

**College of Micronesia-FSM
Course Outline**

GENERAL INFORMATION:

Course Code and Title: PH 221 Occupational Health and Safety		
Course owner by program: Health Sciences/ASDPH		
Campus: Kosrae, National	Initiator: Frehiwot Teshome	Date: August 2025
Course description: This course provides an overview of the principles and practices of occupational health and safety (OHS). Students will explore the identification, evaluation, and control of workplace hazards, the role of regulatory agencies, and the promotion of health and safety culture. Emphasis is placed on risk assessment, preventive strategies, occupational diseases, and legal/ethical issues in workplace safety. The course integrates case studies and practical tools used in public health to protect workers across a variety of industries.		

COURSE HOURS/CREDITS:

	Hours per Week	x	No. of Weeks	=	Total Hours	=	Semester Credits
Lecture	3	x	16	=	48 /16	=	3
Laboratory	_____	x	_____	=	_____	=	_____
Workshop	_____	x	_____	=	_____	=	_____
Co-op	_____	x	_____	=	_____	=	_____
Total Semester Credits						=	<u>3</u>

PURPOSE OF COURSE:


- Degree requirement
- Degree elective
- Certificate
- Other

PREREQUISITES: PH 101, PH121(Recommended)

PSLOs OF OTHER PROGRAMS THIS COURSE MEETS:

PSLO#	Program

CC Chair signature:  **Date recommended:** 02/10/2026

VPIA signature:  **Date approved:** 2/20/2026

I. Institutional Student Learning Outcomes

[]	1. Effective oral communication: capacity to deliver prepared, purposeful presentations designed to increase knowledge, to foster understanding, or to promote change in the listeners' attitudes, values, beliefs, or behaviors.
[]	2. Effective written communication: development and expression of ideas in writing through work in many genres and styles, utilizing different writing technologies, and mixing texts, data, and images through iterative experiences across the curriculum.
[X]	3. Critical thinking: a habit of mind characterized by the comprehensive exploration of issues, ideas, artifacts, and events before accepting or formulating an opinion or conclusion.
[X]	4. Problem solving: capacity to design, evaluate, and implement a strategy to answer an open-ended question or achieve a desired goal.
[X]	5. Intercultural knowledge and competence: a set of cognitive, affective, and behavioral skills and characteristics that support effective and appropriate interaction in a variety of cultural contexts.
[]	6. Information literacy: the ability to know when there is a need for information, to be able to identify, locate, evaluate, and effectively and responsibly use and share that information for the problem at hand.
[]	7. Foundations and skills for life-long learning: purposeful learning activity, undertaken on an ongoing basis with the aim of improving knowledge, skills, and competence.
[]	8. Quantitative Reasoning: ability to reason and solve quantitative problems from a wide array of authentic contexts and everyday life situations; comprehends and can create sophisticated arguments supported by quantitative evidence and can clearly communicate those arguments in a variety of formats.

2) PROGRAM STUDENT LEARNING OUTCOMES (PSLOs): The student will be able to:

1. Deliver effective public health presentations
2. Develop well-researched written public health reports
3. Analyze public health data using critical thinking
4. Design and evaluate community health solutions
5. Apply cultural competence in public health interventions
6. Utilize credible sources and research for public health decision-making
7. Engage in professional development for lifelong learning
8. Apply quantitative reasoning to epidemiological and statistical data

3) COURSE STUDENT LEARNING OUTCOMES (CSLOs) (General): The student will be able to:

1. Identify occupational hazards and describe their impact on worker health.
2. Apply methods to assess and control physical, chemical, biological, and ergonomic hazards.
3. Develop strategies to promote occupational safety and prevent injuries.

4) COURSE STUDENT LEARNING OUTCOMES (CSLOs) (Specific): The student will be able to:

CSLO (General) 1: Identify occupational hazards and describe their impact on worker health.			
Student Learning Outcome (specific)	ISLO	PSLO	Assessment Strategies
1.1 Describe types of occupational hazards 1.2 Explain pathways of exposure 1.3 Recognize common occupational illnesses	3*	3	Hazard identification & risk assessment focus exam
CSLO (General) 2: Apply methods to assess and control physical, chemical, biological, and ergonomic hazards.			
Student Learning Outcome (specific)	ISLO	PSLO	Assessment Strategies
2.1 Conduct basic risk assessment 2.2 Recommend hazard controls 2.3 Use exposure and injury data	4	4	Workplace hazard evaluation assignment to be graded with a checklist. Case studies addressing hazard control and exposure and injury data to be graded with rubrics.
CSLO (General) 3: Develop strategies to promote occupational safety and prevent injuries.			
Student Learning Outcome (specific)	ISLO	PSLO	Assessment Strategies
3.1 Apply safety promotion models 3.2 Design workplace training modules 3.3 Incorporate cultural competence in communication	5	5	Safety promotion presentation module on a selected workplace environment to be graded with rubrics.

5) COURSE CONTENT:

1. Introduction to Occupational Health
2. Types of Occupational Hazards
3. Occupational Diseases
4. Exposure Pathways and Monitoring
5. Risk Assessment and Control Methods
6. OSHA & International Regulations
7. Workplace Safety Culture
8. Safety data sheets and Hazard Communication
9. Surveillance and Occupational Epidemiology
10. Mental Health, Stress & Behavior Change

6) METHOD(S) OF INSTRUCTION:

- | | |
|---|---|
| <input checked="" type="checkbox"/> Lecture | <input checked="" type="checkbox"/> Cooperative learning groups |
| <input type="checkbox"/> Laboratory | <input checked="" type="checkbox"/> In-class exercises |
| <input type="checkbox"/> Audio visual | <input checked="" type="checkbox"/> Demonstrations |

[X] Other: online

7) TEXT(S) AND COURSE MATERIALS: Online Textbook

Friis, Robert H. (2016). Occupational Health & Safety for The 21st Century. Jones & Bartlett Learning.

<https://dokumen.pub/qdownload/occupational-health-and-safety-for-the-21st-century-1nbsped-9781284046038-2014038077.html>

8) REFERENCE MATERIALS: None

9) INSTRUCTIONAL COSTS: None

10) EVALUATION: Students must have a grade of 70%[C] or better to pass this course.

11) CREDIT BY EXAMINATION: None