



## Europass-Curriculum Vitae

### Personal Information

Surname / Forenames

**Ferreira de Aguiar, Livia Vanessa**

Residence

Rua Arquitecto João Andresen, nº21, 4475-350 Maia, Portugal

Phone

+351 912 720 263

email

livia7\_aguiar@hotmail.com

Nationality

Portuguese

Date of birth

16 de Setembro de 1987

Gender:

Feminino

Identity

13189046

Taxpayer Number:

253983061

### Functional Area

Environmental Health Technician

### Professional Experience

Date

Since January 2010

Occupation or position held

Environmental Health Technician - Occupational Health and Indoor Air Quality Laboratory

Main activities and responsibilities

#### Specialization Areas:

Indoor Air Quality, Occupational Health, Environmental Health, Environmental Monitoring.

#### Scientific / Work Areas:

- Analytical Determination of **Thermal Comfort**: calculation of PMV and PPD indices.
- **PM10 and PM2.5** Sampling and Determination (gravimetric).
- Sampling and Analysis of Viable Microorganisms: Quantification and Identification of Fungi and Bacteria.
- Sampling of **chemicals hazardous** in air: Volatile Organic Compounds, Sulfuric Acid, Alkalinity, Total Acidity, hydrogen sulfide, MDI, TDI, Chromate, Phenol, Formaldehyde, Cotton Fibers, Fibres, Ozone, Ammonia, Sulphur Dioxide, Dioxide Nitrogen, Carbon Monoxide, Carbon Dioxide, Chlorine, Nitrogen oxide and Hydrogen Peroxide and Halogenated anesthetics.
- Evaluation of **Thermal Stress**.
- Determination of **Thermal Parameters**: Temperature, Relative Humidity and Air Velocity.
- Determination of Levels of **Illuminance**.
- **Particle Sampling**: Metallic / Total / Respirable / Mineral Oil / Silica.
- **Particle Determination (gravimetric)**: Total / Respirable / Mineral Oil.
- Evaluation of exposure to **noise** at work.
- Determination of exposure of workers to vibration - Measurement of **whole body vibration**. Basic Method.
- Determination of exposure of workers to vibration - Measurement of **hand-arm system vibration**.

#### Technical activities:

Regarding all the assays mentioned in Scientific / Work Area,

- Calibration of air sampling pumps to harvest different chemical agents, as well as preparation of all other equipment necessary to perform the intended evaluations.
- Statistic analysis of the collected data.
- Elaboration of scientific reports.

Participation in Research Projects

Participation on the following national and international research projects:

- \_ 2010-2012: 'ENVIRH - Environment and Health in Children Day Care Centres' - PTDC/SAU-ESA/100275/2008 - Team member.
- \_ 2010-2013: 'GenFA - Occupational Exposure to Formaldehyde. Genotoxic Damage and Susceptibility evaluation in Pathology Anatomy Laboratory workers' - PTDC/SAU-ESA/102367/2008 - Team member.
- \_ 2011-2014: 'GERIA - Geriatric study in Portugal on Health Effects of Air Quality in Elderly Care Centres' - PTDC/SAU-SAP/116563/2010 - Team member.
- \_ SINPHONIE - Schools Indoor Pollution and Health: Observatory Network in Europe. Health & Consumer Protection, Directorate-General.



Scientific meetings organization	Member of the organizing team of the following Conferences: - International Conference on Occupational and Environmental Health (ICOEH) – Porto, Portugal, 17-19 <sup>th</sup> October, 2011. - National Meeting on 'Envelhecimento Activo: Moldando o Futuro', Porto, Portugal, 11 <sup>th</sup> December, 2012. - 2nd International Conference on Occupational and Environmental Toxicology (ICOETox) - Porto, Portugal, 16-17 <sup>th</sup> September, 2013. - International Comet Assay Workshop (ICAW), Porto, 18 – 20 <sup>th</sup> September, 2013.
Name and address of employer	National Health Institute Dr. Ricardo Jorge, I.P. – <i>Centro de Saúde Pública Dr. Gonçalves Ferreira</i> Environmental Health Department Rua Alexandre Herculano, n.º 321, 4000-055 Porto, Portugal
Date	November 2008 to May 2010
Occupation or position held	Seller
Main activities and responsibilities	Customer service, Replacement Stock
Name and address of employer	Lidl & CIA
Date	March 2006 to September 2007
Occupation or position held	Seller
Main activities and responsibilities	Customer service
Name and address of employer	Pingo Doce Distribuição Alimentar, S.A.
<b>Education and Formation</b>	
Date	Since September 2013
Title of qualification awarded	Master's Degree in Human Engineering
Principal subjects / occupational skills	<b>Covered Areas:</b> Study of Labor, Statistics, Ergonomics, Safety, Occupational Medicine, Methods and Analysis Techniques in Ergonomics, Management of Organizations and Human Resources, Ventilation, Occupational Psychology and Social Psychology, Industrial Hygiene, Research Methodologies in Human Engineering
Name and type of organization providing education and training	Universidade do Minho Campus de Azurém, 4800-058 Guimarães
Date	October 2011 to July 2012
Title of qualification awarded	Graduate in Integrated Systems of Management of Quality, Environment and Safety
Principal subjects / occupational skills	<b>Covered Areas:</b> Analysis and Risk Prevention; Audits of Management Systems for Quality, Environment and Safety; Business Management; Quality Management; Environmental Systems; Safety Systems; Sustainability Models and Business Excellence; Environmental Techniques in Industry; Technical and Quality Tools.
Name and type of organization providing education and training	Instituto Superior de Engenharia do Porto Rua Dr. António Bernardino de Almeida, n.º 431 4200-072 Porto, Portugal
Level in national or international classification	16
Date	September 2005 to November 2009
Title of qualification awarded	Degree in Environmental Health
Principal subjects / occupational skills	<b>Covered Areas:</b> Safety, Hygiene and Health at Work, Public Health, Indoor Air Quality, Safety and Food Hygiene, Environmental Management Systems, Sanitary Water, Environmental Management and Education, Analysis and Risk Assessment at Work.
Name and type of organization providing education and training	Escola Superior de Tecnologia da Saúde do Porto Rua Valente Perfeito, 322 4400-330 Vila Nova de Gaia, Portugal
Level in national or international classification	15



★

<p><b>Attended Courses</b></p>	<p>"Avaliação de Incertezas de Medição dos Parâmetros PMV e PPD (ISO 7730:2005) usando o Método Monte Carlo" – Formação interna (DSA UASO P) realizada pelo Eng.º Álvaro Ribeiro, Investigador Auxiliar do Laboratório Nacional de Engenharia Civil – 22 e 23/10/2012 (14h).</p> <p>"Gestão de Equipamentos (Metrologia)" – Associação Portuguesa para a Qualidade (APQ) – 04/10/2012 (7h).</p> <p>"Heat Stress and Comfort" – International Symposium on Occupational Safety and Hygiene, SHO 2012 – 08/02/2012 (5h).</p> <p>"Norma NP EN ISO/IEC 17025:2005 – Requisitos Gerais de Competência para Laboratórios de Ensaio e Calibração" – SERGA – 15 e 16/06/2011 (14h).</p> <p>"Amianto nos edifícios – localização, aplicação, risco e avaliação da exposição" – Unidade do Ar e Saúde Ocupacional de Lisboa, Departamento de Saúde Ambiental, Instituto Nacional de Saúde Dr. Ricardo Jorge, I.P. – 17/06/2011 (7h).</p> <p>"Iluminação de postos de trabalho no interior de edifícios: avaliação dos níveis de iluminação" – Unidade do Ar e Saúde Ocupacional de Lisboa, Departamento de Saúde Ambiental, Instituto Nacional de Saúde Dr. Ricardo Jorge, I.P. – 27/04/2011 (7h).</p> <p>"Avaliação da Exposição Ocupacional ao Ruído" - Formação Interna -DSA UASO P –22 e 23/04/2010 (11h).</p> <p>"Avaliação da Exposição Ocupacional às Vibrações" - Formação Interna -DSA UASO P – 12 e 13/04/2010 (11h).</p> <p>"Instrumentação para a Saúde Ocupacional: Avaliação de Parâmetros da Qualidade do Ar Interior" – ISMAI/ I Congresso Internacional de Engenharia de Segurança do Trabalho – Avaliação de Riscos – 21/11/2009 (3h).</p> <p>"Ferramentas de Controlo da Qualidade para ensaios físico-químicos" – Formação Interna -DSA UASO P – 30/06/2010 (1,5h).</p> <p>"Análise de Certificados de Calibração" – Formação Interna - DSA UASO P – 29/07/2010 (3h).</p> <p>"Avaliação do Ambiente Térmico em Contexto Laboral" – CATST-ISMAI/SPSO – 11/11/2010 (6h).</p>																																																														
<p><b>Other Meetings Attended</b></p>	<p>International Comet Assay Workshop, Porto, 18 – 20/09/2013</p> <p>2nd International Conference on Occupational and Environmental Toxicology, Porto, 16 – 17/09/2013</p> <p>SHO2013-International Symposium on Occupational Safety and Hygiene, Guimarães, 14 – 15/02/2013</p> <p>Seminário 'Envelhecimento Activo: Moldando o Futuro', Porto, 11/12/2012</p> <p>International Congress on Environmental Health – ICEH 2012, Escola Superior de Tecnologia da Saúde de Lisboa, Lisbon, 29/05/2012 to 01/06/2012</p> <p>SHO 2012 - International Symposium on Occupational Safety and Hygiene, Guimarães, 9 – 10/02/2012</p> <p>International Conference on Occupational and Environmental Health, Porto, 17 – 19/10/2011</p> <p>8º Congresso Nacional de Saúde Ocupacional, Hotel Axis Vermar, Póvoa do Varzim, 11 - 12/11/2010</p> <p>I Congresso Internacional de Saúde Gaia-Porto, Gaia, 23 – 25/09/2010</p> <p>I Congresso Internacional de Engenharia de Segurança no Trabalho, ISMAI, Porto, 20/11/2009</p> <p>IX Jornadas do Ambiente, Câmara Municipal de Lousada, Lousada, 28/11/ 2008</p> <p>IX Jornadas de Segurança, Higiene e Saúde no Trabalho, Câmara Municipal do Porto, Porto, 16/05/2008</p> <p>Seminário Internacional sobre Prevenção de Doenças Profissionais, Instituto Nacional de Saúde Dr. Ricardo Jorge, I.P., Porto, 30 – 31/10/2007</p> <p>II Jornadas da Unidade de Microbiologia Aplicada "Prevenção de Riscos na Cadeia Alimentar", Escola Superior de Tecnologia e Gestão do Instituto Politécnico de Viana do Castelo, Viana do Castelo, 7/12/2007</p> <p>12º Simpósio do ISMAI sobre Segurança, Higiene e Saúde no Trabalho, ISMAI, Porto, 11/10/2007</p>																																																														
<p><b>Skills and competences</b></p>																																																															
<p><b>Personal</b></p>																																																															
<p>Native language</p>	<p><b>Portuguese</b></p>																																																														
<p>Another languages</p>	<table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th colspan="4" style="text-align: center;">Comprehension</th> <th colspan="4" style="text-align: center;">Conversation</th> <th colspan="2" style="text-align: center;">Write</th> </tr> <tr> <th colspan="2" style="text-align: center;">Oral Comprehension</th> <th colspan="2" style="text-align: center;">Reading</th> <th colspan="2" style="text-align: center;">Oral interaction</th> <th colspan="2" style="text-align: center;">Oral production</th> <th colspan="2"></th> </tr> </thead> <tbody> <tr> <td style="text-align: center;"><b>English</b></td> <td style="text-align: center;">C2</td> <td style="text-align: center;">Experient</td> <td style="text-align: center;">C2</td> <td style="text-align: center;">Experient</td> <td style="text-align: center;">C2</td> <td style="text-align: center;">Experient</td> <td style="text-align: center;">C2</td> <td style="text-align: center;">Experient</td> <td style="text-align: center;">C2</td> <td style="text-align: center;">Experient</td> </tr> <tr> <td style="text-align: center;"><b>French</b></td> <td style="text-align: center;">A2</td> <td style="text-align: center;">Basic</td> <td style="text-align: center;">A2</td> <td style="text-align: center;">Basic</td> <td style="text-align: center;">A1</td> <td style="text-align: center;">Basic</td> <td style="text-align: center;">A1</td> <td style="text-align: center;">Basic</td> <td style="text-align: center;">A2</td> <td style="text-align: center;">Basic</td> </tr> <tr> <td style="text-align: center;"><b>Spanish</b></td> <td style="text-align: center;">C1</td> <td style="text-align: center;">Experient</td> <td style="text-align: center;">C2</td> <td style="text-align: center;">Experient</td> <td style="text-align: center;">B1</td> <td style="text-align: center;">Independent</td> <td style="text-align: center;">B1</td> <td style="text-align: center;">Independent</td> <td style="text-align: center;">C1</td> <td style="text-align: center;">Experient</td> </tr> </tbody> </table>										Comprehension				Conversation				Write		Oral Comprehension		Reading		Oral interaction		Oral production				<b>English</b>	C2	Experient	C2	Experient	C2	Experient	C2	Experient	C2	Experient	<b>French</b>	A2	Basic	A2	Basic	A1	Basic	A1	Basic	A2	Basic	<b>Spanish</b>	C1	Experient	C2	Experient	B1	Independent	B1	Independent	C1	Experient
Comprehension				Conversation				Write																																																							
Oral Comprehension		Reading		Oral interaction		Oral production																																																									
<b>English</b>	C2	Experient	C2	Experient	C2	Experient	C2	Experient	C2	Experient																																																					
<b>French</b>	A2	Basic	A2	Basic	A1	Basic	A1	Basic	A2	Basic																																																					
<b>Spanish</b>	C1	Experient	C2	Experient	B1	Independent	B1	Independent	C1	Experient																																																					
<p>Self-evaluation</p>																																																															
<p><b>Social, Organization and Information skills and competences</b></p>	<ul style="list-style-type: none"> <li>- Team spirit and initiative. Good organization skills, sense of commitment and motivation.</li> <li>- Very good communication skills and teamwork articulation.</li> <li>- Spirit project organization (experience of associativism). Management team (experience of sports).</li> <li>- Elevated ability to organize documents, research activities, and events for dissemination of scientific data.</li> <li>- Informatic skills: Good Microsoft Office domain (Word, Excel, Power Point, Publisher, Outlook).</li> <li>Knowledge and experience in statistical programs – IBM SPSS Statistics, XLSTAT, MatLab R2012b.</li> </ul>																																																														



<p><b>Technical competences</b> <b>Training Courses</b></p> <p><b>Internal auditor</b></p> <p><b>Scientific Production</b></p>	<p>Lecturer of Module 3: Indoor Air Quality and Hospital Facilities, intituled "<i>Redução do Desperdício nos Hospitais</i>" of Universidade Católica do Porto. (4h) December 2012.</p> <p>Industrial Hygiene Laboratory (LHI) of Centro Tecnológico da Cerâmica e do Vidro (CTCV) - ISO 17025:2005 (<i>observer auditor</i>).</p> <p><u>Published Papers, peer-reviewed</u></p> <p>- Rodrigues, M.A., Alves, P., Ferreira, L., Silva, M.V., Neves, M.P., <b>AGUIAR, L.</b> (2013). Musicians noise exposure in a Portuguese orchestra - a case study. pp. 431-435. In Arezes, P, Baptista, JS, Barroso, M, Carneiro, P, Cordeiro, P, Costa, N, Melo, R, Miguel, AS &amp; Perestrelo, G (eds.) (2013). Occupational Safety and Hygiene. CRC Press, Taylor &amp; Francis: London, ISBN 978-1-138-00047-6.</p> <p>- Ana Mendes, Cristiana Pereira, Diana Mendes, <b>Livia Aguiar</b>, Paula Neves, Susana Silva, Stuart Batterman &amp; João Paulo Teixeira (2013): Indoor Air Quality and Thermal Comfort—Results of a Pilot Study in Elderly Care Centers in Portugal, Journal of Toxicology and Environmental Health, Part A: Current Issues, 76:4-5, 333-344.</p> <p><u>Posters Presentations</u></p> <p>- <b>AGUIAR, L;</b> Mendes, A; Pereira, C; Mendes, D; Neves, M.P.; Teixeira, J.P. "<i>Biological air contamination in Elderly Care Centers – GERIA Project</i>". 2nd International Conference on Occupational and Environmental Toxicology (ICOETox), 16–17 September 2013, Porto, Portugal.</p> <p>- Mendes, A; Aelenei, D; Papoila, A.L.; <b>AGUIAR, L;</b> Pereira, C; Neves, M.P; Silva, S; Azevedo, S; Mendes, D; Guimarães, L; Teixeira, J.P. "<i>Indoor Environment and Ventilation Assessment in Children Day Care Centers in ENVIRH Project – results from 9 Oporto schools</i>". ICOETox, 16–17 September 2013, Porto, Portugal.</p> <p>- Mendes, A; <b>AGUIAR, L;</b> Pereira, C; Mendes, D; Neves, M.P.; Silva, S; Guimarães, L.F.; Teixeira, J.P. "<i>Indoor Assessment in Day Care Centers Environment</i>". Environmental Health (EH) 2013, 3-6 March 2013, Boston, USA.</p> <p>- Mendes, A; <b>AGUIAR, L;</b> Mendes, D; Pereira, C; Neves, M.P.; Teixeira, J.P. "<i>Season Variations in Elderly Care Centers Thermal Comfort in Portugal</i>". EH 2013, 3-6 March 2013, Boston, USA.</p> <p>- Mendes, A; <b>AGUIAR, L;</b> Mendes, D; Silva, S; Pereira, C; Neves, M.P.; Batterman, S; Teixeira, J.P. "<i>GERIA Project – Indoor Air and Quality of Life in Elderly Care Centers</i>". Health Buildings (HB) 2012, 10<sup>th</sup> International Conference, 8-12 July 2012, Brisbane, Australia.</p> <p>- Mendes, A; <b>AGUIAR, L;</b> Mendes, D; Silva, S; Pereira, C; Neves, M.P.; Teixeira, J.P. "<i>Indoor Air Quality and Thermal Comfort in Porto Day Care Centers – ENVIRH Project</i>". HB 2012, 10<sup>th</sup> International Conference, 8-12 July 2012, Brisbane, Australia.</p> <p>- <b>AGUIAR, L;</b> Mendes, D; Mendes, A; Neves, M. P; Teixeira, J. P. "<i>Indoor Air Quality in Primary Schools: a Winter Study</i>". International Conference on Occupational and Environmental Health (ICOEH), 17–19 October 2011, Porto, Portugal.</p> <p>- Mendes, D; <b>AGUIAR, L;</b> Mendes, A; Neves, P; Teixeira, J. P. "<i>Indoor Air Quality in Porto Kindergartens – ENVIRH Project</i>". ICOEH, 17–19 October 2011, Porto, Portugal.</p> <p>- Mendes, A; <b>AGUIAR, L;</b> Mendes, D; Neves, P; Teixeira, J.P. "<i>Conceptual and Methodological considerations in a developmental approach to a geriatric study in Portugal: health effects of air quality in elderly care centres</i>". ICOEH, 17–19 October 2011, Porto, Portugal.</p> <p><u>Oral Communications</u></p> <p>- "<i>Fungi in Primary Schools Indoor Air: Assessment and Health Effects</i>". SHO2013 – International Symposium on Occupational Safety and Hygiene. February, 2013</p> <p>- "<i>Whole Body Vibration: Importance of the exposure assessment and communication of preventive measures</i>". International Congress on Environmental Health – ICEH 2012. May, 2012</p> <p>- "<i>Qualidade do ar interior em ETAR's: agentes biológicos e sintomatologia associada</i>". I Congresso Internacional de Saúde Gaia-Porto. September, 2010</p> <p><u>Proceedings of scientific meetings</u></p> <p>- A. Mendes; <b>L. AGUIAR;</b> D. Mendes; C. Pereira; S. Silva; L. Guimarães; M.P. Neves; J.P. Teixeira "<i>The effects on Health of Indoor Air Quality and Thermal Comfort in Elderly Care Centers</i>". International Conference on Occupational &amp; Environmental Toxicology 2013.</p> <p>- A. Mendes; D. Mendes; <b>L. AGUIAR;</b> C. Pereira; M.P. Neves; A.S. Ribeiro; J.P. Teixeira (Junho 2013) "<i>Thermal Comfort Study in Portuguese Elderly Care Centers</i>" CLIMA 2013 - 11th REHVA World Congress and the 8th International Conference on Indoor Air Quality, Ventilation and Energy Conservation in Buildings.</p> <p>- A. Mendes; <b>L. AGUIAR;</b> D. Mendes; C. Pereira; M.P. Neves; S. Silva; M. Cano; M.C. Porença; J.P. Teixeira (Junho 2013) "<i>Seasonal Variability of Indoor Environment Parameters in Children Day Care Centers</i>" CLIMA 2013 - 11th REHVA World Congress and the 8th International Conference on Indoor Air Quality, Ventilation and Energy Conservation in Buildings.</p> <p>- M.A. Rodrigues; P. Alves; L. Ferreira; M.P. Neves; <b>L. AGUIAR;</b> M. Silva (Fevereiro 2013) "<i>Musicians noise exposure in a Portuguese orchestra – a case study</i>" SHO2013 – International Symposium on Occupational Safety and Hygiene.</p> <p>- A. Mendes; C. Pereira; <b>L. AGUIAR;</b> M. Cano; D. Mendes; M.P. Neves; M.C. Porença; J.P. Teixeira (Fevereiro 2013) "<i>Indoor Allergens and Bacterial Assessment in Children Daycare Environments</i>" SHO2013 – International Symposium on Occupational Safety and Hygiene.</p> <p>- A. Mendes; <b>L. AGUIAR;</b> D. Mendes; C. Pereira; M.P. Neves; J.P. Teixeira (Fevereiro 2013) "<i>Thermal Environment Assessment in Portuguese Elderly Care Centers</i>" SHO2013 – International Symposium on Occupational Safety and Hygiene.</p>
--	---



	<p>- <b>L. AGUIAR</b>; C. Pereira; A. Mendes; D. Mendes; M.P. Neves; J.P. Teixeira (Fevereiro 2013) "<i>Fungi in Primary Schools Indoor Air: Assessment and Health Effects</i>". SHO2013 – International Symposium on Occupational Safety and Hygiene.</p> <p>- <b>L. AGUIAR</b>; M.P. Neves; J.P. Teixeira (Maio, 2012) "<i>Whole Body Vibration: Importance of the exposure assessment and communication of preventive measures</i>". International Congress on Environmental Health – ICEH 2012.</p> <p>- A. Mendes; C. Pereira; D. Mendes; <b>L. AGUIAR</b>; M. Botelho; M.P. Neves; S. Batterman; J.P. Teixeira (Maio, 2012) "<i>Indoor air quality and thermal comfort – Results of a pilot study in elderly care centers in Portugal</i>". International Congress on Environmental Health – ICEH 2012.</p> <p>- A. Mendes; <b>L. AGUIAR</b>; C. Pereira; M.P. Neves; J.P. Teixeira (Fevereiro 2012) "<i>Indoor Air Microbiological Levels in Portuguese Hospitals</i>". SHO2012 – International Symposium on Occupational Safety and Hygiene.</p> <p>- <b>L. AGUIAR</b>; M. Freitas; M.P. Neves; M. Silva (Setembro, 2010) "<i>Qualidade do ar interior em ETAR's: agentes biológicos e sintomatologia associada</i>". I Congresso Internacional de Saúde Gaia-Porto, 2010.</p>
<b>Others</b>	<p>Member of students association of Escola Superior de Tecnologia da Saúde do Porto from 2005 to 2009 - Member of the Board, Treasurer, Chairman of the Supervisory Board and Executive Secretary.</p> <p>Captain team sport of futsal, 2007/2008 and 2008/2009.</p> <p>Federated player for 7 years (1999-2006) of futsal.</p>
<b>Driving license</b>	License n. ° 1408469 P-7, Class B, valid until September 15, 2037.
<b>Additional Info</b>	Own car

January 2014

Lívia Vanessa Ferreira Aguiar

Lívia Aguiar

03/01/2014