

Course guide

240817 - 240817 - Workplace Psychosociology II

Last modified: 15/05/2023

Unit in charge: Barcelona School of Building Construction
Teaching unit: 1004 - UB - (ENG)Universitat de Barcelona.

Degree: MASTER'S DEGREE IN OCCUPATIONAL HEALTH AND SAFETY (Syllabus 2016). (Compulsory subject).

Academic year: 2023 **ECTS Credits:** 6.0 **Languages:** Spanish

LECTURER

Coordinating lecturer: Ines Dalmau Pons

Others: Sancho Gómez De Travesedo, Consuelo

DEGREE COMPETENCES TO WHICH THE SUBJECT CONTRIBUTES

Specific:

1. Know the relation between occupational and health safeties.
2. Identify and recognise detection techniques of psychosocial problems and develop intervention plans in front of ill organizations, and recognise the minimum required ergonomic requirements in manual tools.
3. Obtain the capacity to prevent and detect psicosocial problems, adapt the job and coordinate with the medical services to analyse these cases.
4. Know to develop emergency and security plans, make training and information plans assigned to workers, including the detection of needs and establish the evaluating systems and monitoring measures, lay out corrective measures in front of risks of chemical nature, physical or biological; carry out risk evaluations and set out corrective measures related to the physical and mental load at work; make the epidemiologic study design to identify risk factors of occupational nature, apply its basics and manipulation and applications of the main chemical analysis techniques in the hygienic world.
5. Be able to analyse the main health problems related to work.
6. Be able to promote conducts, habits, consumption and health life styles, with the active participation of the workers as main role of the own health. Be able to promote the preventing culture within the company and the creation of health environments.

TEACHING METHODOLOGY

The methodology will consist of face-to-face sessions, with the participation of students and tutorials to solve specific problems of students individually or in groups.

- Team work will be proposed to solve psychosocial problems.
- Mandatory and voluntary reading bibliography (extension) will be proposed
- The Internet search for material and practical cases will be proposed.
- Oral presentations of work will be made to the group of students to facilitate the discussion and comparison of the results.

LEARNING OBJECTIVES OF THE SUBJECT

That the student deepen their knowledge of the psychosocial factors present in organizations, evaluation methodology, health consequences, and the design and implementation of intervention strategies. In addition to:

- Propose strategies and measures for psychosocial intervention.
- Know the main techniques for the detection of psychosocial factors and risks.
- Analyze the relationship of psychosociology with the area of human resources.

STUDY LOAD

Type	Hours	Percentage
Hours large group	54,0	36.00
Self study	96,0	64.00

Total learning time: 150 h

CONTENTS

-PSYCHOSOCIAL RISK FACTORS

Description:

Psychosocial risk factors inherent in work, interpersonal and risk groups.
Review of basic contents related to psychosocial risk factors.

Full-or-part-time: 1h

Theory classes: 1h

-CONSEQUENCES ON HEALTH

Description:

Stress, Burnout, Mobbing, Violence, Post-traumatic stress, Depression.
Methods of assessment of the effects on health.

Full-or-part-time: 42h

Theory classes: 42h

-MENTAL CHARGE

Description:

Mental fatigue: consequences.
Mental load models. ISO 10.075 standard.
Cognitive processes: Sensation, perception, attention, cognition, memory, errors and consequences.
Assessment of mental load.
Redesign of the workplace.

Full-or-part-time: 1h

Theory classes: 1h

-ASSESSMENT METHODS II

Description:

Psychosocial evaluation process: obstacles and opportunities.
Combination of quantitative and qualitative methods, data and observation.

Full-or-part-time: 1h

Theory classes: 1h

-PSYCHOSOCIAL INTERVENTION

Description:

Stress prevention programs.

Collective prevention and individual prevention.

Preventive intervention: obstacles and opportunities.

Exhibition of works.

Related activities:

Exhibition of works.

Full-or-part-time: 1h

Theory classes: 1h

GRADING SYSTEM

The evaluation system is made up of:

- An in-depth work (30%)
- Other activities proposed in class (70%)

BIBLIOGRAPHY

Basic:

- Gil-Monte, Pedro R.. Manual de psicología aplicada al trabajo y a la prevención de los riesgos laborales. Madrid: Pirámide, [2014]. ISBN 9788436831443.
- Salvendy, Gavriel. Handbook of human factors and ergonomics : fundamentals and applications [on line]. 4a ed.. Hoboken, NJ: Wiley, 2012 [Consultation: 29/11/2013]. Available on: <http://site.ebrary.com/lib/upcatalunya/docDetail.action?docID=10546531>. ISBN 9780470528389.
- Díaz, D.; Hernández, E. y Rolo, G. . Carga mental de trabajo. Madrid: Síntesis, 2012.
- MTES-ITSS . Criterio técnico 104/2021, sobre actuaciones de la inspección de trabajo y seguridad social en riesgos psicosociales. Madrid: MTES-ITSS, 2021.
- Garcia-Izquierdo, A (ed) . Ergonomía y psicología aplicada a la prevención de riesgos laborales.. Cátedra Asturias Prevención, 2017.

RESOURCES

Other resources:

Prevention	Technical	Notes	(INSHT):
http://www.insht.es/portal/site/Insht/menuitem.a82abc159115c8090128ca10060961ca/?vgnextoid=db2c46a815c83110VgnVCM100000dc0ca8c0RCRD			