

Toxtamatov Ravshan Xolmatovich
Fergana Medical Institute of Public Health
Fergana, Uzbekistan

HYGIENIC OPTIMIZATION OF THE IMPACT OF WORKING CONDITIONS ON EMPLOYEE HEALTH

Abstract: Labor protection - measures aimed at preserving the safety, health and working capacity of a person in the labor process. The legislation establishes socio-economic, organizational, technical, sanitary-hygienic, treatment and preventive measures applied in the labor process. The tasks of labor protection include protecting the safety, health, and working capacity of a working person, creating healthy working conditions, preventing the risk of occupational diseases, and preventing injuries in production.

Keywords: Labor protection, sanitary-hygienic, treatment, collective agreements, occupational hygiene, IOHA, spacecraft, submarine, three-day work week.

INTRODUCTION

The rights of citizens to work in safe and comfortable working conditions in the Republic of Uzbekistan are enshrined in the Constitution. Specific measures aimed at the practical implementation of this constitutional guarantee are established in the Labor Code of the Republic of Uzbekistan, the Law "On Labor Protection" (May 6, 1993), a number of other laws and regulatory legal acts. The right to work in healthy and safe working conditions is one of the most fundamental labor rights of citizens of the Republic of Uzbekistan. Requirements and standards for labor protection are established in the internal labor regulations of enterprises and organizations, collective agreements, sectoral or regional collective agreements, other internal regulatory legal acts of enterprises, and labor protection standards for specific industries, professions, and workplaces. Regardless of the form of ownership and the method of conducting business, all enterprises, institutions, and organizations are obliged to create healthy and safe working conditions for their employees, take safety measures, organize labor protection services, and implement other organizational and technical measures.

Compliance with labor protection rules is monitored by special state bodies and the public. The Prosecutor General of the Republic of Uzbekistan and prosecutors subordinate to him exercise general control over compliance with laws, including laws on labor protection. Enterprises that violate the requirements of the law on labor protection may be subject to financial and economic sanctions, and their officials may be subject to disciplinary, administrative, and criminal liability, and material damage caused through their fault may be compensated.

MATERIALS AND METHODS

Occupational hygiene studies the impact of labor processes and the production environment on the human body and develops hygiene standards and measures to create comfortable working conditions and prevent occupational diseases. Working conditions in any place depend on the technology of the production process and the sanitary and hygienic conditions created in the workplace. In the process of physical labor, fatigue mainly affects the human muscles, and in mental labor, fatigue occurs from the nervous and mental side. As technology developed and production

processes improved, mental labor replaced physical labor, and there was a need to study mental labor processes more. Sanitary and hygienic conditions of occupational hygiene are understood as the entire environment surrounding the worker, including chemicals, dust, noise, vibration, ionizing radiation, as well as air temperature, humidity, speed of movement, lighting of rooms or other workplaces, the presence or absence of microorganisms, etc. If appropriate measures are not taken to protect the person, each of these factors, or several of them together, can cause harm to health. The main task of occupational hygiene is to prevent these adverse effects. Improving working conditions is a national task in the Republic of Uzbekistan.

Various methods are used to control occupational hygiene. The main of these are sanitary hygiene inspections. This method is used in the measurement of atmospheric factors: air pollution levels, vibration, noise, radioactive radiation, and other works. In addition, there are physiological, statistical, and experimental examination methods. Occupational hygiene also studies the laws of interaction between the organism and the production environment in order to determine hygiene standards that best meet the physiological and biological requirements of the human body in production. In accordance with the procedure introduced in the country, none of the production factors should exceed the permissible norm or the maximum concentration, and when workers are near them for an unlimited period of time, the factors should not cause specific diseases or any significant changes in those people. Occupational hygiene is carried out in accordance with special state standards, instructions, and guidelines developed and recommended by the Ministry of Health of the Republic of Uzbekistan.

At the same time, by taking appropriate measures to control the risks that can prevent the emergence and spread of harmful substances in the working environment, this not only protects the health of workers, but also limits the environmental damage often associated with industrialization. If harmful chemicals are removed from the work process, they will not affect workers and will not pollute the environment.

Occupational hygiene is the profession that focuses on preventing and controlling hazards arising from work processes. The goals of occupational hygiene include protecting and promoting the health of workers, protecting the environment, and contributing to safe and sustainable development.

RESULTS

Preventive measures should begin not only before any health disorder manifests itself, but also long before exposure occurs. The work environment should be under constant surveillance so that hazardous agents and factors can be identified and removed or controlled before they cause any ill effects.

It is important that decision-makers, managers and workers themselves, as well as all occupational health professionals, understand that occupational hygiene plays an important role in protecting workers' health and the environment, as well as the need for specialized professionals in this area.

Occupational hygiene is the science of anticipating, recognizing, evaluating and controlling hazards that arise in or from the workplace and that may impair the health and well-being of workers, taking into account the possible impact on the surrounding communities and the general condition.

Definitions of occupational hygiene can be presented in different ways; however, they all have essentially the same meaning and are aimed at the same basic goal, namely the protection and promotion of the health and well-being of workers through preventive measures in the workplace, as well as the protection of the general environment.

Occupational hygiene is not yet recognized as a profession; however, in many countries, framework legislation is emerging that will lead to its creation.

An occupational hygienist:

1. Anticipates potential health hazards arising from work processes, operations and equipment and advises on their planning and design accordingly;
 2. Recognizes and understands the occurrence (actual or potential) of chemical, physical and biological agents and other stressors in the work environment and their interaction with other factors, which may affect the health and well-being of workers;
 3. Understands the possible routes of entry of harmful agents into the human body and the effects of such agents and other factors on health
- Assess the exposure of workers to potentially harmful agents and factors and knows how to evaluate the results;
4. Evaluates work processes and methods in terms of the occurrence and spread-multiplication of potentially harmful substances and other factors, in order to eliminate the effects or reduce them to an acceptable level;
 5. Develop, recommend and evaluate control strategies, independently or in collaboration with other professionals, to ensure effective and economical control;
 6. Understand the legal framework for occupational hygiene practices in their country;
 7. Train, inform and advise people at all levels on all aspects of hazardous communication;
 8. Work effectively in a team including other professionals;
 9. Recognize agents and factors that may affect the environment and understand the need to integrate occupational hygiene practices with environmental protection.

DISCUSSION

International Occupational Hygiene Association (IOHA)

IOHA was formally established at a meeting held in Montreal on 2 June 1987. IOHA currently comprises 19 national occupational hygiene associations with over nineteen thousand members from seventeen countries.

The primary objective of IOHA is to promote and develop occupational hygiene worldwide at a high professional level through means including the exchange of information between organizations and individuals, the further development of human resources and the promotion of high standards. IOHA activities include scientific meetings and the publication of a newsletter. Members of affiliated associations are automatically members of IOHA, those in countries without a national association may also join as individual members.

IOHA has made recommendations to study existing national certification schemes (Burdorf 1995) and to encourage international cooperation in quality assurance for occupational hygienists, including:

1. "Harmonization of standards for the qualification and practice of occupational hygienists".
2. "Establishment of an international peer review body to review the quality of existing certification schemes".

The classic steps in the practice of occupational hygiene are:

1. Recognition of potential health hazards in the work environment
2. Hazard assessment, the process of assessing this impact and drawing conclusions about the level of risk to human health.

3. Hazard prevention and control, the process of developing and implementing strategies to eliminate or reduce to an acceptable level the occurrence of harmful factors and factors in the workplace, while taking into account environmental protection.

The ideal approach to risk prevention is “anticipatory and comprehensive preventive action” which should include:

a) an occupational health and environmental impact assessment before the design and installation of any new workplace.

b) the selection of the safest, least hazardous and least polluting technology (“clean production”).

c) an environmentally sound location.

d) proper design, appropriate procedures and appropriate management technology, including for the safe treatment and disposal of generated effluents and waste.

e) the development of guidelines and regulations for the proper operation of processes, including training on safe working methods, maintenance and emergency procedures.

The extent to which shift work affects a worker's ability, longevity, mortality, and overall well-being is still not well understood. In order to eliminate or at least reduce some of the problems that arise from the standard shift work of three eight-hour shifts per day, non-traditional work shifts and work schedules have been introduced in a number of industries. One type of work schedule that is classified as non-traditional is one that involves working hours longer than eight hours and that varies the number of days worked per week (e.g., a 12-hour, three-day work week). Another type of non-traditional work schedule involves short-term exposure to a chemical or physical agent during a specific work schedule (e.g., a schedule in which a person is exposed to a chemical for 30 minutes, five times a day, with one hour between exposures). The final category of unconventional schedules includes “critical situations” where people are constantly exposed to air pollutants (e.g., spacecraft, submarine).

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