

Clackamas Community College
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Section #1 General Course Information

Department:Energy & Utility Resource Management

Submitter

First Name: Shelly

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Course Prefix and Number:ERM - 160

Credits:3

Contact hours

Lecture (# of hours): 33

Lec/lab (# of hours):

Lab (# of hours):

Total course hours: 33

For each credit, the student will be expected to spend, on average, 3 hours per week in combination of in-class and out-of-class activity.

Course Title:Utility Industry Health Awareness

Course Description:

Discover principles and concepts that govern health related environmental conditions in a workplace setting in the utility industry. Create systems for change specific to health related workplace conditions.

Type of Course:Career Technical Preparatory

Is this class challengeable?

Yes

Can this course be repeated for credit in a degree?

No

Is general education certification being sought at this time?

No

Does this course map to any general education outcome(s)?

No

Is this course part of an AAS or related certificate of completion?

Yes

Name of degree(s) and/or certificate(s):Energy & Utility Resource Management AAS & One Year Certificate, Utility Workforce Readiness Pathway Cert., Utility Trade Prep: Lineworker Pathway Cert., Utility Field Technician Pathway Cert., Occupational Health and Safety Pathway Cert.

Are there prerequisites to this course?

Yes

Pre-reqs:Pass ERM-121 with a C or better

Have you consulted with the appropriate chair if the pre-req is in another program?

No

Are there corequisites to this course?

Yes

Co-reqs:ERM-100, ERM-107, & ERM-109

Are there any requirements or recommendations for students taken this course?

Yes

Recommendations:None

Requirements:Instructor consent

Are there similar courses existing in other programs or disciplines at CCC?

No

Will this class use library resources?

No

Is there any other potential impact on another department?

No

Does this course belong on the Related Instruction list?

No

GRADING METHOD:

A-F Only

Audit:Yes

When do you plan to offer this course?

✓ **Fall**

Is this course equivalent to another?

If yes, they must have the same description and outcomes.

No

Will this course appear in the college catalog?

Yes

Will this course appear in the schedule?

Yes

Student Learning Outcomes:

Upon successful completion of this course, students should be able to:

1. explain General Duty Clause, the employers responsibility to safety on the job;
2. identify what a Musculo Skeletal Disorders (MSD's) are, and how they occur,
3. demonstrate how to prevent MSD's by wearing personal protective equipment (PPE), proper warm-up and regular stretching;
4. explain the impact of diet and lifestyle on chronic diseases, and the influence of genetics in regard to chronic disease;
5. Embody healthy changes to diet and lifestyle to add years to life,
6. describe the impact to health, from workplace conditions such as: noise, heavy or repetitive lifting, intense physical performance, working in inclement weather, contact with chemicals and air quality. Explain their short and long term impact to your health;
7. explain the importance to avoid behaviors that adversely affect work place health such as overeating, drugs, cigarettes and the heavy use of alcohol;
8. identify OSHA requirements in the workplace and the obligation your employer has for your safety,
9. demonstrate the use of a fire extinguisher,
10. explain the dangers involved in working around energized lines and equipment.

This course does not include assessable General Education outcomes.

Major Topic Outline:

1. Health & safety related workplace conditions.
 - a. General Duty Clause (OSHA).
 - b. Physical demands.
 - c. Working in inclement weather.
2. Consequences of health related workplace conditions.
 - a. Hearing loss.
 - b. Back injury (or other) resulting in time off.
 - c. Illness due to physical demand, general health, working long hours and working in inclement weather.
3. Options to reduce health related workplace conditions.
 - a. Hearing protection.

- b. Ergonomics to avoid MSD's.
 - c. Fitness for life.
 - d. Diet and nutrition.
 - e. Avoiding substance abuse.
4. Training to prevent workplace injury.
- a. Fire extinguisher application.
 - b. Electrical hazard awareness.
 - c. Ladders and fall protection.
 - d. Ropes and knots.

Does the content of this class relate to job skills in any of the following areas:

- | | |
|--------------------------------------|-----------|
| 1. Increased energy efficiency | No |
| 2. Produce renewable energy | No |
| 3. Prevent environmental degradation | No |
| 4. Clean up natural environment | No |
| 5. Supports green services | No |

Percent of course:0%

First term to be offered:

Next available term after approval

:
