria, viruses, sewage, and vermin are all examples of biological hazards.

Chemical hazards can be inhaled as gases or vapors, or come in contact with skin as a liquid or solid. They can cause skin irritation, burns, respiratory problems, blindness, or other serious health complications.

Physical hazards include exposed electrical wiring, falling objects, wet floors, and other conditions that can cause slips, falls, cuts, or other injuries.

Psychological hazards can lead to depression, concentration problems, inattention, or negligence. This type of hazard includes work-related stress, fatigue, harassment, and violence.

Ergonomic hazards put strain on muscles, tendons, and other connective tissues of the body. They can result from bad posture, not using dollies other mechanical assistance, and repetitive or awkward lifting/movement.

The most important aspect of a Occupational Safety is identifying these hazards and ensuring that employees have the training, safety equipment, and other resources needed to work safely and you as a future doctors have to know about all types of this hazards.

Main focus is on protecting employees from accidents, injuries, and exposure to harmful substances.

**What topics will you cover?**

- Preventive medicine that focuses on the relationships among the health of workers, the ability to perform work, the arrangements of work, and the physical, chemical, and social environments of the workplace.
- Identifying and control of work-related disease and injury and seek ways to eliminate and reduce hazards in hospitals and other health-care institutions.
- Norms and requirements to working conditions.
- Social security and social protection of workers.
- Minimisation of the hazard/risk by the design of safe work systems, which include administrative control measures;

- Personal protective methods.
- Improving of efficiency and productivity due to fewer employees missing work from illness or injury.
- Improving employee relations and morale (a safer work environment is a less stressful work environment).
- Vulnerable groups working within the sector — pregnant workers, the young, the old and migrant workers, and where appropriate, specific pre-ventive and protective measures are mentioned in respect of these groups.