Universität Zürich[UZH]

UNIL | Université de Lausanne

Continuing Education

Work+Health

2024

Diploma of Advanced Studies

**Faculty of Medicine, University of Zurich,
in Cooperation with
Faculty of Biology and Medicine,
University of Lausanne**

Here you get the latest information.

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Monica Eggler; University of Lausanne; program administration

Willkommen

Willkommen zu unserem interdisziplinären Nachdiplom-Studiengang im Bereich Arbeit und Gesundheit. Unser Programm umfasst die beiden Fachvertiefungen Arbeitsmedizin und Arbeitshygiene, als auch die Arbeitsergonomie.

Arbeit setzt Menschen zahlreichen Anforderungen und Gesundheitsgefahren aus – gleichzeitig kann sie auch wichtige Ressourcen für die Erhaltung der Gesundheit bieten. Beiden Dimensionen gerecht zu werden bedingt ein fundiertes Verständnis der physiologischen, psychologischen und sozialen Aspekte. Unter anderem werden sie durch den Arbeitsplatz, die jeweiligen Organisationsstrukturen, das Management und durch soziale Faktoren beeinflusst. Unser Nachdiplomstudiengang will Sie in die gegenwärtigen und zukünftigen Gesundheitsbedürfnisse der arbeitenden Bevölkerung einführen. Ferner werden Ihnen praktische Fertigkeiten vermittelt, um arbeitsbezogene Gesundheitsbeschwerden zu verhindern und um die Gesundheit am Arbeitsplatz zu fördern.

Dieses interdisziplinäre und breit gefächerte Programm hat zum Ziel, Sie zu einer motivierten und gut qualifizierten Fachperson im Bereich Arbeit und Gesundheit auszubilden.

Um das zu erreichen, werden Ihnen sowohl die notwendigen theoretischen Grundlagen als auch die praktischen Fertigkeiten nach neuestem internationalem Standard vermittelt. In den Grundlagen-Modulen werden Themen behandelt, die Arbeitsmediziner:innen und Arbeitshygieniker:innen betreffen. Diese werden in den jeweiligen Fach-Modulen vertieft. Die gemeinsame Bearbeitung von Fallstudien und Gruppenarbeiten zu typischen Arbeitsplatzsituationen sind dabei wichtige didaktische Mittel, um erworbenes Wissen und Können zu erproben und zu festigen. Die Anwendung in der Praxis findet in der abschliessenden Projektarbeit ihren Höhepunkt. Hier beweisen Sie in interdisziplinären Kleingruppen, dass Sie sowohl als eigenständiger Spezialist als auch im Team reale Problemstellungen im Bereich Arbeit und Gesundheit erfolgreich lösen können.

Wir sind überzeugt, Ihnen mit diesem interaktiven Weiterbildungsprogramm eine gute Kombination aus angeleitetem Selbststudium, Präsenzunterricht, Erfahrungsaustausch und Exkursionen bei diversen Firmen zu bieten, damit Sie die komplexen Anforderungen in der Praxis im Bereich Arbeit und Gesundheit erfolgreich meistern.

Ihre Studiengangkommission,
David Vernez, Universität Lausanne
Holger Dressel und
Sven Hoffmann, Universität Zürich
DAS Work+Health

Bienvenue

Bienvenue dans notre programme d'enseignement postgrade interdisciplinaire en santé au travail. Celui-ci inclut deux voies de spécialisation à choix, en médecine du travail et en hygiène du travail, ainsi que l'ergonomie du poste de travail.

Le Travail expose les personnes actives à de nombreuses contraintes et dangers pour la santé, mais leur fournit également des possibilités d'épanouissement personnel. S'intéresser à ces deux aspects nécessite à la fois une compréhension de l'individu et des facteurs physiologiques, physiques et sociaux qui sont influencés par les pratiques managériales et une compréhension du contexte organisationnel et sociétal plus large. Notre programme a pour objectif de vous informer sur les besoins en santé actuels et futurs de la population active, de vous fournir les compétences pratiques qui permettront de prévenir les problèmes de santé liés au travail, et de promouvoir la santé au travail. Ce cursus vise à former la génération future de spécialistes hautement qualifiés en santé et sécurité au travail.

Pour atteindre cet objectif, le DAS Work+Health permet aux étudiants d'acquérir de solides connaissances académiques, et des compétences et outils de bonne pratique dans le domaine. Dans les modules communs aux deux spécialisations, les étudiants peuvent se familiariser avec les perspectives et procédures transversales. Ces acquis et réflexions sont ensuite approfondis dans les modules de spécialisation. Les échanges continus entre les étudiants et les intervenants des deux disciplines garantissent la mise en pratique des connaissances tout au long du programme. Ce transfert de savoir et de savoir-faire se concrétise tout particulièrement dans le projet interdisciplinaire qui clôture le programme. Lors de ce projet qui prend la forme d'un travail de groupe, vous vous mettez en situation réelle d'analyse et de résolution d'une problématique de santé au travail, ce qui vous permettra de mettre en application les connaissances et compétences acquises dans le programme.

Nous sommes convaincus que le format d'enseignement offert par le DAS Work+Health, à savoir des cours magistraux interactifs associés à des travaux accompagnés à distance, des enseignements dispensés par des experts dans leur domaine, et l'expérience professionnelle préalable des participants, offre un environnement de formation enrichissant, dynamisant et efficace. Nous vous invitons à rejoindre cette aventure intellectuelle et formatrice, que vous soyez novice dans le domaine de la santé au travail ou que vous en ayez déjà une certaine expérience. Rejoignez le DAS Work+Health et devenez un acteur majeur du réseau de santé et sécurité au travail.

David Vernez, Université de Lausanne;
Holger Dressel et
Sven Hoffmann, Université de Zurich
Comité d'enseignement du DAS Work+Health

Welcome

Welcome to our interdisciplinary postgraduate program in work and health. Our program integrates the two specializations occupational medicine and occupational hygiene, as well as workplace ergonomics.

Work exposes employees to numerous demands and health hazards – but at the same time provides an array of health-promoting resources. Addressing both requires an understanding of individuals and the physiological, psychological, and social aspects that are influenced by management practices and the broader organizational and societal context. Our program aims to introduce you to the current and future health needs of the working population as well as training practical skills to prevent work-related health problems and promote positive health at work. This broad-based education will create the next generation of dedicated, highly qualified work and health specialists.

To achieve this aim, the program provides students with both a strong academic foundation and best-practice skills and tools. During the joint modules, students will become acquainted with common perspectives and procedures across disciplines, complemented by in-depth knowledge in the specialization courses. Continuous mutual exchange among students and lecturers in the different specialization areas ensures an ongoing application of knowledge to practice throughout the program. This knowledge transfer culminates in a project assigned to small interdisciplinary groups of students at the end of the program. During this group work, you will demonstrate your acquired knowledge and skills in solving real-life work and health issues in the field.

Overall, we are convinced that the combination of highly interactive on-campus courses, complementary guided distance learning, expert lecturers and the participants' prior on-the-job experience will provide a fruitful and enriching learning environment. We welcome you to this learning experience – regardless of whether you are newly interested in work and health issues or already have experience in the field. Join the work and health postgraduate program and become an important player in the work and health community.

Yours sincerely,
David Vernez, University of Lausanne;
Holger Dressel and
Sven Hoffmann, University of Zurich
DAS Work+Health Program Commission

Programmübersicht

Ziel

Der Diplomstudiengang DAS Work+Health ist ein gemeinsames Weiterbildungsprogramm der Universität Zürich und der Université de Lausanne. Basierend auf 30 Jahren Erfahrung vermittelt der Studiengang fundierte theoretische und praktische Kenntnisse und Fähigkeiten in verschiedenen Bereichen der Arbeitsmedizin und Arbeitshygiene. Das vielfältige Programm umfasst ein breites Angebot an interdisziplinären Grundlagen im Bereich Arbeit und Gesundheit, sowie fachspezifische Kenntnisse und praktische Fertigkeiten im Bereich Arbeitsmedizin und -hygiene. Der praxisorientierte Studiengang vermittelt sowohl fachliche Grundlagen nach aktuellen Erkenntnissen als auch fachspezifisch-praktische, methodische sowie soziale Kompetenzen. Er verbindet weiter die arbeitsbezogene Gesundheit mit Aspekten des Managements und der Arbeitsorganisation. Die fachübergreifende Zusammenarbeit wird durch ein vielfältiges Lehrangebot in modularem Aufbau und durch eine abschliessende Gruppenarbeit gefördert.

Beschreibung

Das fachübergreifende Weiterbildungsprogramm vermittelt Ihnen fundierte theoretische und praktische Kenntnisse und Fähigkeiten in verschiedenen Bereichen der Arbeitsmedizin und -hygiene. Das Lehrangebot beinhaltet Grundlagen, welche die erfolgreiche Umsetzung von Arbeitssicherheit und Gesundheitsschutz im Unternehmen sichern. Dazu gehören z. B. die Prävention von berufsbezogenen Erkrankungen, das Management von arbeitsbezogenen Expositionen oder der interdisziplinäre Gesundheitsschutz am Arbeitsplatz. Der DAS Work+Health ist eine berufsbegleitende universitäre Weiterbildung. Der durchschnittliche Zeitbedarf entspricht einem Beschäftigungsgrad von ca. 20 bis 30 %.

Zielgruppe

Der DAS Work+Health richtet sich an alle an Arbeit und Gesundheit interessierte Personen, die ihre Fachkenntnisse und praktischen Kompetenzen in einem interdisziplinären Umfeld erweitern und vertiefen möchten. Um den universitären Abschluss erlangen zu können, sollten Sie über eine hochschulbasierte Ausbildung im Bereich Medizin, Naturwissenschaften oder verwandte Gebiete, sowie über Berufserfahrung verfügen.

Zulassungskriterien

Die Studierenden verfügen über einen Hochschulabschluss auf Masterstufe sowie Berufserfahrung. In Ausnahmefällen können Personen mit einem Hochschul-Bachelor sowie spezifischer Berufserfahrung oder einer gleichwertigen Qualifikation zugelassen werden. Anmeldungen für einzelne Module werden in der Reihenfolge ihres Eingangs gerne berücksichtig, sofern es noch freie Plätze gibt.

Sprache

In den meisten Grundlagen (C-)-Modulen und in allen Fachvertiefungs-Modulen ist die Unterrichtssprache Englisch. Drei Grundlagen-Module werden sowohl auf Deutsch als auch auf Französisch angeboten. Gruppenarbeiten und Diskussionen können je nach Sprachkompetenz in der Gruppe gerne in den Schweizer Landessprachen geführt werden. Die interdisziplinäre Abschlussarbeit wird in der Geschäftssprache des jeweiligen beauftragenden Unternehmens verfasst.

Abschluss/ECTS Credits

Diploma of Advanced Studies UZH UNIL in Work+Health (30 ECTS Credits)

Promotionsordnung

Jedes Modul besteht in der Regel aus einer vorbereitenden Hausaufgabe, der Präsenzunterrichts-Phase und der praktischen Anwendung des Gelernten in einer Modulprüfung.

Akkreditierung

Anerkennung durch die Schweizerische Gesellschaft für Medizin (FMH), die Schweizerische Gesellschaft für Arbeitsmedizin (SGARM) und die Schweizerische Gesellschaft für Arbeitshygiene (SGAH) für die Facharztausbildung Arbeitsmedizin respektive die Ausbildung zum Arbeitshygieniker.
Der Studiengang wird turnusmässig vom BAG auditiert und akkreditiert und erfüllt die Voraussetzungen, um Ärzt:innen, Ingenieur:innen und Naturwissenschaftler:innen zu ASA-Spezialisten auszubilden. Der Studiengang ist ferner bei der internationalen Gesellschaft für Arbeitshygiene-Ausbildung (OHTA) akkreditiert. Zudem ist der DAS Arbeit+Gesundheit akkreditiertes Mitglied des Verbundes Swiss School of Public Health (SSPH+).

Trägerschaft

Universität Zürich, Medizinische Fakultät, Dr. Holger Dressel und Prof. Dr. Milo Puhan; und Universität Lausanne, Faculté de Biologie et Medicine, Prof. Dr. David Vernez

Leitender Ausschuss

Prof. Dr. Milo Puhan, Universität Zürich; Dr. Holger Dressel, Universität Zürich; Prof. Dr. Georg Bauer, Universität Zürich; Prof. Dr. David Vernez, Universität Lausanne; Dr. Anja Zyska Cherix, Suva

Beirat

Expertinnen und Experten aus dem Bereich Arbeit und Gesundheit, bzw. Vertreterinnen und Vertreter der schweizerischen Berufsverbände für Arbeitsmedizin (SGARM, SGAH, SwissErgo), der schweizerischen Unfallversicherung (SUVA) und der Eidgenössischen Koordinationskommission für Arbeitssicherheit (EKAS). Zusätzlich Delegierte der beteiligten Hochschulen.

Daten

29. Januar 2024 bis 10. Januar 2026 (4 Semester). Die Module dauern zwei bis zehn Tage und werden grundsätzlich von Montag bis Freitag durchgeführt.

Kursort

Zentrum für Weiterbildung in Zürich-Oerlikon (www.zwb.uzh.ch) und Unisanté in Epalinges-Lausanne. Zusätzlich werden Firmenbesichtigungen und begleitende Projekte in verschieden Betrieben in der Schweiz durchgeführt.

Kosten

CHF 22'000.– (CHF 680.– pro Tag für einzelne Kurse/Module)

Anmeldung/Website

Bitte laden Sie das Antragsformular unter www.mas-workandhealth.uzh.ch herunter und senden Sie es an das Verwaltungsteam.

Administration

– Sven Hoffmann, Programmleiter, sven.hoffmann@uzh.ch
– Andrea Frederick, Administration UZH, andrea.frederick@uzh.ch
– Monica Eggler, Administration UNIL, monica-maria.eggler@unisante.ch

Présentation du programme

But

Le Diploma of Advanced Studies Work+Health (DAS) est un programme de formation postgrade organisé conjointement par l'Université de Zurich et l'Université de Lausanne. Fort de près de 30 ans d'expérience dans le domaine, ce programme offre un enseignement académique de haut niveau en médecine du travail en hygiène du travail et sur les thématiques associées.
Le DAS Work+Health permet d'acquérir un savoir-faire pratique et approfondi avec la mise en application des acquis en situation réelle. Il fait le lien entre les défis de santé au travail et les pratiques managériales et plus largement avec le contexte organisationnel de l'entreprise. Les participants se familiarisent avec les perspectives et approches transversales aux deux disciplines dans des modules communs. La collaboration interdisciplinaire se concrétise tout particulièrement dans un projet de fin d'étude à réaliser en groupe.

Objectif

Ce programme interdisciplinaire permet d'acquérir de solides connaissances et compétences en santé et sécurité au travail. Il permet de développer les qualifications nécessaires pour diagnostiquer, gérer et supprimer les risques professionnels, et promouvoir la santé au travail. Le cursus complet nécessite une présence en classe à temps partiel et un investissement supplémentaire de 20 à 30% sur le temps de travail.

Public cible

Les études DAS Work+Health s'adressent aux personnes avec une formation académique en médecine, sciences naturelles, psychologie ou dans un domaine similaire, et avec de l'expérience professionnelle, qui souhaitent élargir leurs compétences professionnelles dans un environnement d'apprentissage interdisciplinaire.

Conditions d'admission

Les candidats doivent être titulaires d'un diplôme de Master et avoir une expérience professionnelle confirmée. Dans des cas exceptionnels, les candidats avec un diplôme de Bachelor et une expérience professionnelle pertinente peuvent être admis. Dans la mesure où la capacité le permet, les inscriptions aux différents modules peuvent également être prises en compte dans l'ordre de leur arrivée. Un nombre limité de places est disponible à cet effet.

Langues

Les cours seront principalement dispensés en anglais. Trois modules de base sont proposés en allemand et en français. Les travaux de groupe et les discussions peuvent également se dérouler dans les langues nationales suisses, en fonction des compétences linguistiques du groupe. Le rapport du projet de fin d'étude doit être rédigé dans une langue officielle de l'entreprise dans laquelle se déroule le projet.

Diplôme délivré/Crédits ECTS

«Diploma of Advanced Studies in Work+Health/Diplôme de formation continue en santé au travail», délivré par les Universités de Zurich et de Lausanne. Le DAS Work+Health permet l'octroi de 30 crédits ECTS, qui correspondent à 900 heures de formation environ (enseignements et travaux personnels) sur 4 semestres.

Conditions d'évaluation

Chaque module comprend généralement un travail préparatoire à réaliser chez soi (pre-assignment), des cours en classe et un examen final.

Accréditation/reconnaissance

Les modules du DAS Work+Health sont reconnus par l'Institut Suisse pour la Formation Médicale postgraduée et continue (ISFM-FMH) pour l'obtention du titre de spécialiste en médecine du travail, et par la Société Suisse d'Hygiène du Travail (SSHT/SGAH) pour l'obtention du titre d'hygiéniste du travail SSHT. Le programme est également accrédité par l'International Occupational Hygiene Training Association (OHTA). Pour les médecins, ingénieurs et experts en sciences naturelles, le DAS Work+Health remplit les critères de formation pour devenir spécialiste de la sécurité et de la santé au travail en Suisse. Enfin, la Fédération Suisse des Psychologues (FSP) accrédite les modules du DAS Work+Health comme module de formation continue pour les psychologues.

Gouvernance

Université de Zurich, Faculté de Médecine, Dr. Holger Dressel et Prof. Dr. Milo Puhan; Université de Lausanne, Faculté de Biologie et de Médecine, Prof. Dr. David Vernez

Conseil d'administration

Dr. Holger Dressel, Prof. Dr. Milo Puhan et Prof. Dr. Georg Bauer, Université de Zurich; Prof. Dr. David Vernez, Université de Lausanne; Dr. Anja Zyska Cherix, Suva

Conseil consultatif

Le conseil consultatif est composé de spécialistes en santé et sécurité au travail, dont des représentants des universités partenaires, des associations professionnelles de santé et sécurité au travail (SGARM/SSMT, SGAH/SSHT, SwissErgo), de la Caisse nationale suisse d'assurance-accidents (Suva), et de la Commission Fédérale de coordination pour la Sécurité au Travail (CFST).

Dates

Le DAS Work+Health débute le 29 janvier 2024 et se termine en janvier 2026 (4 semestres). Les modules durent de 2 à 10 jours et se déroulent du lundi au vendredi. Toutefois des changements de dates peuvent avoir lieu.

Lieux des cours

Les cours ont lieu au Centre de Formation Continue de Zurich-Oerlikon (www.zwb.uzh.ch) et à Unisanté à Epalinges-Lausanne. Les visites de poste et les projets associés au programme, peuvent cependant se dérouler dans différents lieux en Suisse.

Frais d'inscription

CHF 22'000.– (par module suivi individuellement: CHF 680.– par jour)

Inscription/Website

Veuillez télécharger le bulletin d'inscription à l'adresse suivante:
www.mas-workandhealth.uzh.ch et l'envoyer à l'équipe administrative

Administration

– Sven Hoffmann, Program Manager, sven.hoffmann@uzh.ch
– Andrea Frederick, Administration UZH, andrea.frederick@uzh.ch
– Monica Eggler, Administration UNIL, Monica-Maria.Eggler@unisante.ch

Program Overview

Aim The Diploma of Advanced Studies (DAS) Work+Health is a joint program of the University of Zurich and the University of Lausanne. Based on almost 30 years of training experience, the DAS Work+Health offers firm theoretical knowledge and profound practical skills in Occupational Medicine and Occupational Hygiene as well as related topics. The comprehensive, interdisciplinary program conveys common knowledge and perspectives as well as specialized, transfer-oriented approaches to work and health. DAS Work+Health combines high scientific academic standards and best-practice methods with practical implementation in work settings. It links occupational health to management practices and places the issue in a broader organisational context. Interdisciplinary collaboration is fostered by a range of shared modules and a final, interdisciplinary group project.

Objective This interdisciplinary postgraduate program provides profound knowledge about work and health. Skills are trained. It fosters competences in diagnosing, managing, and eliminating work-related health hazards and promoting health at work. The entire study program requires part-time on-campus presence allowing an overall additional workload of 20–30%.

Target group DAS Work+Health is tailored for individuals with an academic background in medicine, natural sciences, or related fields with professional experience, who will like to broaden their professional competencies in an interdisciplinary learning environment.

Admission Participants are required to hold a Master's degree and professional experience. In exceptional cases, applicants with a Bachelor's degree and specific professional experience may be admitted. As far as capacity allows, registrations for single modules can also be taken on a first-come, first-served basis. Limited number of places are available for this purpose.

Language Lessons will be taught mainly in English. Three common modules will be offered in German as well as in French. Group work and discussions can also be held in the Swiss national languages, depending on the language competence of the group. The final interdisciplinary project work will be written in the official language of the individual company hosting the project work.

Degree/ECTS Credits Diploma of Advanced Studies UZH and UNIL in Work+Health. It comprises 30 ECTS Credits, equaling a workload of approx. 900 hours of total study time, to be achieved during the 4 semesters of the program.

Assessment regulations Each module typically comprises preparatory homework (pre-assignment), a campus phase and practical application of both phases in a final assessment (exam).

Accreditation The DAS Work+Health as well as each module are recognized by the Swiss Medical Association (FMH) for accreditation as Occupational Medicine FMH and the Swiss Society of Occupational Hygiene (SGAH) for national accreditation as Occupational Hygienist SGAH. The program is further acknowledged by the international Occupational Hygiene Training Association (OHTA). For physicians, engineers and natural scientists, the DAS meets the requirements for recognition as an ASA specialist in Switzerland (ASA=Arbeitsärztinnen/Arbeitsärzte und andere Spezialistinnen/Spezialisten der Arbeitssicherheit). Furthermore, the DAS Work+Health is accredited member of the Swiss School of Public Health (SSPH+).

Governance University of Zurich, Faculty of Medicine, Dr. Holger Dressel and Prof. Dr. Milo Puhan; and University of Lausanne, Faculty of Biology and Medicine, Prof. Dr. David Vernez

Leading Board Prof. Dr. Milo Puhan, University of Zurich; Dr. Holger Dressel, University of Zurich; Prof. Dr. Georg Bauer, University of Zurich; Prof. Dr. David Vernez, University of Lausanne; Dr. Anja Zyska Cherix, SUVA

Advisory Board The Advisory Board consists of work and health specialists, e.g. delegates from the professional work and health associations (SGARM, SGAH, SwissErgo), the Swiss occupational accidents insurance company (SUVA), and the Federal Coordination Commission for Occupational Safety (EKAS). In addition, delegates from the cooperating universities will contribute to our advisory board.

Dates DAS Work+Health starts 29 January 2024 and ends in January 2026 (4 semesters). The modules last from 2 to 10 days. Lectures are given from Monday to Friday. Please note that dates may change. Updated information will be provided on: www.mas-workandhealth.uzh.ch.

Location Campus lectures will be held at the Center for Continuing Education in Zurich-Oerlikon (www.zwb.uzh.ch) and at Unisanté in Epalinges-Lausanne. In addition, site visits and accompanying projects may take place at different sites in Switzerland.

Costs CHF 22 000.– (Single module fee: generally CHF 680.– per day)

Application/Website Please download the application form at: www.mas-workandhealth.uzh.ch and send it to the administration team

Administration
– Sven Hoffmann, Program Manager, sven.hoffmann@uzh.ch
– Andrea Frederick, Administration UZH, andrea.frederick@uzh.ch
– Monica Eggler, Administration UNIL, Monica-Maria.Eggler@unisante.ch

Curriculum Overview

Overview

The Diploma of Advanced Studies (DAS) in Work+Health integrates Occupational Medicine (OM) and Occupational Hygiene (OH), as well as workplace ergonomics. The interdisciplinary DAS Work+Health program consists of common and specialised modules. DAS Work+Health students may select one of these disciplines based on their educational and professional background and personal interest. You have the privilege of taking two additional modules in the other discipline without additional costs.

Common modules (C1 to C10)

Topics and practical approaches for both disciplines are introduced in the common modules.
The DAS Work+Health program emphasizes interdisciplinary group work, discussion rounds, and case studies.

Specialised modules

The specializations of DAS Work+Health are:
– Occupational Medicine (OM1 to OM5)
– Occupational Hygiene (OH1 to OH5)
Besides lectures and group work, you will also visit work sites to practice your skills and enhance your knowledge.

Group project (C11)

In the last module, the group work of C11, you will work in an interdisciplinary group in industry. Here you will be able to demonstrate your ability to transform your newly acquired knowledge into practice.

Supported and sponsored by EKAS

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Eidgenössische Koordinationskommission für Arbeitssicherheit EKAS
Commission fédérale de coordination pour la sécurité au travail CFST
Commissione federale di coordinamento per la sicurezza sul lavoro CFSL

Member of SSPH+

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SWISS SCHOOL OF PUBLIC HEALTH +

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Introduction to the field of work and health
C1


David Vernez


Holger Dressel

Aim	Become acquainted with the class, program road map, and work and health issues from different perspectives. Upon completion of the course, students will be able to: • Contribute actively to the learning process and use the learning platform • Distinguish levels of analysis and perspectives of various work and health disciplines • Define work and health problems drawing on an interdisciplinary approach • Describe the network of actors in the field of work and health
Contents	• Introduction to DAS Work+Health • Structure, goals, and learning principles of the interdisciplinary study program • Work and health policy (in Switzerland and Europe) and stakeholders • Multidisciplinary perspectives (medicine, psychology, sociology, engineering, etc.) • Role of different actors and professions in the field of work and health • Models of health (physical, mental, social health) and diseases
Methods	Lectures; Group work; Discussion round
ECTS credits	1 ECTS credit = approx. 30 hours of workload including 24 hours of on-campus lectures and 7 hours of module 's exam
Target audience	Students in the DAS Work+Health program only
Module manager	• Holger Dressel; University of Zurich, Epidemiology, Biostatistics and Prevention Institute • David Vernez; University of Lausanne, Unisanté, Département Santé au Travail et Environnement
Administration	Monica Eggler; monica-maria.eggler@unisante.ch Andrea Frederick; andrea.frederick@uzh.ch
Dates and location	29–31 January 2024 in Zurich
Fee	Only for DAS Work+Health students
Registration deadline	22 December 2023

Risiken beurteilen
C2


Giulia Basso


Sven Hoffmann

Ziel	Dieses Modul instruiert die Teilnehmenden in den Bereichen: a) Risiken im Unternehmen beurteilen und dokumentieren, b) Massnahmen im Bereich ASGS planen und überprüfen, c) Risikomanagement moderieren und kommunizieren und d) Ausnahmen von Vorgaben im Bereich ASGS. Nach erfolgreichem Abschluss des Moduls sind die Teilnehmenden in der Lage: • Eine umfassende Risikoanalyse im Betrieb durchzuführen • Diverse Risikoermittlungs-Methoden situationsgerecht und praktisch anzuwenden • Chemische, biologische, physikalische und psychosoziale Risikofaktoren systemisch zu erfassen • Massnahmen zum technischen, organisatorischen und persönlichen Expositionsschutz zu evaluieren und situationsgerecht anzuwenden • Messergebnisse zu interpretieren, Massnahmen abzuleiten und zu kommunizieren • Die Grundlagen von menschlicher Leistungsfähigkeit und Risikowahrnehmung praktisch anzuwenden
Inhalte	• Relevante ASGS-Gefährdungen im gesamten Unternehmen erkennen • Planung und Durchführung von Gefährdungsermittlungen • Interpretation von Messungen und Gefährdungsermittlungen in einer systematischen Risikobeurteilung • Evaluation und praktische Umsetzung von Massnahmen zur Risikominimierung • Evaluation der Wirksamkeit der umgesetzten Massnahmen • Audits & Kontrollen • Ausnahmesituationen von den rechtlichen und betrieblichen Vorgaben
Methoden	Seminar; Gruppenarbeiten; Fallvorstellungen und -bearbeitungen
ECTS credits	2 ECTS credits = ca. 60 Std. Lernaufwand, davon ca. 35 Stunden Präsenzunterricht, 20 Std. für die Vorbereitungsaufgabe, sowie 5 Std. Transfer in die Praxis
Zielpublikum	• Studierende des DAS Work+Health • Teilnehmende des Vorbereitungskurses Experte ASGS • Arbeitsärzt:innen und Arbeitshygieniker:innen • Weitere Interessierte im Bereich Arbeitssicherheit und Gesundheitsschutz am Arbeitsplatz
Modulverantwortliche	• Giulia Basso, Suva Luzern • Sven Hoffmann; Universität Zürich, Institut für Epidemiologie, Biostatistik und Prävention
Administration	Andrea Frederick; andrea.frederick@uzh.ch
Daten und Ort	14.–16. Februar und 4.–5. März 2024 in Zürich
Kursgebühren	CHF 3'400.–
Anmeldeschluss	12. Januar 2024

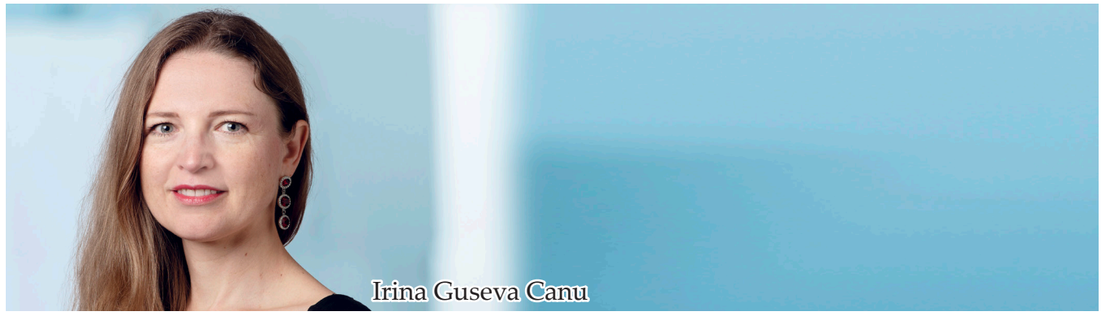
Evaluer les risques
C2


Giulia Basso


Sven Hoffmann

Objectif	Ce module permettre aux participants d'acquérir des compétences dans les domains suivants: a) évaluer et documenter les risques dans l'entreprise, b) planifier et contrôler les mesures dans le domaine de la STPS, c) animer et communiquer la gestion des risques, d) déroger aux directives dans le domaine de la STPS. Après avoir terminé le module avec succès, les participants sont en mesure de: • Effectuer une analyse complète des risques dans l'entreprise • Appliquer diverses méthodes de détermination des risques de manière pratique et adaptée à la situation • Identifier les facteurs de risques chimiques, biologiques, physiques et psychosociaux de manière systémique • Évaluer les mesures de protection technique, organisationnelle et personnelle et les appliquer en fonction de la situation • Interpréter les résultats des données des mesures, d'en déduire des mesures et de les communiquer • Appliquer les principes de base de la performance humaine et de la perception des risques
Contenu	• Identification des dangers STPS pertinents dans l'ensemble de l'entreprise • Planification et réalisation d'évaluations des risques • Interprétation des mesures et des identifications des dangers dans une évaluation systématique des risques • Évaluation et mise en œuvre pratique de mesures de réduction des risques • Évaluation de l'efficacité des mesures mises en œuvre • Audits & contrôles • Situations exceptionnelles par rapport aux exigences légales et opérationnelles
Méthodes	Séminaire; travaux de groupe; présentations et études de cas
Crédits ECTS	2 crédits ECTS = 60 heures d'apprentissage, dont environ 35 heures de cours en classe, 20 heures pour la préparation et 5 heures de transfert dans la pratique
Public cible	• Étudiants du DAS Work+Health • Participants au cours préparatoire d'expert STPS • Médecins du travail et hygiénistes du travail • Autres personnes intéressées par le domaine de la sécurité et de la protection de la santé au travail
Responsable de module	• Giulia Basso, Suva Lucerne • Sven Hoffmann; Université de Zurich, Institut d'épidémiologie, de biostatistique et de prévention
Administration	Monica Eggler; monica-maria.eggler@unisante.ch
Dates et lieu	12.–14 février et 13.–14. mars 2025 à Lausanne
Frais de cours	CHF 3'400.–
Délai d'inscription	12 janvier 2024

Determinants of occupational diseases and work-related health problems
C3


Irina Guseva Canu

Aim	The association between work-related exposure and the development of clinical symptoms and diseases is complex and sometimes only becomes apparent several decades after exposure. In this module, students learn to identify and describe the evidence and relevance of health. Upon completion of the course, students will be able to: • Understand the main determinants of occupational and work-related diseases as well as the individual and organizational health resources • Conduct effective literature research and identify the relevant publications • Make the critical appraisal of publications • Assess the overall evidence of an occupational disease or exposure according to the most relevant guidelines • Evaluate specific work-associated health problems across population subgroups, sectors, industries, and countries • Assess organizational functioning in order to develop and integrate tailored occupational health activities • Write a simple review
Contents	• Overview of the major occupational health problems and their risk factors • Occupational health research and study designs • Concept of causality • Observational versus interventional studies in occupational health • Most common bias and errors in occupational health research • Literature search, systematic reviews and meta-analysis • Inequality of health and disadvantaged socio-economic and socio-cultural groups • Concepts of organizations and implications for organizational change processes • Role of management and leadership in organizations
Methods	Lectures; Group work; Discussion round
ECTS credits	2 ECTS credits = approx. 60 hours of workload including 39 hours of on-campus lectures and 22 hours of pre-assignment and exam
Target audience	• Students in the DAS Work+Health program • Occupational medics, occupational hygienists, psychologists • Healthcare providers and other persons interested in work and health
Module manager	Irina Guseva Canu, University of Lausanne, Unisanté, Département Santé au Travail et Environnement
Administration	Monica Eggler; monica-maria.eggler@unisante.ch
Dates and location	18–22 March 2024 in Lausanne
Fee	CHF 3 400.–
Registration deadline	16 February 2024

Kommunikation und Zusammenarbeit
C4

Ziel	Dieses Modul besteht aus 3 Tagen und umfasst verschiedene Aspekte und Methoden der Kommunikation. Nach erfolgreichem Abschluss des Moduls sind die Teilnehmenden in der Lage: • Im Bereich ASGS adressaten- und stufengerecht zu kommunizieren • Die Zusammenarbeit mit anderen Bereichen in Bezug auf ASGS-Themen zu koordinieren • Zu entscheiden, ob und wann weitere Fachspezialistinnen und -spezialisten beigezogen werden • Den Stand der Arbeitsausfälle zu analysieren und notwendige Massnahmen abzuleiten • Die Unternehmensleitung bei der Entwicklung einer Krisen- und Notfallorganisation zu unterstützen • Massnahmen zur Krisenbewältigung zu entwickeln und bei der Geschäftsleitung einzubringen • Periodisch Reviews durchzuführen und das Notfall- und Krisenmanagementsystem zu aktualisieren
Inhalte	• Im Bereich ASGS interdisziplinär und stufengerecht kommunizieren • Erstellen von Kommunikationsmitteln • Beizug und Zusammenarbeit mit externen ASGS-Fachspezialistinnen und -spezialisten • Zusammenarbeit mit externen Fachkräften und Drittfirmen • Analyse von Arbeitsausfall-Zahlen und Ableiten von Präventionsmassnahmen • Entwicklung einer Krisen- und Notfallorganisation • Organisation und Leiten von Notfall- und Stabsübungen
Methoden	Seminar; Gruppenarbeiten; praktische Übungen
ECTS credits	1 ECTS credit = 30 Std Lernaufwand, davon ca. 21 Stunden Präsenzunterricht, sowie 9 Std. für die Vorbereitungsaufgabe und Transfer in die Praxis
Zielpublikum	• Studierende des DAS Work+Health • Teilnehmende des Vorbereitungskurses Experte ASGS • Arbeitsärzt:innen und Arbeitshygieniker:innen • Weitere Interessierte im Bereich Arbeitssicherheit und Gesundheitsschutz am Arbeitsplatz
Modulverantwortliche	• Giulia Basso, Suva Luzern • Sven Hoffmann; Universität Zürich, Institut für Epidemiologie, Biostatistik und Prävention
Administration	Andrea Frederick; andrea.frederick@uzh.ch
Daten und Ort	9.–11. April 2024 in Zürich
Kursgebühren	CHF 2'040.–
Anmeldeschluss	9. März 2024

Communication et collaboration
C4

Objectif	Ce module de 3 jours couvre différents aspects et méthodes de communication. Après avoir terminé le module avec succès, les participants sont en mesure de : • communiquer dans le domaine STPS en fonction des interlocuteurs et des niveaux • coordonner la collaboration avec d'autres domaines en ce qui concerne les thèmes STPS • décider si et quand il faut faire appel à d'autres spécialistes • analyser les arrêts de travail et en déduire les mesures nécessaires • soutenir la direction de l'entreprise dans le développement d'une organisation de crise et d'urgence • développer des mesures de gestion de crise et les présenter à la direction de l'entreprise • effectuer des revues périodiques et actualiser le système de gestion des urgences et des crises
Contenu	• Communiquer de manière interdisciplinaire et par niveau dans le domaine STPS • Créer des outils de communication • Faire appel à des spécialistes externes à la STPS et collaborer avec eux • Collaborer avec des spécialistes externes et des entreprises tierces • Analyse des chiffres relatifs aux arrêts de travail et déduction de mesures de prévention • Développement d'une organisation de crise et d'urgence • Organisation et direction d'exercices d'urgence et d'état-major
Méthodes	Séminaire; travaux de groupe; présentations et études de cas
Crédits ECTS	1 crédit ECTS = 30 heures d'apprentissage, dont environ 21 heures de cours en classe, 9 heures pour la préparation et le transfert dans la pratique
Public cible	• Étudiants du DAS Work+Health • Participants au cours préparatoire d'expert STPS • Médecins du travail et hygiénistes du travail • Autres personnes intéressées par le domaine de la sécurité et de la protection de la santé au travail
Responsable de module	• Giulia Basso, Suva Lucerne • Sven Hoffmann; Université de Zurich, Institut d'épidémiologie, de biostatistique et de prévention
Administration	Monica Eggler; monica-maria.eggler@unisante.ch
Dates et lieu	8.–10. avril 2025 à Lausanne
Frais de cours	CHF 2'040.–
Délai d'inscription	9 mars 2024

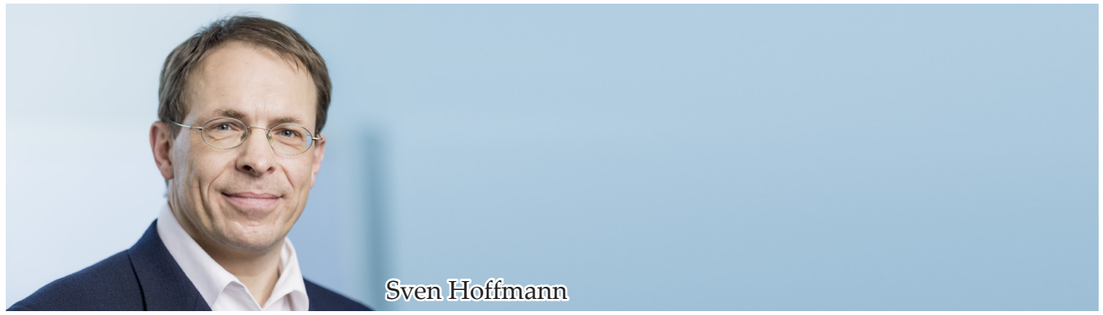
Occupational toxicology
C5


Myriam Borgatta


Sven Hoffmann

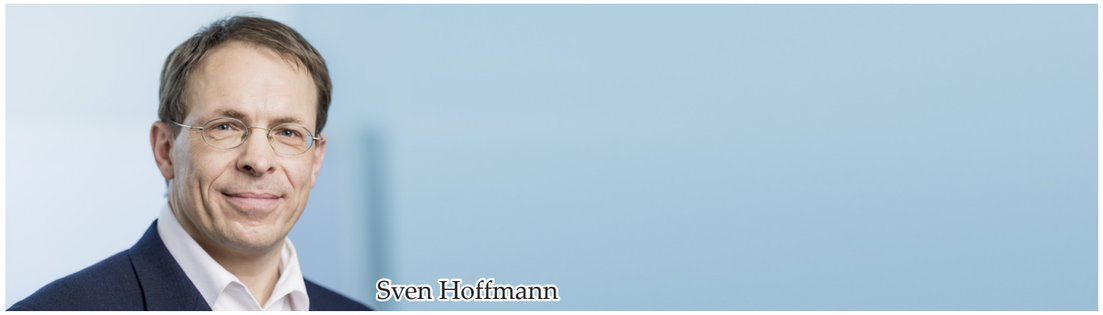
Aim	This module aims to instruct the fundamentals of toxicology and is divided in two parts: chronic absorption of chemicals used at work (part I) and acute absorption (part II: Hazardous materials training, HAZMAT). Fundamental toxicology describes the disposition of a compound within the human body. This module focuses on how contaminants enter the human body (absorption), behave inside the body (distribution), transform (metabolism), and get eliminated. Upon completion of the course, students will be able to: • Explain the concepts of absorption, distribution, metabolism and elimination (ADME), and the parameters influencing ADME • Retrieve and link absorption to metabolite elimination and internal dose • Understand organ toxicity such as neurotoxicity, hematotoxicity, hepatotoxicity, pulmonary toxicity and reprotoxicity • Give examples common chemicals used at the workplace and their organ toxicities • Manage HAZMAT-events (AHLS) • Treatment of acute intoxications in first aid settings (AHLS)
Contents	• Basic principles of toxicology • Routes of absorption and possible effects of main toxic agents in the workplace in Switzerland • Carcinogenic, mutagenic and reprotoxic chemicals • Principles of regulatory toxicology • Toxicological data bases for work and health specialist • Official hazmat life support course (AHLS), including international certification • Poisoning treatment paradigm, including specific Antidotes (AHLS)
Methods	Lectures; Group work; Practical exercise
ECTS credits	2 ECTS credits= approx. 60 hours of workload including 47 hours of on-campus lectures and 13 hours of pre-assignment and exam
Target audience	• Students in the DAS Work+Health program • Occupational physicians and occupational hygienists • Other occupational health specialists interested in toxicology and hazmat life support
Module manager	• Myriam Borgatta; University of Lausanne, Unisanté, Dép. Santé au Travail et Environnement • Sven Hoffmann ; University of Zurich, Epidemiology, Biostatistics and Prevention Institute
Administration	Part 1: Monica Eggler; monica-maria.eggler@unisante.ch Part 2: Andrea Frederick; andrea.frederick@uzh.ch
Dates and location	Part 1: 3-6 June 2024 in Lausanne / Part 2: 13-14 June 2024 in EAZ Schwarzenburg (AHLS course)
Fee	CHF 4 080.–
Registration deadline	1 May 2024

Ergonomics
C6


Sven Hoffmann

Aim	The field of workplace ergonomics evaluates the characteristics of human beings, their resources, and demands in respect of their working tasks, working environment, and working organization. The field further aims to evaluate work-associated risk factors and possible health hazards. It fosters healthy workspaces, e.g. through developing and optimizing human-machine interfaces, enhancing the usability of tools, and eliminating obstacles in working systems. Upon completion of the course, students will be able to: • Understand and apply main human physiological and psychological functioning and limitations • Analyze work tasks, tools, and working environments • Assess ergonomic risk factors at work in standard situations • Evaluate individual balances of work demands and resources
Contents	• Introduction to work physiology • Ergonomic assessment tools and checklists • Concepts of hazard, health risk, health resource, stress and strain • Practical training in ergonomic risk assessment • Introduction to design of work and working environments
Methods	Case studies; Lectures; Group work; Discussion round
ECTS credits	2 ECTS credits = approx. 60 hours of workload including 40 hours of on-campus lectures and 20 hours of pre-assignment and exam
Target audience	• Students in the DAS Work+Health program • Future and current work and health specialists • Healthcare providers and other persons interested in work and health
Module manager	Sven Hoffmann; University of Zurich, Epidemiology, Biostatistics and Prevention Institute
Administration	Andrea Frederick; andrea.frederick@uzh.ch
Dates and location	26–29 August 2024 in Zurich
Fee	CHF 2 720.–
Registration deadline	26 July 2024

Human factors
C7



Aim	Employees have to deal with a large variety of working demands and work-related exposures. Furthermore, technical systems and human-machine interfaces and interaction are subject to constant and sometimes rapid change. To keep people healthy and safe at work, human factors need to be assessed and managed. Upon completion of the course, students will be able to: • Perform ergonomic risk assessments • Evaluate individual balances of work demands and resources • Understand and apply concepts of human reliability and human error • Assess human-related risk factors at work
Contents	• Ergonomic risk assessment on complex systems • Ergonomic workplace interventions • Human-machine interaction • Basics of human reliability and human error • Concepts of risk perception and risk behavior • Introduction to Indoor Air
Methods	Lectures; Group work; Discussion round; Site visit
ECTS credits	2 ECTS credits = approx. 60 hours of workload including 31 hours of on-campus lectures and 15 hours of pre-assignment and exam
Target audience	• Students in the DAS Work+Health program • Future and current work and health specialists • Healthcare providers and other persons interested in work and health
Module manager	Sven Hoffmann; University of Zurich, Epidemiology, Biostatistics and Prevention Institute
Administration	Andrea Frederick; andrea.frederick@uzh.ch
Dates and location	16–19 September 2024 in Zurich
Fee	CHF 2 720.–
Registration deadline	16 August 2024

Rechtlicher Rahmen
C8

Ziel	Nach erfolgreichem Abschluss des Moduls sind die Teilnehmenden in der Lage: • Den Bereich ASGS erfolgreich in der Unternehmensleitung zu vertreten • ASGS-Ziele bedarfsgerecht zu entwickeln und im Betrieb praktisch umzusetzen • Die rechtlichen Grundlagen im Bereich ASGS situationsgerecht anzuwenden • Betriebsbesuche und Kontrollen mit Behörden und Durchführungsorganen durchzuführen • Vorgaben zu Durchführungsverfahren und Plangenehmigungsverfahren praktisch umzusetzen • Ein Betriebliches Gesundheitsmanagement (BGM) aufzubauen und im Managementsystem des Betriebs zu etablieren • Präventionsmassnahmen im Bereich BGM zu entwickeln und praktisch umzusetzen • Arbeitsbelastungen zu evaluieren und Schonarbeitsplätze aufzubauen
Inhalte	• Rechtliche Grundlagen für den betrieblichen Gesundheitsschutz • Vertreten Bereich ASGS in der Unternehmensleitung • Integration von Arbeitssicherheit und Gesundheitsschutz (ASGS) in die Unternehmensstrategie • Betriebsbesuche und Kontrollen mit Behörden und Durchführungsorganen • Aufbau und Integration des Betrieblichen Gesundheitsmanagements (BGM) • Integration des BGMs in das Managementsystem und praktische Umsetzung • Präventionsmassnahmen BGM und Schonarbeitsplätze
Methoden	Seminar; Gruppenarbeiten; Fallvorstellungen und -bearbeitungen
ECTS credits	1 ECTS credits = ca. 30 Std. Lernaufwand, davon ca. 21 Stunden Präsenzunterricht und 9 Stunden für die Vorbereitungsaufgabe, Leistungsnachweis und Transfer in die Praxis
Zielpublikum	• Studierende des DAS Work+Health • Teilnehmende des Vorbereitungskurses Experte ASGS • Arbeitsärzt:innen und Arbeitshygieniker:innen • Weitere Interessierte im Bereich Arbeitssicherheit und Gesundheitsschutz am Arbeitsplatz
Modulverantwortliche	• Giulia Basso, Suva Luzern • Sven Hoffmann; Universität Zürich, Institut für Epidemiologie, Biostatistik und Prävention
Administration	Andrea Frederick; andrea.frederick@uzh.ch
Daten und Ort	9.–11. Oktober 2024 in Zürich
Kursgebühren	CHF 2'040.–
Anmeldeschluss	9. September 2024

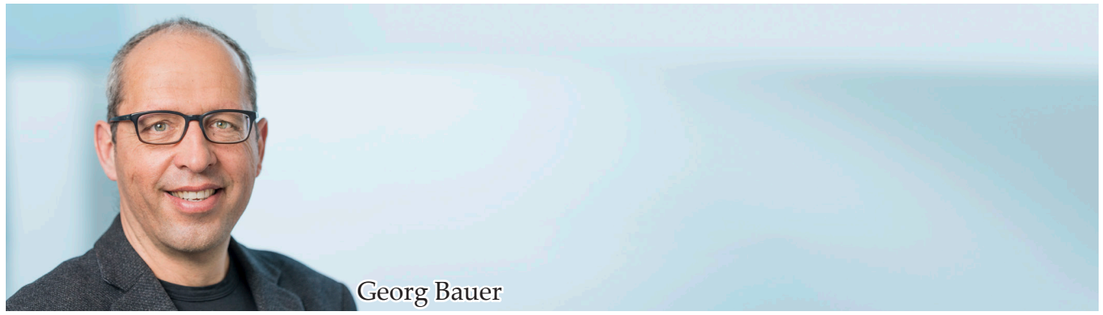
Cadre légal
C8


Giulia Basso


Sven Hoffmann

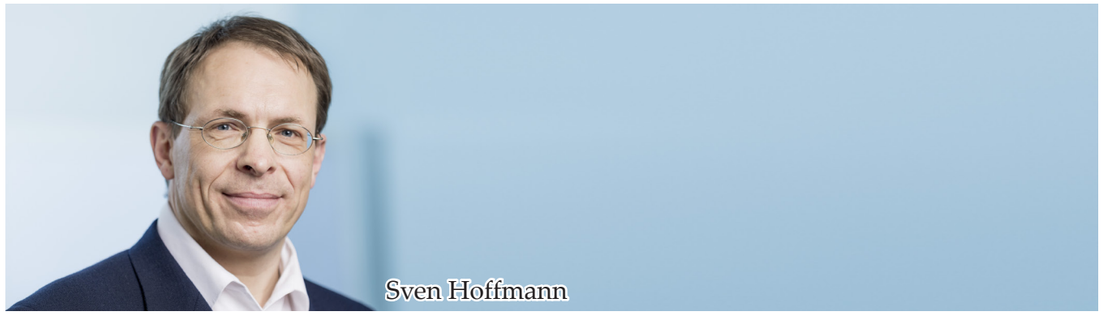
Objectif	Après avoir terminé le module avec succès, les participants sont en mesure de : • Représenter le domaine STPS au sein de la direction de l'entreprise • Développer les objectifs de la STPS en fonction des besoins et les mettre en pratique dans l'entreprise. • Appliquer les bases légales dans le domaine de la sécurité et de la santé au travail en fonction de la situation. • Effectuer des visites d'entreprises et des contrôles avec les autorités et les organes d'exécution • Mettre en pratique les directives relatives aux procédures d'exécution et d'approbation des plans • Mettre en place une gestion de la santé en entreprise (GSE) et de l'établir dans le système management • Développer et de mettre en pratique des mesures de prévention dans le domaine de la GSE • Évaluer la charge de travail et mettre en place des postes de travail protégés
Contenu	• Bases légales de la protection de la santé en entreprise • Représenter le domaine de la STPS au sein de la direction de l'entreprise • Intégrer la sécurité au travail et la protection de la santé (STPS) dans la stratégie de l'entreprise • Visites d'entreprises et contrôles avec les autorités et les organes d'exécution • Mise en place et intégration de la GSE • Intégration de la GSE dans le système de management et mise en œuvre pratique • Mesures de prévention GSE et postes de travail protégés
Méthodes	Séminaire; travaux de groupe; présentations et études de cas
Crédits ECTS	1 crédit ECTS = 30 heures d'apprentissage, dont environ 21 heures de cours en classe, 9 heures pour la préparation et transfert dans la pratique
Public cible	• Étudiants du DAS Work+Health • Participants au cours préparatoire d'expert STPS • Médecins du travail et hygiénistes du travail • Autres personnes intéressées par le domaine de la sécurité et de la protection de la santé au travail
Responsable de module	• Giulia Basso, Suva Lucerne • Sven Hoffmann; Université de Zurich, Institut d'épidémiologie, de biostatistique et de prévention
Administration	Monica Eggler; monica-maria.eggler@unisante.ch
Dates et lieu	9–11 octobre 2024 à Lausanne
Frais de cours	CHF 2'040.–
Délai d'inscription	9 septembre 2024

Occupational health interventions
C9


Georg Bauer

Aim	After evaluating the major social and organizational sources of health problems, students will design, implement, analyze, evaluate and report occupational health interventions in order to assure their effectiveness as a continuous change process. Upon completion of the course, students will be able to: • Evaluate the overall evidence on the effectiveness of specific interventions • Access, analyse, and evaluate the methodological quality of publications • Clarify value base and define goals of an intervention with key stakeholders • Select or design occupational health interventions • Design an evaluation project, select appropriate methods, and specify data sources • Draw conclusions based on evaluation data and develop recommendations • Plan participatory implementation of occupational health interventions • Communicate evaluation results to the stakeholders and induce follow-up activities
Contents	• Scientific evidence on the effectiveness of interventions and relevant publication formats; article critique • Overview of intervention strategies, intervention principles, and levels of change applied by key occupational health disciplines • Participatory priority setting, action planning, and reflection of values in interventions • Aims and implementation of health circle approach • Individual change principles and key principles of linking individual and organizational change • Planning models and success factors of occupational health interventions • Purposes of evaluation, stakeholders and usage of evaluation results • Evaluation of concepts, context, process and outcomes • Communications of evaluation results and their usage • Practical examples of evaluating in occupational hygiene and medicine
Methods	Lectures; Group work; Discussion round; Case studies
ECTS credits	2 ECTS credits = approx. 60 hours of workload including 32 hours of on-campus lectures and 28 hours of pre-assignment and exam
Target audience	• Students in the DAS Work+Health program • Future and current work and health specialists • Psychologists and other persons interested in work and health
Module manager	Georg Bauer; University of Zurich, Epidemiology, Biostatistics and Prevention Institute
Administration	Andrea Frederick; andrea.frederick@uzh.ch
Dates and location	20–24 January 2025 in Zurich
Fee	CHF 3 400.–
Registration deadline	20 December 2024

Biosafety
C10

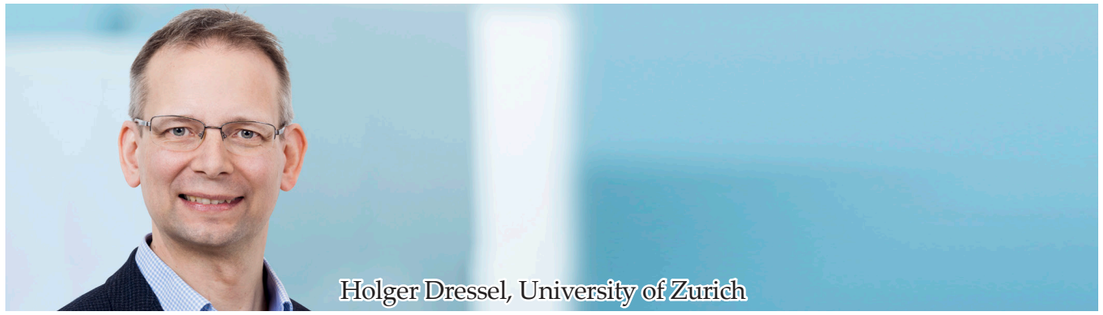


Aim	This course is equivalent to the official Biosafety level I course. Upon completion of the course, students will be able to: • Work as a biosafety officer on level II • Instruct lab workers on biosafety issues • Manage contagious waste • Manage contagious lab spills
Contents	• Fundamentals of biosafety and biosecurity • BSO tasks in lab environments • Working safely in a biosafety lab level II • Sterilization and decontamination • Personal protective equipment • Biohazards and lab spills
Methods	Instructional presentations; PPE exercises; Lab spill exercise; Interdisciplinary collaboration; Group discussions
ECTS credits	1 ECTS credits = approx. 30 hours of workload including 16 hours of on-campus lectures and 14 hours of pre-assignment and exam
Target audience	• Students in the DAS Work+Health program • Occupational hygienists, safety engineers, lab officers • Occupational physicians, occupational health nurses
Module manager	Sven Hoffmann; University of Zurich, Epidemiology, Biostatistics and Prevention Institute
Administration	Andrea Frederick; andrea.frederick@uzh.ch
Dates and location	11–12 August 2025 in Bern
Fee	CHF 1360.–
Registration deadline	11 July 2025

Interdisciplinary group project
C11

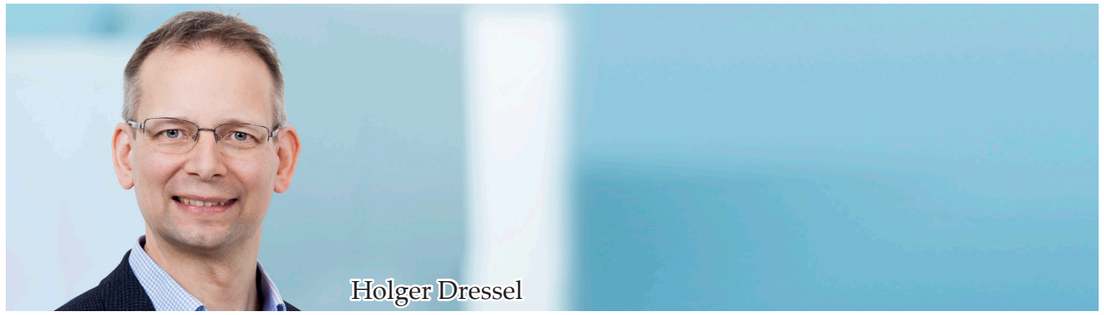
Aim	You will investigate and work on a real-practice problem together with your colleagues from the other two DAS Work+Health specializations and the company's project owner. In this module, you will apply what you have learned so far, incorporating it into your interdisciplinary project. You will establish roles and responsibilities in your project group and make your project successfull for you and the company concerned. Upon completion of the course, students will be able to: • Translate customer needs and orders into a structured workplace analysis • Foster interdisciplinary cooperation and teamwork among occupational health specialists • Communicate assessment results and recommendations to different target groups and individuals
Contents	• Introduction to interdisciplinary team work • Ethics and legal boundaries • Mindsets, skills, and approaches of different teams • Team cooperation, coordination and leadership • Team-customer relationships and customer expectations • Development of project strategies • Practical independent group field work, communication, and reporting
Methods	Lectures; Site visits; Interdisciplinary group work; Communication of project work results and recommendations
ECTS credits	5 ECTS credits = approx. 150 hours of workload
Target audience	Students in the DAS Work+Health program only
Module manager	Sven Hoffmann; University of Zurich, Epidemiology, Biostatistics and Prevention Institute
Administration	Andrea Frederick; andrea.frederick@uzh.ch
Dates and location	1–2 October 2025 in Berne; project work lasts until 10 January 2026
Fee	Included in the DAS Work+Health fee
Registration deadline	n/a

Occupational Medicine (OM)
Introduction



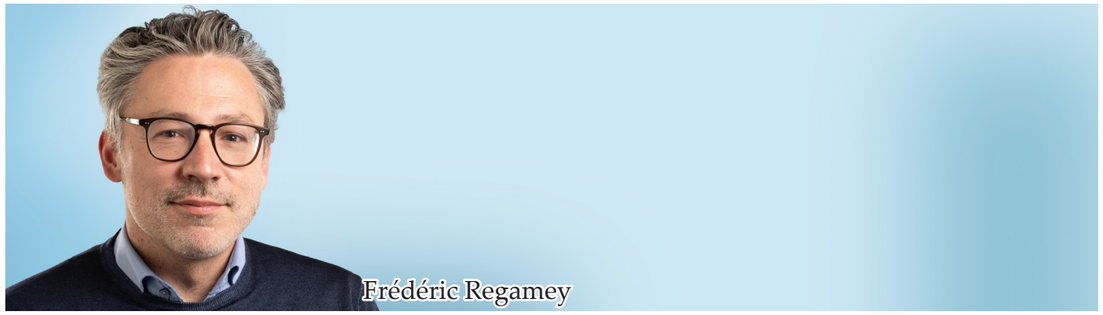
Welcome	Welcome to the DAS Work+Health specialization of occupational medicine (OM). This specialization is dedicated to all colleagues with a background in human medicine and an interest in contributing to health at work. Participating in our DAS Work+Health will train you as a work and health specialist and give you skills you can share and apply with other work and health specialists for the benefit of the entire workplace.
What is Occupational Medicine?	Occupational medicine is a medical specialty with the mission of preventing harm caused by work and promoting health at work with both a population-wide and an individual approach. The aim is to keep people healthy at work – physically and mentally.
This includes	• Evaluating and diagnosing health hazards in the workplace • Advising companies and organizations on improving workplace safety and preventing occupational injuries and diseases • Recommending appropriate interventions and adjustments in the workplace to help people with health problems stay at work • Ensuring compliance with health and safety regulations, including minimizing and eliminating work-related health hazards • Engaging in target-orientated interdisciplinary cooperation with other specialists in the field of work and health
What are our DAS Work+Health graduates able to do after successful completion of the course?	• Survey the occurrence of, and reasons for occupational diseases and work-related health problems • Detect work-related health hazards and propose, organize, and evaluate appropriate interventions • Advise individuals and organizations in the prevention of work-related health problems • Work together with other specialists in the field of work and health as an interdisciplinary team, e.g. with occupational hygienists, occupational health managers, occupational nurses
Our aim	• Keep people healthy at work • Make occupational medicine services accessible to all workers who need it • Detect and eliminate injuries and health problems caused or aggravated by work • Improve and maintain health at work by forming a team of occupational physicians and other work and health specialists, including workers and employers
Our mission	Calling on practitioners to join an interdisciplinary team to study work and health, share skills and expertise, and form a life-long partnership and network in the evaluation and prevention of occupational health hazards.

Occupational diseases and work-related health problems
OM1



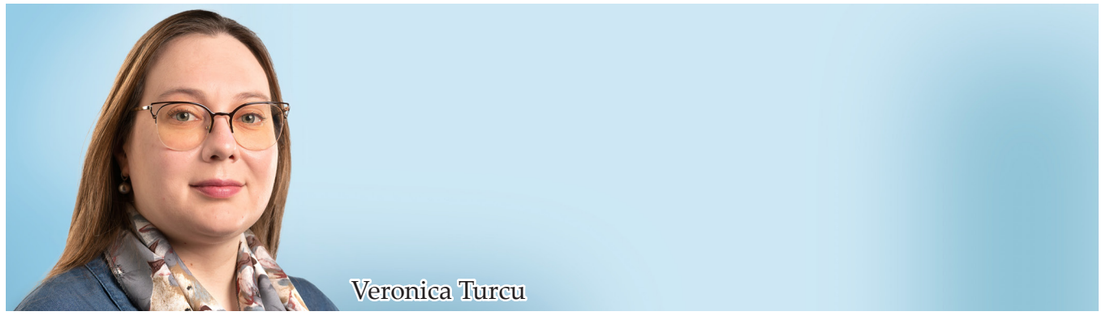
Aim	Occupational diseases have a large variety of phenotypes and sometimes only become apparent several decades after actual exposure. In other cases, the association of work-related exposure and the development of clinical symptoms and diseases are not obvious at first glance. In this module, students learn to diagnose occupational diseases and recognize work-related health problems of individuals and groups. Upon completion of the course, students will be able to: • Diagnose frequent occupational diseases • Know and apply the tools for determining occupational diseases and work-related health problems • Deal with complex cases concerning occupational diseases and work-related health problems of individuals and groups
Contents	• Legal definitions • Insurance conditions • Making a diagnosis • Most important occupational diseases
Methods	Lectures; Group work; Case studies; Site visits
ECTS credits	3 ECTS credits = approx. 90 hours of workload including 48 hours of on-campus lectures and 42 hours of pre-assignment and exam
Target audience	• Students in the DAS Work+Health program • Occupational physicians • Physicians interested in occupational medicine
Module manager	Holger Dressel; University of Zurich, Epidemiology, Biostatistics and Prevention Institute
Administration	Andrea Frederick; andrea.frederick@uzh.ch
Dates and location	6–8 May 2024 (part 1) and 13–15 May 2024 (part 2) in Zurich
Fee	CHF 4 080.–
Registration deadline	5 April 2024

Work ability and return to work
OM2



Aim	In this module, students learn to assess and improve or maintain the ability and aptitude for work of individuals and special groups. Upon completion of the course, students will be able to: • Examine, document, and analyze the data on biopsychosocial work demands and work ability of an individual • Select and adapt effective interventions with the aim of maintaining or regaining an individual's work ability
Contents	• Work ability methods and instruments • Assessment of work capacity and work demands • Case approach • Return to work instruments and strategy • Legal, ethical and insurance framework
Methods	Lectures; Group work; Case studies; Site visits
ECTS credits	2 ECTS credits = approx. 60 hours of workload including 32 hours of on-campus lectures and 28 hours of pre-assignment and exam
Target audience	• Students in the DAS Work+Health program • Occupational physicians • Occupational health nurses
Module manager	Frédéric Regamey; University of Lausanne, Unisanté Département Santé au Travail et Environnement
Administration	Monica Eggler; monica-maria.eggler@unisante.ch
Dates and location	4–7 November 2024 in Lausanne
Fee	CHF 2 720.–
Registration deadline	4 October 2024

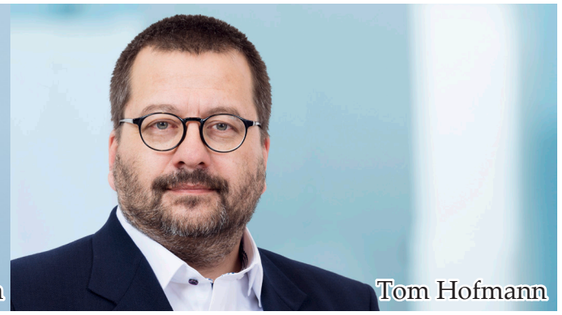
Prevention and control of occupational risks and diseases
OM3



Aim	This module will introduce you to assessment and management of some common occupational risks and will have a focus on specific categories of workers. Upon completion of the course, students will be able to: • Understand the basics of biological monitoring • Understand the basics of risk assessment and management and their link with exposure assessment and occupational health surveillance • Comprehend specific risks and challenges together with legal framework for some different categories of workers
Contents	• Definition, use and interpretation of biomonitoring • Evaluation of driving ability • Implementation of preventive measures, risk analysis and control • Legal framework, prevention and control of specific risks for special groups: night and shift workers, pregnant women, aging workers, travelers, addictions.
Methods	Lectures; Group work, practical exercise in different scenarios
ECTS credits	2 ECTS credits = approx. 60 hours of workload including 32 hours of on-campus lectures and 28 hours of pre-assignment and exam
Target audience	• Students in the DAS Work+Health program • Occupational physicians • Occupational health nurses
Module manager	Veronica Turcu; University of Lausanne, Unisanté Département Santé au Travail et Environnement
Administration	Monica Eggler; monica-maria.eggler@unisante.ch
Dates and location	12–15 May 2025 in Lausanne
Fee	CHF 2 720.–
Registration deadline	11 April 2025

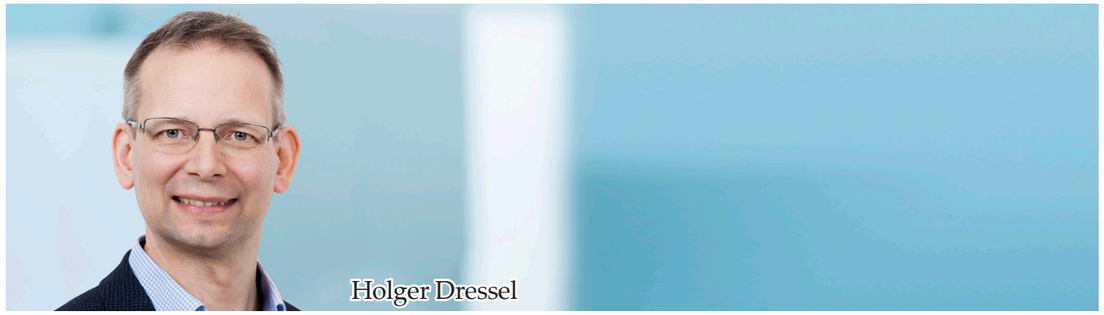
Disaster Management
OM4 and OH4


Sven Hoffmann


Tom Hofmann

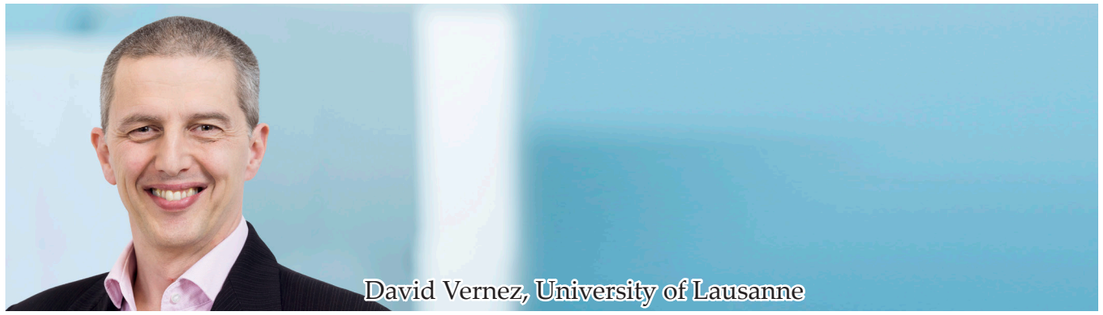
Aim	Practical interdisciplinary disaster management. Students will learn and practice controlling and managing mid- to large-scale industrial accidents in collaboration with external partners. Upon completion of the course, students will be able to: • Select and properly use the suitable PPE • Select, mobilize and cooperate with external partners, e.g. fire brigade troops, rescue troops, police, state government • Evaluate personal contamination and perform decontamination • Manage contagious lab spills
Contents	• Personal protective equipment (PPE) including ventilation • Roles, resources and objectives of in- and external partners in managing industrial accidents • ABC hazards • Practical staff exercises on managing industrial accidents • Practical interdisciplinary exercises on responding to industrial accidents • Contamination and decontamination • Biohazards and lab spills
Methods	Instructional presentations; PPE exercises, staff exercises; plant exercise, interdisciplinary collaboration, group discussions
ECTS credits	1 ECTS credits = approx. 32 hours of workload including daily practical exam
Target audience	• Students in the DAS Work+Health program • Occupational hygienists, safety engineers, disaster managers • Occupational physicians, occupational health nurses
Module manager	• Sven Hoffmann; University of Zurich, Epidemiology, Biostatistics and Prevention Institute • Tom Hofmann, ZHAW, Life Sciences und Facility Management
Administration	Andrea Frederick; andrea.frederick@uzh.ch
Dates and location	16–19 June 2025, Roche Basel
Fee	CHF 2 720.–
Registration deadline	25 March 2025

Management of health in organizations
OM5


Holger Dressel

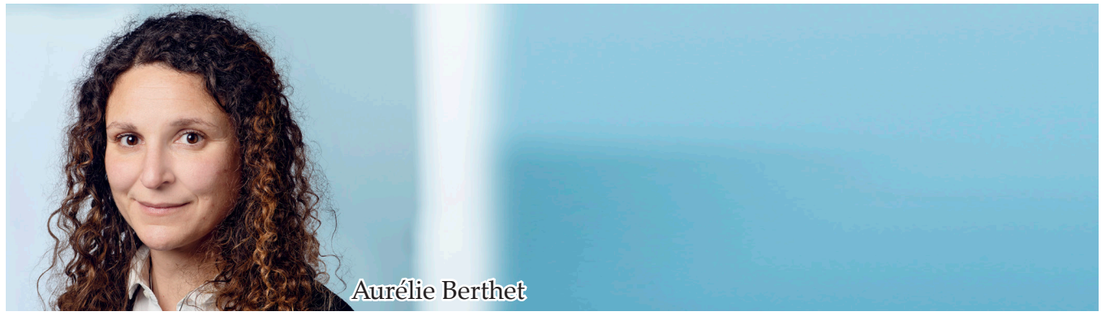
Aim	In this module, students learn to manage work and health activities and define key health indicators. Upon completion of the course, students will be able to: • Select and implement an absence and case management system • Design and implement a health campaign/event to foster individual health behavior change • Write a health report for an organization • Integrate organizational health as a central value in the culture of an organization
Contents	• Management of absences, presenteeism • Case management • Approaches to changing individual health behavior, health promotion campaigns • Quality criteria, success factors and sources for health campaigns • Stress management approaches • Development of health-related mission statements • Outline and elements of a health report for an organization • Management of an occupational health service
Methods	Lectures; Group work; Discussion of case studies
ECTS credits	2 ECTS credits = approx. 60 hours of workload including 32 hours of on-campus lectures and 28 hours of pre-assignment and exam
Target audience	• Students in the DAS Work+Health program • Psychologists • Current and future work and health specialists • Healthcare providers and others interested in work and health
Module manager	Holger Dressel; University of Zurich, Epidemiology, Biostatistics and Prevention Institute
Administration	Andrea Frederick; andrea.frederick@uzh.ch
Dates and location	15–18 September 2025 in Zurich
Fee	CHF 2 720.–
Registration deadline	15 August 2025

Occupational Hygiene (OH)
Introduction



Welcome	Welcome to the DAS Work+Health specialization of occupational hygiene. This specialization is dedicated to all colleagues with a background in natural sciences and an interest in making work healthier and keeping health risks away from workers. Participating in our DAS Work+Health course will train you as a work and health specialist and give you skills you can share and apply with other work and health specialists for the benefit of the entire workplace.
What is Occupational Hygiene?	Occupational hygiene is the science of detecting and managing work-related health hazards. To be effective, the occupational hygienist is required to co-work with other specialists in the field of work and health, e.g. occupational physicians, toxicologists, and safety engineers. Common to all hygienists is a strategic, pragmatic, and goal-oriented approach in evaluation and intervention to manage health risks at work.
This includes	• Surveying and monitoring new substances and deriving possible occupational health risks and safety procedures • Assessing actual exposures in employees' daily work and taking proper action • Ensuring compliance with health and safety regulations, including minimizing and eliminating work-related health hazards • Working together with other specialists in the field of work and health to maintain worker health
What are our DAS Work+Health graduates able to do after successful completion of the course?	• Detect work-related health hazards • Assess the exposure to chemical, biological, and physical risk factors by on-site measurements and theoretical modeling • Control airborne hazards, evaluate ventilation systems, and develop effective interventions and containment strategies • Assess chemical risks, initiate and conduct substitution processes • Work together with other specialists in the field of work and health, e.g. occupational physicians, occupational health managers, occupational nurses
Our aim	• Keep health hazards away from workers • Substitute safe materials for hazardous substances wherever possible • Occupational hygienists, along with other work and health specialists, workers, and employers, working as a team to maintain and improve health at work
Our mission	Calling practitioners to join an interdisciplinary team to study work and health, share skills and expertise, and form a life-long partnership and network in the evaluation and prevention of occupational health hazards and work-related health problems.

Exposure-related health effects
OH1



Aim	People may be exposed to various contaminants in the workplace. A sound understanding of how people get in touch with these contaminants, how these substances enter the human body, and what effects they have is essential for the daily work of occupational hygienists. In this module, students learn to evaluate health risks at the workplace. Upon completion of the course, students will be able to: • Find relevant information in literature and websites • Determine where a biomonitoring survey is required • Evaluate potential hazards and risks of known and unknown contaminants
Contents	• Exposure routes • Health effects related to specific occupational exposures • Dermal and respiratory health effects • Biomonitoring • Identification of relevant literature and databases
Methods	Lectures; Group work; Case studies
ECTS credits	2 ECTS credits = approx. 60 hours of workload including 40 hours of on-campus lectures and 20 hours of pre-assignment and exam
Target audience	• Students in the DAS Work+Health program • Occupational hygienists • Occupational physicians • Safety engineers and labour inspectors • Interested individuals with a Master's degree in natural sciences
Module manager	Aurélie Berthet; University of Lausanne, Unisanté, Département Santé au Travail et Environnement
Administration	Monica Eggler; monica-maria.eggler@unisante.ch
Dates and location	22–26 April 2024 in Lausanne
Fee	CHF 3 400.–
Registration deadline	22 March 2024

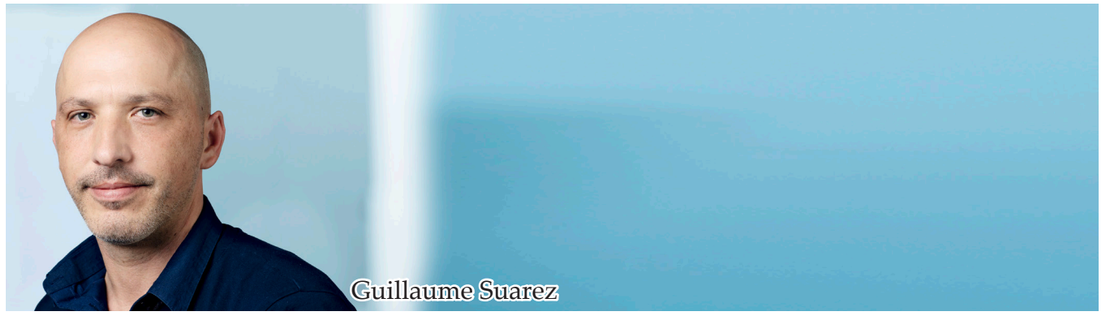
Exposure assessment and hazard recognition
OH2


Nancy Hopf


David Vernez

Aim	You will learn how to anticipate, recognize, evaluate, and control hazards and exposures at work that may affect workers health. Upon completion of the course, students will be able to: • Identify exposure hazards • Evaluate the work environment based on identified exposures • Develop appropriate sampling strategies • Analyze and interpret measurement results • Critically discuss results and draw conclusions • Write occupational hygiene report
Contents	• Fundamentals of occupational hygiene and occupational hazards • Inhalation exposures such as gas, vapors, particles (chemical and biological) • Skin exposures (chemical) • Exposures to physical agents (noise, vibration, light, thermal stress, radiation, atmospheric pressure) • Development of workplace measurement strategies and sampling
Methods	Lectures; Group work; Case studies; Site visits
ECTS credits	3 ECTS credits = approx. 90 hours of workload including 80 hours of on-campus lectures and 10 hours of pre-assignment and exam
Target audience	• Students in the DAS Work+Health program • Occupational hygienists • Current work and health specialists
Module manager	• Nancy Hopf; University of Lausanne, Unisanté Département Santé au Travail et Environnement • Prof. Dr. David Vernez; University of Lausanne, Unisanté Département Santé au Travail et Environnement
Administration	Monica Eggler; monica-maria.eggler@unisante.ch
Dates and location	11–15 November and 25–29 November 2024 in Lausanne
Fee	CHF 6 800.–
Registration deadline	10 October 2024

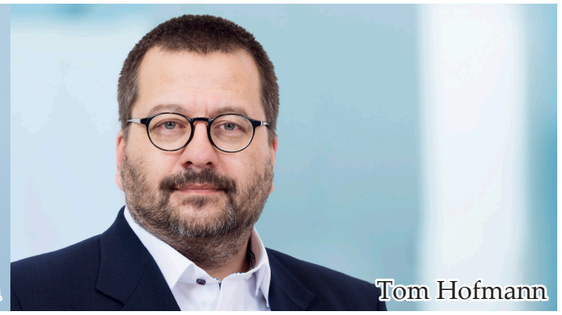
Control of the occupational environment
OH3


Guillaume Suarez

Aim	The focus is on airborne contaminants. Students will acquire a sound understanding and practical skills in the relevant technical and organizational measures. Upon completion of the course, students will be able to: • Evaluate and manage ventilation • Manage airborne contaminants in various situations to reduce risk • Evaluate and manage ventilation and containment • Evaluate substitution as an option in exposure management
Contents	• Approach to controlling exposure and selection of control strategies • Substitution • Technical strategy with principles of ventilation and containment • Ultra cleanliness concept and technology • Practical exercises with tracer gas and flow rate measurements • Organization: overview of the strategy and impact
Methods	Lectures; Lab work; Group work
ECTS credits	2 ECTS credits = approx. 60 hours of workload including 32 hours of on-campus lectures and 28 hours of pre-assignment and exam
Target audience	• Students in the DAS Work+Health program • Occupational hygienists • Work and health specialists with a background in natural sciences
Module manager	Guillaume Suarez; University of Lausanne, Unisanté Département Santé au Travail et Environnement
Administration	Monica Eggler; monica-maria.eggler@unisante.ch
Dates and location	24–27 March 2025 in Lausanne
Fee	CHF 2 720.–
Registration deadline	24 February 2025

Disaster Management
OH4 and OM4


Sven Hoffmann


Tom Hofmann

Aim	Practical interdisciplinary disaster management. Students will learn and practice controlling and managing mid- to large-scale industrial accidents in collaboration with external partners. Upon completion of the course, students will be able to: • Select and properly use the suitable PPE • Select, mobilize and cooperate with external partners, e.g. fire brigade troops, rescue troops, police, state government • Evaluate personal contamination and perform decontamination • Manage contagious lab spills
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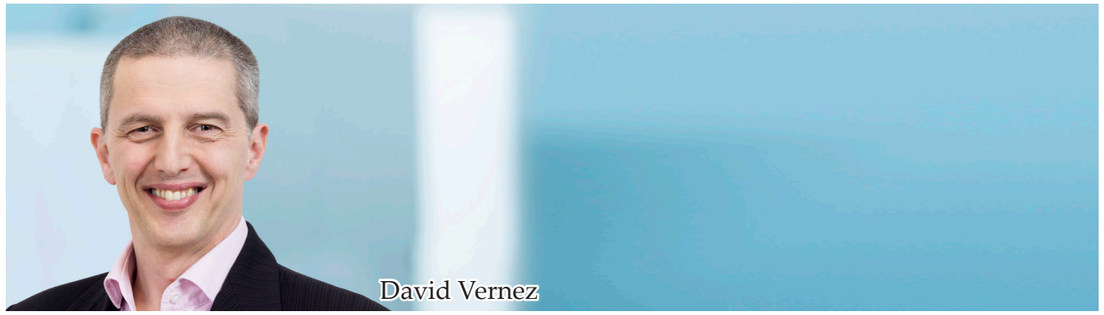
Methods	Instructional presentations; PPE exercises, staff exercises; plant exercise, interdisciplinary collaboration, group discussions
ECTS credits	1 ECTS credits = approx. 32 hours of workload including daily practical exam
Target audience	• Students in the DAS Work+Health program • Occupational hygienists, safety engineers, disaster managers • Occupational physicians, occupational health nurses
Module manager	• Sven Hoffmann; University of Zurich, Epidemiology, Biostatistics and Prevention Institute • Tom Hofmann, ZHAW, Life Sciences und Facility Management
Administration	Andrea Frederick; andrea.frederick@uzh.ch
Dates and location	16–19 June 2025, Roche Basel
Fee	CHF 2 720.–
Registration deadline	25 March 2025

Risk policy, management, and communication
OH5


David Vernez

Aim	Occupational hygiene specialists should understand human risk perception and risk behavior, legal boundary conditions for chemicals handling, and risk management. This course will introduce students to human risk perception, the applications of Swiss legal framework in work and health, and the training of workers in the application of safety rules. Upon completion of the course, students will be able to: • Apply current national and international regulatory systems (e.g. REACH, MSDS) • Apply OEL values and substance documentation for further interpretation of measurement data • Write risk assessment reports according to recipients' expectations and regulations • Communicate critical results to organizations and community («breaking bad news»)
Contents	• Human risk perception and risk behavior • Occupational safety legislation and compliance control • Implications of OEL values and substance documentation • Principles and legislation of risk assessment reports • Communication and reporting
Methods	Lectures; Group work; Discussion rounds with external experts
ECTS credits	2 ECTS credits = approx. 60 hours of workload including 32 hours of on-campus lectures and 28 hours of pre-assignment and exam
Target audience	• Students in the DAS Work+Health program • Occupational hygienists • Future and current occupational hygiene and work safety specialists • Others interested in safety at work
Module manager	Prof. Dr. David Vernez; University of Lausanne, Unisanté Département Santé au Travail et Environnement
Administration	Monica Eggler; monica-maria.eggler@unisante.ch
Dates and location	1–4 September 2025 in Lausanne
Fee	CHF 2 720.–
Registration deadline	1 August 2025

Continuing Education at the University of Zurich – Where Research and Scholarship meet Professional Practice

Even if you graduated only a few years ago, your degree may have lost some of its value due to knowledge attrition and new developments in the field. Keeping your knowledge up to date with regular continuing education and lifelong learning will help you hold your own and stand out in a competitive job market.

The University of Zurich offers a wide range of continuing education opportunities, from part-time programs that can be completed while you continue working, to one-day or several-day workshops. The Master of Advanced Studies (MAS), Diploma of Advanced Studies (DAS) and Certificate of Advanced Studies (CAS) programs are generally aimed at graduates with a Master's degree and professional experience, although exceptions may be made for people with other equivalent qualifications or considerable experience. As well as subject-specific courses for those working in particular fields, UZH also offers courses on general topics that are open to all.

Continuing education at the University of Zurich is not simply a one-way process of imparting knowledge, but offers the opportunity to exchange information and views with others in the field. Through the use of examples and exercises drawn from real life, participants discover new techniques, models and practices that they can put to use in their everyday careers. By choosing a continuing education program at the University of Zurich, you are signing up for a top-level and high-quality experience at an outstanding higher education and research institution.

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