



Europass-Curriculum Vitae

Personal Information

Surname(s)/ Name(s) **Almeida Martins Cortês Ramos, Carla Alexandra**
Adress Rua 25 de Abril, n.º 11, 3.º Dto, 2695-788 S. João da Talha
Telephone number (+351) 964 550 615
Mail adress carla.ramos@itn.pt
carla.amc.ramos@gmail.com
Nationality Portuguese
Date of birth 09/01/2011
Gender Female



Occupacional Field **Research and Development Environment Health and Safety at Work**

Work Experience

Date	January 2012 - present
Occupational or position held	PhD Student – FCT Fellowship SFRH/BD/79277/2011 “Do the Health Benefits of Practicing Sports Outweigh the Risks?”
Main activities and responsibilities	The activities in this research area are related with following points: <ol style="list-style-type: none">1) Development of a methodology to estimate spatial and temporal distribution of outdoor air pollution in order to identify the most appropriate areas to locate sport facilities and the best time periods to practice outdoor sport.2) Research whether the health benefits from the increased physical activity of a modal shift from car to bicycle outweigh the health risks associated to the increased exposure;3) Assess the indoor air quality in gymnasiums by measuring chemical, microbiological and physical parameters and analyzing the ventilation conditions.4) Assessment of athletes' exposure by using biomarkers of inflammation, spirometry tests and on-line exhaled nitric oxide measurements.
Name and address of employer	Technological and Nuclear Institute (ITN/IST/UTL) Estrada Nacional 10 2686-953 Sacavém PORTUGAL
Type of business or sector	Academic Research
Date	October 2010 – October 2011
Occupational or position held	Health and Safety at Work Consultant
Main activities and responsibilities	Technical audits to commercial establishments. Assessment and control of occupational hazards. Prevention of occupational risks.
Name and address of employer	Garantia - Society of Preventive Control of Foodstuffs Praça Olegário Mariano, 1 Lisboa, PORTUGAL
Type of business or sector	Services render

Date	March 2010 – June 2010
Occupational or position held	Trainee in Environmental Health
Main activities and responsibilities	Research activities in Environmental field - Air Quality. Participation in the projects <i>PMfugitive</i> (PTDC/AAC-AMB/098825/2008) and ASEMIS.
Name and address of employer	Technological and Nuclear Institute Estrada Nacional 10 2686-953 Sacavém PORTUGAL
Type of business or sector	Government Laboratory
Date	December 2009 – June 2010
Occupational or position held	Service
Main activities and responsibilities	Assessment of fungi contamination in canteens
Name and address of employer	School of Health Technology of Lisbon Avenida D. João II, Lote 4.69.01, 1900-096 Lisboa PORTUGAL
Date	October 2009 – January 2010
Occupational or position held	Trainee in Environmental Health
Main activities and responsibilities	Environmental Health Technician in Public Health. Evaluation of projects for commercial establishments and development of health advice, health monitoring of swimming pools and communal use of water for human consumption and monitoring hygiene & health.
Name and address of employer	Unidade de Saúde Pública do Concelho do Seixal, do Agrupamento dos Centros de Saúde de Seixal-Sesimbra Rua dos Catos, Quinta do Brasileiro 2855-207 Seixal, PORTUGAL
Type of business or sector	Public Health Services
Date	October 2009 - March 2010
Occupational or position held	Collaborate of Portuguese Environmental Agency (www.apambiente.pt)
Main activities and responsibilities	Participation in National Action Programme, Environment and Health under the subject "Environmental Noise".
Name and address of employer	School of Health Technology of Lisbon Avenida D. João II, Lote 4.69.01, 1900-096 Lisboa PORTUGAL
Education & Training	
Dates	September 2006 - July 2010
Title of qualification awarded	Graduated in Environmental Health

Principal subjects/Occupational skills covered	Epidemiology I and II, Applied Chemistry, Applied Physics, Anatomophysiology, Biophysics, Biochemistry, Ecology, Control and Food Hygiene, Management Systems for Water Quality I and II, Occupational Health I and II, Management Systems for Air Quality, Waste Management I and II, Health Habitat Management, Methods and Techniques of Evaluation of Environmental Factors (Modules: Occupational Noise and Fire Protection), Microbiology I and II, Chemistry, Environment, Occupational Hygiene, Safety, Environmental Toxicology, Methodologies for Environmental Management Standards for Environmental Health, Health Education, Seminars (Modules: Construction, Control of Hospital Infection and Control of Vectors and Reservoirs of Disease), Research in Environmental Health.														
Name and type of organization providing education and training	Schools of Health Technology of Lisbon Avenida D. João II, Lote 4.69.01, 1900-096 Lisboa PORTUGAL														
Level in national or international classification	16 (0 to 20)														
Dates	July 2010 – August 2010														
Title of qualification awarded	Trainer														
Principal subjects/Occupational skills covered	The trainer face to the systems and training contexts, theories, factors and learning processes; Pedagogical relationship, animation of training groups; methods and pedagogical techniques; structure and definition of the objectives; evaluation of learning resources in educational training; planning training and plan of session.														
Name and type of organization providing education and training	CDRH Rua Padre Américo, N.º19 1600-661 Lisboa Portugal														
Personal Skills															
Mother Language	Portuguese														
<i>Self-assessment</i>															
<i>European level (*)</i>															
English															
	<table border="1"> <thead> <tr> <th colspan="2">Understanding</th> <th colspan="2">Speaking</th> <th rowspan="2">Writing</th> </tr> <tr> <th>Listening</th> <th>Reading</th> <th>Spoken interaction</th> <th>Spoken production</th> </tr> </thead> <tbody> <tr> <td>B2</td> <td>C1</td> <td>B1</td> <td>B2</td> <td>B2</td> </tr> </tbody> </table>	Understanding		Speaking		Writing	Listening	Reading	Spoken interaction	Spoken production	B2	C1	B1	B2	B2
Understanding		Speaking		Writing											
Listening	Reading	Spoken interaction	Spoken production												
B2	C1	B1	B2	B2											
	<i>(*) Nível do Quadro Europeu Comum de Referência (CECR)</i>														
Social skills and competences	Ability to adapt to different environments; Good communication skills; Team spirit; Proactivity														
Organizational skills	Sense of organization and management studies.														
Technical competences	Monitoring of chemical pollutants (particulate matter, ozone, carbon monoxide, formaldehyde and VOC), biological (fungi), physical (temperature and humidity) and industrial hygiene (occupational noise, thermal environment).														
Computer skills and competences	Microsoft Office™ (Word™, Excel™, PowerPoint™, Publisher™); Origin, Statistica, GeoMS.														
Aptidões e competências artísticas	Descreva estas competências e indique o contexto em que foram adquiridas. Facultativo (ver instruções)														
Outras aptidões e competências	Descreva estas competências e indique o contexto em que foram adquiridas. Facultativo (ver instruções)														
Driving license	B														

Additional Information

Accepted Publications:

S.M. Almeida, C.A. Ramos, A.M. Marques, A.V. Silva, M.C. Freitas, M.M. Farinha, M. Reis, A.P. Marques (2011) Use of INAA and PIXE for multipollutant air quality assessment and management. J of Radioanal Nucl Chem. DOI 10.1007/s10967-011-1473-4.

A. Silva, S.M. Almeida, M.C. Freitas, A.M. Marques, A.I. Silva, C.A. Ramos, T. Pinheiro (2011) INAA and PIXE characterization of heavy metals and rare earth elements emissions from phosphorite handling in harbours. J of Radioanal Nucl Chem. DOI 10.1007/s10967-011-1524-x

S.M. Almeida, A. Silva, M.C. Freitas, A.M. Marques, C.A. Ramos, A.I. Silva, T. Pinheiro (2011) Characterization of Dust Material Emitted during Harbour Activities by k0-INAA and PIXE. Journal of Radioanalytical and Nuclear Chemistry. <http://dx.doi.org/10.1007/s10967-011-1279-4>.

Viegas, C., Ramos, C., Almeida, M., Sabino, R., Verissimo, C., Rosado, L. (2011) Air fungal contamination in ten hospitals food units from Lisbon. Food and Environment I. WIT Transactions on Biomedicine and Health, 127 – 132. ISBN: 978-1-84564-554-0. DOI: 10.2495/FENV110131

Viegas, S., Viegas, C., Ramos, C., Silva, M., Sabino, R., Veríssimo, C., Rosado, L. (2011) Risk assessment of exposure to multiple mycotoxins in food. Food and Environment I. WIT Transactions on Biomedicine and Health, 81 – 87. ISBN: 978-1-84564-554-0. DOI: 10.2495/FENV110081

Viegas, C., Almeida, M., Ramos, C., Sabino, R., Verissimo, C., Rosado, L. (2011) Comparison of fungal contamination between hospitals and companies food units. Air Pollution. DOI: 10.2495/AIR110421

Papers in conference proceedings

Ramos C., Almeida M., Lopes J., Albuquerque P., Viegas S.: Cardiovascular effects and sound pressure level: a review about blood pressure. International Congress on Environmental Health. Coimbra, 2010. ISBN: 978 – 989 – 8252 – 11 – 1.

Viegas, S.; Viegas, C.; Ramos, C.; Almeida, M.; Sabino, R.; Verissimo, C.; Rosado, I.: Risk assessment of combined exposure to multiple chemicals: The case of micotoxins exposure. International Congress on Environmental Health. Coimbra, 2010. ISBN: 978 – 989 – 8252 – 11 – 1.

Viegas, S.; Viegas, C.; Ramos, C.; Almeida, M.; Sabino, R.; Veríssimo, C.; Rosado, I: Aspergillus species in ten hospitals food units from Lisbon. International Congress on Environmental Health. Coimbra, 2010. ISBN: 978 – 989 – 8252 – 11 – 1.

A.V. Silva, S.M. Almeida, M.C Freitas, A.M. Marques, A.I. Silva, C.A. Ramos, T. Pinheiro, S. M. Garcia, G. Domingues, A.I. Miranda: Measurement of fugitive emissions during harbour operations"; Global Conference on Global Warming 2011 11-14 July, 2011, Lisbon, Portugal; accepted.

Additional Information

Other oral communications

Ramos C., Almeida M., Lopes J., Albuquerque P., Viegas S.: Cardiovascular effects and sound pressure level: a review about blood pressure. International Congress on Environmental Health. Coimbra, 2010.

Viegas, S.; Viegas, C.; Ramos, C.; Almeida, M.; Sabino, R.; Verissimo, C.; Rosado, I.: Risk assessment of combined exposure to multiple chemicals: The case of micotoxins exposure. International Congress on Environmental Health. Coimbra, 2010.

Viegas, S.; Viegas, C.; Ramos, C.; Almeida, M.; Sabino, R.; Verissimo, C.; Rosado, I Aspergillus species in ten hospitals food units from Lisbon. International Congress on Environmental Health. Coimbra, 2010.

Posters in conferences

L. Delgado, J. Lopes, C.A. Ramos, M. Silva. Nosocomial Infections in Neonatal Intensive Care Units. International Congresso of Sciences and Health Technologies. Abstracts. Terceira Island – Azores. ESTeSL, May, 2010.

A. Silva, S.M. Almeida, M.C. Freitas, A.M. Marques, A.I. Silva, C.A. Ramos, T. Pinheiro, "INAA and PIXE characterization of heavy metals and rare earth elements emissions from phosphorite handling in harbours", 4th International Symposium on Nuclear Analytical Chemistry (NAC-IV), Mumbai, 15-19 November, 2010.

S.M. Almeida, M.C. Freitas, A.M. Marques, C.A. Ramos, A. Silva, M.M. Farinha, M. Reis, A.P. Marques (2010) An integrated approach for multipollutant air quality assessment and management. 4th International Symposium on Nuclear Analytical Chemistry (NAC-IV), Mumbai, November, 15-19.

S.M. Almeida, A. Silva, M.C. Freitas, A.M. Marques, A.I. Silva, C.A. Ramos, T. Pinheiro, "Characterization of Dust Material Emitted During Harbor Activities by k0-INAA and PIXE", Modern Trends in Activation Analysis – 13, Texas, USA, 13-18 March, 2011.