PHYSICAL AND PSYCHOLOGICAL HAZARDS (7443)

ENVIRONMENT HEALTH AND

SAFETY

## Supplementary Material

***Spring, 2025***

**Allama Iqbal Open University**

**Department of Nutritional Sciences & Environmental Design**

# ALLAMAIQBALOPENUNIVERSITY

**Department of Nutritional Sciences & Environmental Design**

**Course: Physical & Psychological Hazards (7443) Semester: Spring 2025 Level: PGD Credits: 4(3+1)**

### CONTENT LIST

This study guide includes the following items:

1. Course Outline Units 1-9
2. Tutor Guide
3. Student Guide
4. Assignments (1 & 2)
5. The schedule for lectures and submitting the assignment will be available on the AIOU Aaghi portal.
6. The above-listed material will be available on the AIOU website under the relevant section.

If any of the above-mentioned material is missing, please contact the

 program/course coordinator:

Program Coordinator

PGD Environment, Health & Safety Program Allama Iqbal Open University, Block 6

H-8 Islamabad

# PHYSICAL & PSYCHOLOGICAL HAZARDS

**COURSE OUTLINE**

### REFERENCE BOOKS:

1. Collins, L. R., & Schneid, T. D. (2001). Physical hazards of the workplace. CRC Press.
2. Quick, J. C. E., & Tetrick, L. E. (2011). Handbook of Occupational Health Psychology. American Psychological Association
3. Steg, L. (2018). Environmental Psychology: An introduction. Wiley-Blackwell.

**Unit – 1: Welfare Requirements:**

* 1. Introduction
	2. Welfare provision
	3. Work Environment Requirement (Physical & Psychological)
	4. The Effect of Exposure to Extremes of Temperature

**Unit – 2: Substance misuse at work:**

* 1. Types of Substances Misused at Work
	2. Risks to Health and Safety from Substance Misuse at Work
	3. Control Measures to Reduce Risks from Substance Misuse at Work
	4. Reporting Mechanism for Misuse of Substances in workplace
	5. Awareness and training

**Unit – 3: Working at height:**

* 1. Examples of Work at Height
	2. Risk Factors for Work at Height
	3. Controlling the Risks of Work at Height
	4. Methods of Avoiding Work at Height
	5. Preventing Falls and Falling Materials
	6. Minimizing Distance and Consequences of a Fall

**Unit – 4: Transport hazards, Risks and controls:**

* 1. Risks Associated with Workplace Transport Operations
	2. Workplace Transport Control Measures
	3. The Workplace Traffic Environment Layout
	4. Road Safety Management

**Unit – 5: Noise & Vibration:**

* 1. The Effects of Exposure to Noise & vibrations
	2. The Assessment of Noise Exposure
	3. Noise & vibration Exposure Standards
	4. Noise & vibration Control Measures

**Unit – 6: Radiation:**

* 1. The Types of Radiation and Their Health Effects
	2. Non-Ionizing Radiation
	3. Ionizing Radiation
	4. Radiation Protection Strategies
	5. Role of Monitoring and Health Surveillance

**Unit – 7: Environment – Behavior Theories: Psychological Implications**

* 1. Psychological Processes
	2. Adaptation
	3. Arousal
	4. Information Overload
	5. Environmental Stress

**Unit – 8: Personal Space & Behavioral Determinants**

* 1. Functions of Personal Space
	2. Consequences of Personal Space Invasion
	3. Territory & Aggression
	4. Design Implications

**Unit – 9: Stress & Stress Management:**

* 1. The Meaning of Work-Related Stress
	2. Effects of Psychological Stress
	3. Causes and Control Measures
	4. Training to Control Psychological Stress
	5. Stress Management

## Student Guide

## Dear students Assalam-o- Alaikum,

We welcome you to the PGD in Environment Health and Safety course entitled “Physical and Psychological Hazards”. This course is part of your PGD program. For introduction to the course please go through the guidelines provided here for successful completion.

To understand the course content it is vital to know its aims and objectives properly. Let’s go through its aims and objectives first.

#### Course Objectives

* + 1. To develop an understanding of the phenomena of physical & psychological hazards.
		2. To impart the nature of workplace and domestic risks associated with the ability to transform into hazards and disasters.
		3. To devise controlling and mitigation measures for hazards of a physical & psychological nature.

#### Details of the Course

**Unit no. 1** describes the safe working requirements regarding physical and psychological hazards at workplace.

**Unit no. 2** explains the health & safety risks of substance misuse at the workplace and its control measures.

**Unit no. 3** describes the risks associated with working at height and methods to reduce and avoid risk. **Unit no. 4** elucidates the effective workplace transport operation system to manage work-related road safety.

**Unit no. 5** focuses on types of risk associated with Noise and Vibration exposure.

**Unit no. 6** helps to understand different types of radiation and their health effects at work place.

**Unit no. 7** explains Environment-Behavior theories: Psychological Implications.

**Unit no. 8** describes the functions of Personal space and the consequence of Personal space invasion.

**Unit no. 9** helps to understand work-related Psychological stress, its causes and its control measures.

This course will, therefore, inculcate the basic information of occupational health and safety including basic requirements of national and international standards that govern occupational health and safety.

#### Part-Time Tutors

Students have been allocated a part-time tutor. The name and address of your tutor will be provided to you. The tutor will help and guide you in studying the books and conducting activities related to study units. You are expected to take full advantage of the tutor’s knowledge and experience. These tutors are also responsible for marking your assignments.

Make all efforts to complete your written assignment according to the prescribed schedule and try your level best to attend all the study sessions according to the timetable provided to you.

Schedule for lecture sessions have been arranged online on LMS on weekly basis. Try to attend these sessions regularly to get proper guidance from your tutor.

#### Assignments

The course includes two assignments, which are compulsory for successful completion of the whole course. Each assignment is of 100 marks and out of these students obtaining 40 marks will be declared pass.

**Assignments no. 1& 2** are theory-based and must reach your assigned tutor before the due date. The schedule for submitting the assignments is provided separately. Please follow the schedule and upload soft copy of your assignments accordingly so that tutors are able to submit result accordingly.

#### Method of Study

A study period of 16 weeks has been allocated for studying this course through blended learning (online mode) whereas the 17th and 18th weeks are kept for general assessment and for final examination.

|  |  |  |
| --- | --- | --- |
| **Units** | **Assignments** | **Study period** |
| 1-2 |  | 4 weeks |
| 3-5 | Assignment 1 | 4 weeks |
| 6-7 |  | 2 weeks |
| 8-9 |  | 2 weeks |
| Revision | Assignment 2 | 4 weeks |
| Preparation for examination |  | 2 weeks |

You are expected to spend four weeks studying the first two units, this will help to improve your reading speed and get familiar with the contents of the units. The next three units 3 to 5 will become easier for you and you will be able to study them in comparatively less time. You can spend four weeks studying these four units, during the ninth week you can study unit no.6 & 7 and during the tenth week you must complete your first assignment and upload this on the Aaghi portal. Units 8 to 9 can be studied during the 11th and 12th week respectively and you can complete your second assignment along with the revision of your book during the weeks 13-16. The last two weeks will be kept for examination and preparation.

#### Final Examination

At the end of the course there will be a final examination, all the students will be expected to take this examination in the examination halls especially established for this purpose.

For any queries, you can write to the course/program coordinator. Suggestions for improvement will also be welcomed.

We wish you all the best.

Course Coordinator

Department of Nutritional Sciences & Environmental Design Allama Iqbal Open University,

H-8, Islamabad

## Tutor Guide

Dear tutor,

Students enrolled in PGD Environment Health and Safety offered through the blended learning (online) system belong to some professions and have a variety of educational backgrounds and experience.

These students have very limited contact with their coursemates and the part-time tutors. It is therefore important to keep in mind that some of the blended-learning students have had no links with education during the past few years after completing their formal education therefore they might lack confidence. Secondly blended-learning students are involved in studying during their spare time, probably after office hours. You are therefore requested to guide and help the students while keeping these issues in mind. Some students may need help in developing professional attitudes as well as understanding the facts about environmental, health and safety.

#### Assignments

In the online Aaghi LMS system, studying the course units has its importance but assignments are the major source of link between tutor and the student. Therefore it is important to offer your comments through these assignments. Express your views in such a way that the student is not discouraged hurt or depressed after going through your comments. You are also expected to guide on issues like methods of solving assignments, effective methods of studying and methods to improve study habits and working hard. It is anticipated that the student will submit their assignments in time on the Aaghi LMS portal according to the prescribed schedule.

***You are therefore requested to mark the assignments and upload them on the Aaghi LMS portal before the last date provided by the University.***

Marking guides are provided to you. You are expected to follow the instructions and make full use of these guides while marking the assignments. The students are expected to avoid giving unnecessary details and try to be brief and comprehensive. While marking the assignments the tutor has to assess whether the students have followed the instructions provided to them or not. The students are given another assignment which is based on a small field activity in which student will be representing their work in the lectures held at the end of the semester. The students are required to submit their assignment online through Aaghi LMS to you before it is presented.

#### Marking Guide

The tutors are expected to mark the assignments carefully and follow a similar marking standard for all the students. For the theory-based assignments you are requested to follow the marks division as indicated on the assignment, making a total of one hundred for each Assignment. The questions that are further divided into parts a, b etc. accompany a further division of marks as well. For marking assignments, the allocation of marks is indicated as under:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S.****No** | **Assignment****Number** | **Component** | **Total Marks** |  |
| 01 | 01 | Theoretical Questions | 100 | 200 |
| 02 | 02 | 100 |
| 03 |  | Presentation | Presentation and 70% attendance is mandatory. |
| Attendance |

Teachers are expected to stick to the guidelines provided to maintain standardization and uniformity.

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**WARNING**

1. **PLAGIARISM OR HIRING OF GHOST WRITER(S) FOR SOLVING THE ASSIGNMENT(S) WILL DEBAR THE STUDENT FROM THE AWARD OF DEGREE/ CERTIFICATE IF FOUND AT ANY STAGE.**
2. **SUBMITTING ASSIGNMENTS BORROWED OR STOLEN FROM OTHER(S) AS ONE’S OWN WILL BE PENALIZED AS DEFINED IN THE “AIOU PLAGIARISM POLICY”.**

**Course: Physical & Psychological Hazards (7443) Semester:Spring,2025**

**Level: PGD**

**Please read the following instructions for writing your assignments.**

1. All questions are compulsory and carry equal marks but within a question, the marks are distributed according to its requirement.
2. Read the question carefully and then answer it according to the requirements of the questions.
3. Hand-written scanned assignments are not acceptable.
4. Upload your typed (in Word or PDF format) assignments on or before the due date.
5. Late assignments can’t be uploaded at LMS.
6. Your analysis and synthesis will be appreciated.
7. Avoid irrelevant discussion/information and reproducing from books, study guide or allied material.

**Total Marks: 100 Pass Marks: 40**

## Assignment No. 1

**(Units: 1-4)**

* 1. Explain to what extent the Physical setting has direct effects on the Psychological Environment. **(20)**
	2. What is Substance misuse at the workplace? Explain how to reduce risk from Substance misuse at work. **(20)**
	3. Critically analyse the risk factors for work heights and how to control the risk at work- heights. **(20)**
	4. Explain ways to control risk associated with transport operations and work related to road safety? **(20)**
	5. Discuss the importance of relationships for a healthy work Environment. Explain the risks associated with workplace transport operations and how to manage work related road safety? **(20)**

**Total Marks: 100 Pass Marks: 40**

## Assignment-2

**(Units: 5-9)**

* 1. How high-level noise can lead to poor job performance? Discuss the effect of Exposure to Noise and Vibrations on the health of workers. **(20)**
	2. Discuss the types of radiation and their effects on the health of workers, also explain the radiation protection Strategies. **(20)**
	3. What is Environmental Stress? Why psychosocial hazards are major occupational health concerns. Discuss? **(20)**
	4. What is the importance of Motivation in the workplace and explain the ways to improve the Motivation of workers in an organization? **(20)**
	5. Visit any industry in your nearby industrial zone and develop a questionnaire regarding personal space to see the satisfaction level of the personnel. Provide your recommendations regarding your case study. Prepare a report and at least 10 PowerPoint slides to present in the **online class on the Aaghi portal**. **(20)**

**General Instructions**

* + 1. Assignment 2, Q 5 is practical, you have to prepare a report and present it.
		2. The presentation component is mandatory for all the students. You cannot sit in the final examination without completing this project and presenting it.
		3. Your report should cover both theoretical and practical components.
		4. Include the following sections in your report:
			1. Introduction and objectives of your study
			2. Field research strategy/ methodology
			3. Review of relevant literature
			4. Graphical representations
			5. Analysis/Conclusion/Suggestions
			6. Appendices/ Bibliography
1. As the student is supposed to do a presentation to the resource person and coursemates, he should prepare slides or other illustrative material for an effective presentation.
2. You are advised to consult with source material frequently as you undertake your design project. If you need any guidance, you may contact your tutor or write to the Program / Course Coordinators.