Ergonomics and psychology at work

Academic Year: (2019 / 2020) **Review date: 08-05-2020**

Department assigned to the subject: Social and Private International Law Department

Coordinating teacher: IGLESIAS MARTINEZ, VIRTUDES

Type: Compulsory ECTS Credits : 3.0

Year : 1 Semester : 2

OBJECTIVES

Understanding and knowledge of the main concepts, theoretical perspectives, methodology and application of ergonomics.

Understanding of ergonomic, psychosocial and organisational risk assessment systems in addition to the design of systems and products that act as prevention measures.

Ability to perform an indoor air quality diagnosis and subsequently control it.

Understanding and knowledge of the nature and concepts of the different psychosocial aspects in the work environment.
Ability to identify the context in which a psychological conduct or process which must be acted upon takes place in the work environment (harassment, stress, burnout, etc.).

Ability to define organisational factors that may affect the health of workers (shift work, night work, etc.).

DESCRIPTION OF CONTENTS: PROGRAMME

1. Ergonomics: concepts, objectives and methodology.
2. Manual handling of workload: legislation. Study methods. INSHT Technical Guide.
3. Indoor Air Quality: preventive measures, diagnosis and control.
4. Data viewing screens. Applicable legislation, concepts, basic evaluation and preventive measures.
5. Psychosocial risks and factors: characteristics and consequences of psychosocial factors and risks. Preventive measures.
6. Stress and other psychosocial risks: occupational harassment, sexual harassment, burnout, physical violence. Consequences.
7. Legal aspects of psychosocial risks: the situation in Spain and Europe. Legislation regarding the different forms of harassment. Protection against harassment.

LEARNING ACTIVITIES AND METHODOLOGY

Lectures in which the fundamental conceptual contents the student must acquire will be developed. In addition to consulting the necessary manuals and a specific bibliography for certain matters which will be provided at the beginning of the four-month period, the student will be provided, in advance, with materials made by the professor to enable a more in-depth study of topics and the better following of explanations.

These work materials will serve to introduce the debate and discussion of topics of greater interest to the both the professor and students.

Practical workshops in work groups, individual case studies, analysis of videos and other documents of interest, class debates.

Weekly tutoring hours.

ASSESSMENT SYSTEM

The evaluation of continuous academic performance will be worth 40% of the final mark. This will be done in the following manner:

The completion of case studies, workshops, field work and seminars will constitute 30%. The ability of the student to manage the documentation, their ability to resolve and apply quick, correct and efficient responses to the generally unforeseen circumstances that are presented, and their ability in searching for solutions in unregulated situations will be assessed.

Participation in debates, seminars and theory classes in addition to contributions to prior and individual or group work will constitute 10% of the mark.

The final exam will be a test on specific questions, and this will be worth 60% of the final mark. This test will not have less than 50 questions. Any student who has not performed sufficiently well in practicals to have passed them during the course must undertake a practical exam which will be assessed along with the grade from the final exam. This will help to check the student has acquired the established competences.

Percentage weighting of the Final Exam: 60

Percentage weighting of all other forms of assessment: 40

% end-of-term-examination:	60
% of continuous assessment (assigments, laboratory, practicals…):	40