

**Department of Public Health
Institute of Social & Cultural Studies
Faculty of Behavioral & Social Sciences
University of the Punjab, Lahore**

Course Outline

Programme	BS Workplace Health & Safety Promotion	Course Code	WHSP 101	Credit Hours	3
Course Title	Fundamentals of Environment and Occupational Health				

WHSP 101: Fundamentals of Environment and Occupational Health

Course Description

- This course introduces the principles of environmental health and occupational health.
- This course will examine the short- and long-term effects of environmental hazards on worker's health. Students consider their own interactions with natural and human made environments to assess the impact of chemical, physical, biological, and social elements on their health.

Course Objectives

After studying this course, students should be able to:

1. Describe effects of environment on health
2. Identify Enforcement Policy
3. Highlight demands of the Health and Safety Service
4. Inspect Environmental Protection Inspection Service
5. Understand licensing and Regulatory rule

Course Content

1. Introduction to Environment

- Air Pollution
 - Noise Pollution
 - Water Pollution
 - Water Purification
 - Radiation, its Hazards and Prevention
 - Waste Management
2. Ozone Layer Depletion
 - Climate Change and Global Warming

3. Introduction to Occupational Health

- Evolution of Occupational Health (Labor Movements)
- Occupational Health Hazards and its Prevention
- Workplace Safety
- Prevention of hospital based health hazards in hospital workers
- Personal Protective Equipment (PPE)
- Social Security

Teaching-Learning Strategies

Teaching will be a combination of class lectures, class discussions, and group work. Short videos/films will be shown on occasion.

Assignments

The sessional work will be a combination of written assignments, class quizzes, presentation, and class participation/attendance.

Assessments and Examination

Sessional Work: 25 marks

Midterm Exam: 35 marks

Final Exam: 40 marks

Recommended Readings

1. Friis, R. (2012). *Essentials of Environmental Health*. (2 ed.). Burlington, MA: Jones and Bartlett Learning. ISBN#: 9780763778903 (print), 9781449632380 (e-text).
2. Koh, D.(Author) & Takahashi, K. (Ed.) (2011). *Textbook of Occupational Medicine Practice (3rd Edition)*. ISBN-10: 9814329576.
3. Pedro, M. A., João, S. B., Mónica, P. B., Paula, C., Néilson, C., Rui, B. M., Sérgio, M. A., & Gonçalo, P. (2019). *Occupational and Environmental Safety and Health* edited
4. Barry, S. L., David, H. W., Sherry, L. B., & Rosemary, K. S. (2018). *Occupational and Environmental Health: Recognizing and Preventing Disease and Injury 7th edition*.
5. Barry, S. L., David, H. W., Sherry, L. B., & Rosemary, K. S. (2011). *Occupational and Environmental Health: Recognizing and Preventing Disease and Injury 6th edition*.
6. Moore, G. S. (2002). *Living with the earth: Concepts in environmental health science, 2nd Edition*. Boca Raton, FL: Lewis Publishers.
7. Sellers, C. C. (1997). *Hazards of the job: from industrial disease to environmental health science*. Chappel hill: University of North Carolina Press.
8. Vesilind, P. A., & Pierce, J. J. (1983). *Environmental Pollution and Control, 4th Edition* Boston MA: Butter worths Publishers.