

**Clackamas Community College**

## Online Course/Outline Submission System

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ERM-160 Utility Industry Health Awareness

General education certified:  Yes  **No**

- Writing
- Oral Communication
- Arts and Letters
- Science & Computer Science
- Mathematics
- Social Science
- Cultural Literacy
- Health & Physical Education

 Approved Date (mm/dd/yyyy):  /  / 

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**Section #1 General Course Information****Department:** Energy & Utility Resource Management**Submitter**

First Name: Shelly

Last Name: Tracy

Phone: 0945

Email: shellyt

**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.

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**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?

**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?

**Yes**

**Have you talked with a librarian regarding that impact?****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, and 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.

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***This course does not include assessable General Education outcomes.***

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**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       | <b>No</b> |
| 2. Produce renewable energy          | <b>No</b> |
| 3. Prevent environmental degradation | <b>No</b> |
| 4. Clean up natural environment      | <b>No</b> |
| 5. Supports green services           | <b>No</b> |

Percent of course: 0%

**First term to be offered:**

**Next available term after approval**

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