

**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 102	Credit Hours	3
Course Title	Introduction to Workplace Health and Safety Promotion				

WHSP 102 - Introduction to Workplace Health and Safety Promotion

Course Description

- This course introduces the student to basic fundamentals of health and safety in the workplace, sound environmental procedures in and around the workplace and home safety.
- It will enable students to review the basic legislations and rules and regulations, government or institution based, governing employee, employer, and public safety and assist the students in identifying personal health and safety concerns.

Course Objectives

After completing this course, students will be able to:

1. Identify health and safety concerns in the workplace, the home, and the environment
2. Interpret existing legislation on health and safety matters.
3. Gain knowledge in designing, implementing, and evaluating effective health promotion strategies and programs, and managing programs in accordance with organizational policies and procedures
4. Create and implement a plan to reduce or eliminate health and safety concerns in the workplace and the surrounding environment.
5. Choose effective incentives & create a supportive healthy and safe environment
6. Demonstrate effective use of core concepts such as employee involvement, health management, programming across all health and safety dimensions, presentism, and work-life balance.

Course Contents

1. Introduction to Health and Safety

- Health and safety
- Workplace health and safety
- Health and safety promotion

- Legislation on Health and Safety
- Strategies to promote individual and organizational health and safety

2. Assessing Health Risks at Work

- Factors Influencing Health Risks
- Workplace Risk Assessment
- Reducing and Eliminating Health & Safety risks

3. Designing layout for safe workplaces

4. Cost effective incentives and supportive safe environment

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. Kirsten.W & Karch.R.C (2001), "Global Perspectives In Workplace Health Promotion", Jones & Bartlett. Edition 1.
2. O'Donnell.M.P (2001), "Health Promotion in the Workplace", Delmar Cengage Learning; 3 edition. International Journal of Workplace Health Management
3. Dhillon, B.S. (2003). Engineering Safety: Fundamentals, Techniques and Applications (Series on Industrial & Systems Engineering) Paperback – Import.
4. Joseph, F. L & Daniel, A. C. (2011). Chemical Process Safety: Fundamentals with Applications (3rd Edition) [Paperback] Paperback.
5. Brauer, R. (1990). Textbook of Safety and Health for Engineers. Online ISBN 9780471750932.
6. Manuele, F.A. (2008). Textbook of Advanced Safety Management. Online ISBN 9781118840900
7. Stewart, J.H (2000). Textbook of Occupational Safety Calculations. Kirsten.W & Karch.R.C (2001), "Global Perspectives In Workplace Health Promotion", Jones & Bartlett. Edition 1.

8. O'Donnell, M. P. (2001), "Health Promotion in the Workplace", Delmar Cengage Learning; 3 edition.
9. International Journal of Workplace Health Management
10. American Journal of Health Promotion.