

Course description

University : <i>University of Prešov</i>	
Faculty/university workplace : <i>Faculty of Health Care</i>	
Code : 6KDH/ERGPC/24	Course title : Work Ergonomy
Type, scope and method of educational activity: Type of educational activity: <i>Lecture</i> Scope of educational activity: <i>1 hour per week 13 per semester</i> Method of educational activity: <i>Attendance</i>	
Number of Credits : 2	
Recommended semester : <i>1st year ST</i>	
Study grade: <i>Bachelor</i>	
Prerequisites:	
Conditions for passing the course: Form of assessment: Final evaluation: <i>The course is completed by examination. During the semester, the student will prepare, present and hand in a seminar paper on the topic of ergonomics, ergonomics of work, environment (20% of the evaluation). During the examination period, the student will take a knowledge test (30% of the evaluation) and an oral examination (50% of the evaluation). The student must obtain at least 90.00% for grade A, 89.99-80.00% for grade B, 79.99-70.00% for grade C, 69.99-60.00% for grade D, and 59.99-50.00% for grade E. A student scoring 49.99% or less will be graded with a grade of FX. The final grade will be calculated as the average of the seminar paper grade, the knowledge test grade, and the oral response grade.</i> Student Load : <i>Class participation: 13 hours of student preparation - direct course load</i> <i>Seminar paper - 5 hours of student preparation - indirect workload</i> <i>Independent study and exam preparation 12 hours - indirect workload</i>	
Learning outcomes : <i>Upon completion of the course, students will be able to:</i> Knowledge : <ul style="list-style-type: none"> - Define and interpret in their own words the basic knowledge of occupational ergonomics, environmental ergonomics in dental practice, - describe an ergonomically correct dental and dental hygiene practice, - describe and recommend ergonomically appropriate dental hygiene instruments and devices - describe the ergonomically correct use of instruments and devices in patient work, - describe the ergonomic positions of the patient in treatment, the position of the attendant, the position of the light, - prepare an ergonomic tray system, - describe the consequences of inappropriate ergonomics, - recommend appropriate exercises for relaxation and strengthening of stressed muscles after treatment, - recommend appropriate exercises to relax the spine after treatment, - recommend appropriate post-treatment eye, upper and lower limb exercises. Skills : <i>The student is able to</i> <ul style="list-style-type: none"> - apply the knowledge of ergonomics in daily practice - use the knowledge - identify and use the most appropriate tools, equipment and devices in relation to ergonomics in the DH practice Competencies : <ul style="list-style-type: none"> - make independent decisions about ergonomic positioning during work - design and address ergonomics in own practice 	

Course content:

Ergonomics, definition, ergonomic companies, legal analysis of the current legislation in the field of ergonomics, provision of complete services in the assessment of the workload of workers in terms of work physiology and ergonomics in accordance with the current legislation of the Slovak Republic. Ergonomics in dental practice. Work efficiency, hygiene at work. Unit. Storage of material - so-called tray system. Lighting of the dental clinic. Determination of the position of the attendant and the patient. Position of the attendant. Position of the attendant in sitting position. Active or passive sitting. Attendant standing position. Patient position. Position of the light. Attendant-patient interposition. Activity zones. Determination of the position for individual sections of the dentition. Zones of activity for right and left-handed attendants. Zone of assisting, static, transport. Laboratory of ergonomic exercises: types of exercises in teaching instrument work. Finger training for proper fulcrum posture. Strengthening of finger muscles. Consequences of improper tool holding - types of damage at work. Relaxation of neck and spine muscles.

Literature :

1. Koval', A. a kol.: Ergonómia práce v ambulancii dentálneho hygienika, v príprave do tlače r. 2022
2. Koval'ová, E., Koval', A., Zdarileková, A., Novák, B.: Ergonómia práce v zubolekárskej praxi. Prešov: Prešovská univerzita v Prešove, FZ PU, Tlač: Grafotlač Prešov, 2006
3. Koval'ová, E.: Základná sada nástrojov v práci dentálnej hygieničky. 2004, CD – Skriptá
4. Koval'ová, E. a kol.: Orálna hygiena I. Prešov: Vydavateľstvo P. Šidelský Akcent Print, 2006
5. Slovenská ergonomická spoločnosť (SES): <http://ergonomicka.sk/SES/>
6. The International Ergonomics Association (IEA): <https://iea.cc/>

Language which is necessary to complete the course: english**Notes :**

The student is obliged to attend 80% of the specified lectures and 90% of the specified practicals. The conditions for the semester thesis are published on the FZO PU website under the instructions for students in the section "Education and specialisations". For students with specific needs, an individualized approach is provided based on the recommendation of the faculty coordinator for students with specific needs. Instructions on how to complete the assignment are posted on the faculty's website: <https://www.unipo.sk/public/media/26637/Pravidla-hodnotenia-zataze-studenta.pdf>

Course evaluation:

A	B	C	D	E	FX

Lecturers :

MUDr. Eva Koval'ová, PhD., guarantor, PhDr. Alexander Koval', PhD., co-guarantor, lecturer, examiner

Date of last change:

31.03.2024

Approved by : doc. MUDr. Eva Koval'ová, PhD. – guarantor