

# 26833 - Ocular Prevention and Ergonomics at Work and in Sports

## Syllabus Information

**Academic Year:** 2020/21

**Subject:** 26833 - Ocular Prevention and Ergonomics at Work and in Sports

**Faculty / School:** 100 - Facultad de Ciencias

**Degree:** 297 - Degree in Optics and Optometry

**ECTS:** 6.0

**Year:** 3

**Semester:** Second semester

**Subject Type:** Optional

**Module:** ---

## 1.General information

### 1.1.Aims of the course

### 1.2.Context and importance of this course in the degree

### 1.3.Recommendations to take this course

## 2.Learning goals

### 2.1.Competences

### 2.2.Learning goals

### 2.3.Importance of learning goals

## 3.Assessment (1st and 2nd call)

### 3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

## 4.Methodology, learning tasks, syllabus and resources

### 4.1.Methodological overview

The learning process of this subject is based on the following:

The subject has a basic character orientation, so that the proposed activities are focused on understanding and assimilation of the main foundations of the prevention of occupational health for future professionals in the optics and optometry.

Eye prevention Work and Sport can take and apply synergistically acquired knowledge and skills on optics and optometry throughout the course of Grado, to identify and analyze the factors of environmental and labor risk that can cause health problems or visual functionality.

In the industry today there are many types of varied and complex jobs. Any professional who is dedicated to advising on visual function need to obtain precise knowledge of the place and working conditions and the requirements for the worker. One of the objectives is to reduce stress in the visual system, resulting as a result in an efficient and safe visual performance. In addition, an assessment of individual skills required to determine if visual skills correspond to the visual needs of the worker. The ultimate goal of this course is to be able to detect the specific visual needs of each profession and workers who are below the required standard eye, the visual capacity relationship with job competition. This requires a general knowledge of the prevention of occupational hazards, labor legislation, promoting eye care and different programs of prevention.

The interest of the subject lies in the range of fields in which it can be applied to professional level and work, since its objective is to encourage the student in applying assimilated knowledge in solving practical problems related to visual ergonomics. It will also promote the application of knowledge to improve visual performance. This course enhances employability work in many industrial sectors.

### 4.2.Learning tasks

The course is structured in 40 hours of theory lectures that will be held in the first quarter. In this period of time the most important aspects of the topics contained in the program will be the subject.

The course is structured in 20 practical hours during the first semester of the academic year alternating with the lectures. Practices will begin a month later than the beginning of classes, to allow time for students to have theoretical knowledge of the subject.

Finally, an oral presentation will take place in the classroom in powerpoint format where the most important points are summarized.

### **4.3.Syllabus**

THEME 1. BASICS IN OCCUPATIONAL HEALTH. RISK AND HEALTH. ERGOPTALMOLOGIA. HISTORICAL BACKGROUND. OBJECTIVES AND FUNCTIONS

THEME 2: LEGAL FRAMEWORK OCCUPATIONAL HEALTH AND PREVENTION OF OCCUPATIONAL HAZARDS. OCCUPATIONAL MEDICINE AND HEALTH SURVEILLANCE OF WORKERS. SPECIALTIES PREVENTION

THEME 3. LEGAL FRAMEWORK IN OCCUPATIONAL HEALTH. SPANISH HEALTH ORGANIZATION IN OCCUPATIONAL HEALTH AND SAFETY AT WORK

THEME 4. LEGAL FRAMEWORK OCCUPATIONAL HEALTH AND RISK PREVENTION III. CONCEPT OF OCCUPATIONAL ACCIDENTS AND DISEASE. SITUATIONS ARISING

THEME 5. WORK-RELATED EYE DISEASES. NEW LINES OF ACTION IN THE EUROPEAN COMMUNITY

THEME 6. OCULAR PATHOLOGY AND CHEMICAL RISKS. ACCIDENTS CAUSTICS

THEME 7. OCULAR PATHOLOGY BY PHYSICAL AGENTS IN THE WORKPLACE. EVALUATION AND CONTROL. DATA DISPLAY SCREENS

THEME 8 PATHOLOGY BY BIOLOGICAL AGENTS IN THE WORKPLACE

THEME 9: EYE HEALTH AND PSYCHOSOCIAL RISKS. EVALUATION AND PREVENTION

THEME 10 FIRST AID ISSUE IN OPHTHALMOLOGY. EYE ACCIDENTS. SUPPLEMENTARY TESTS

THEME 11 OPTICAL AND SPORTS MEDICINE

THEME 12. PROFESSIONAL AND OPTICAL RISKS. MEDICAL HISTORY WORK

### **4.4.Course planning and calendar**

#### **Schedule sessions and presentation of works.**

The course will consist of 40 lectures and 20 practical ..

The course is structured in 20 hours of contact practices during the first semester of the academic year alternating with the lectures .. Practical begin approximately one month later than the beginning of the lectures to allow time for students to have theoretical knowledge the subject so they can take cases that are presented in practice.

The practical cases will be provided by the teacher throughout the semester on paper or computer and be resolved and discussed in class. The oral presentation of student work will be in December. The deadline for written presentation of autonomous student work date will be the first school day of January .

### **4.5.Bibliography and recommended resources**