

LABOR PROTECTION IMPROVE WORKING CONDITIONS, INCREASE EMPLOYEES' PRODUCTIVITY, IMPLEMENTATION OF REST REGIME

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ABSTRACT

In the article, labor protection improves working conditions, increases the productivity of workers, and implements a rest regime. Information is provided on the role of ensuring the creation of safe working conditions, its essence, increasing work productivity, reducing fatigue, creating healthy work activities, and preventing accidents in production.

Keywords: Toxic substance, occupational diseases, sanitation, dynamic stereotype, discomfort, optimal microclimate, stage.

INTRODUCTION. From the first years of independence in our country, great attention has been paid to improving the social condition of citizens, including workers and servants, to raising their standard of living, to creating a basis for working conditions at the level of labor protection, technical safety and sanitary requirements. Comprehensive reforms are also being implemented in the education process. In addition, the most modern technical means and equipment are used in production. Social lifestyle is becoming more active. The Law "On Education"[1] adopted in our country fundamentally changed the content of the education system. In particular, major changes were made to higher education curricula based on the needs of time and life.

The main importance is to provide young specialists with deep and comprehensive information in every field, to ensure that the knowledge given to them does not lose its

reflection and relevance in the production and society, and that their knowledge levels meet the requirements set by world educational standards. being directed.

Production and non-production efficiency in modern life cannot be imagined without mature personnel. In every field, the human factor and its value are put first. It is worth mentioning here that we are undoubtedly looking for answers to the questions of whether a person comes to life to live or not to work. A person is born with the right to life, freedom and the pursuit of happiness. A person exercises the rights to live, rest, take care of his health, work in working conditions that meet the requirements of a comfortable environment, safety and hygiene in the course of his life. These rights are guaranteed by the Constitution of the Republic of Uzbekistan[2].

Main part: Among the factors that constantly affect the hot condition in production conditions is the meteorological factor. There are optimal and inadmissible microclimate indicators in production. Optimum microclimate allows a person to maintain a normal temperature and functional state of the body even if it is exposed to it for a long time and regularly. As a result of the regular and long-term impact of acceptable microclimatic conditions on a person, changes in the thermal and functional state of the body, as well as an increase in heat exchange, are observed. In this case, there is a decrease in the ability to work and a discomfort in the sensation of heat. According to GOST 12.1.007-76[3], toxic substances include substances that cause occupational diseases or aggravation of human health. Toxic substances are divided into 4 classes of danger:[4]

1. Extremely dangerous. 2. High risk. 3. Moderately dangerous. 4. Less dangerous.

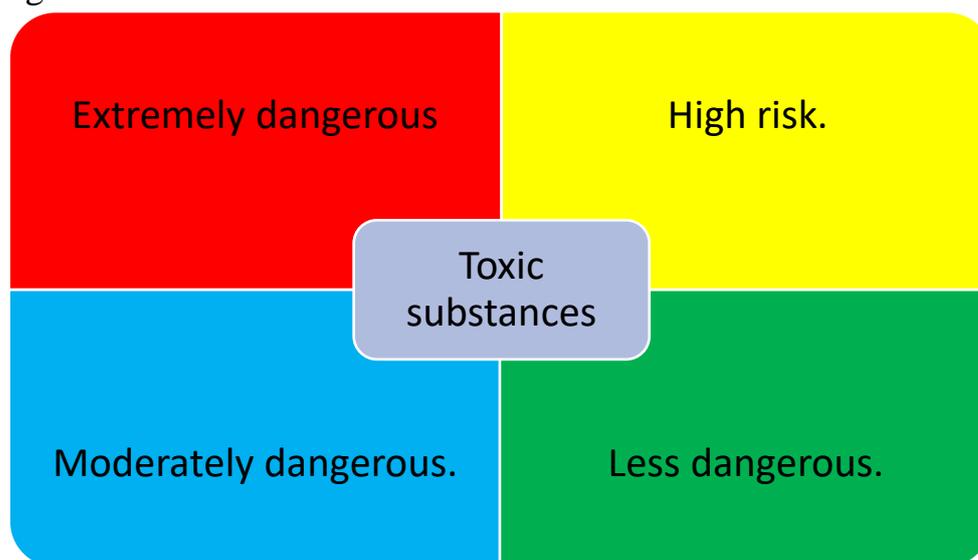


Figure 1. Division of toxic substances into 4 classes of danger.

Ways to prevent fatigue can be divided into several groups. General technical, hygienic and physiological.

➤ General technical events. Thanks to many technical, organizational and economic activities, human labor is becoming less tiring and productive, including mechanization and automation;

➤ Improvement of sanitary and hygienic conditions of work;

➤ A physiological warning device of fatigue. The purpose of this tool is to maintain constant high performance in certain production activities.

Physiological measures include:

Taking care of human health protection and increasing labor capacity is one of the important state tasks. In solving these tasks. In particular, in preventing illness of workers, promoting a healthy lifestyle, along with medical workers, labor protection and technical safety workers also serve as a great force.

➤ Rotational organization of work process.

➤ Production of dynamic labor stereotype.

➤ Doing exercises and training.

➤ Establishing a rotational order of rest and work.

3 stages can be distinguished in the development of exercises:

➤ The stage of initial low performance corresponds to the first stage of the formation of a dominant center.

➤ Transition is the stage in which the dominant center is formed.

➤ The stage where the last strong dynamic stereotype is formed.

The most productive days of the week are usually Tuesday, Thursday and Friday, when a person's ability to work increases.

It should also be noted that the duration of the working day is also of great importance. That is why the struggle to shorten the working day and this is part of the struggle of workers for their rights to a normal life. Currently, a working day is 7 hours a day, and 5 days a week is 8 hours a day.[5] However, in places where working conditions are difficult and harmful to health, the working day is 6 hours (underground work), 5 hours (radiologist), 4 hours (workers at high pressure). Speaking about the weekly work schedule, it is necessary to emphasize the 5-day working week. However, the question of assigning a 5-day work week to hard and difficult physical work remains open. The basis of the development of the work and rest schedule is physiological. However, when working on this problem, it is necessary not to be limited only to physiological indicators.

General - this is common, during the working day there is only a break for meals.

2. Man-Machine and Environment - Currently, this is not yet widespread productivity, in which there are several breaks during the working day, except for lunch.

These two forms are part of the same order system, and they are related to each other, because the timing of the lunch breaks depends on the rest of the breaks. The lunch break is usually in the middle of the working day and lasts 40-60 minutes. Such location of the break is caused by the need to take a break during long-term work, in order to prevent the decrease in work ability, and also, at this time, it is necessary to pat the stomach. Currently, there are 6,500 professions, about 600 modes of work and rest have been developed. The problem of the regime of work and rest also includes the question of the nature of the worker's work. Rest should be active. One action must be combined with another action, in this case it is about replacing mental work with physical work and physical work with mental work. Such vacations give life to great scientists and allow one to maintain a great capacity for work throughout one's life.

I.M. Sechenov explained and explained the confirmation of the above cases in life from a physiological point of view. He developed one of the rotational principles of organizing rest, the principle of alternating work of working movement organs as a means of increasing work efficiency. Later, the principle of I.M. Sechenov serves as the basis for all practical activities of introducing active recreation. I.M. Sechenov also found out that tired muscles rest better when other muscles are working as well than when they are at rest. [6]

Relevance of the topic. A person's ability to maintain the required level of work capacity or work capacity for as long as possible without changing the quality of work depends on several factors. The most important of these are training and exercise, emotional state, fatigue and environmental conditions. A state of fatigue usually occurs with a specific sensation, which is defined by the term "fatigue". Emotional state can have a significant impact on performance. A good emotional state leads to an increase in work ability, and a negative emotional state leads to a decrease in work ability. Changes in work and energy consumption.[7]

Energetics of human muscle activity. The work performed in modern production conditions can be divided into 3 groups depending on their capacity, that is, the amount of work performed in a unit of time.

- 1) light
- 2) average
- 3) hard work.

Factors that can reduce fatigue.

There are 4 types of comfortable work zones that provide a person with normal workability and work ability:

1. High comfort zone - all its indicators are the most comfortable for the human condition.

2. Comfort zone - the environment is normally perceived by a person and does not cause sensitivity and fatigue.

3. Uncomfortable zone - a person who has been in it for a long time gets tired.

In the case of production, some conditions cause deviations from the standard indicators of comfort (noise, air pollution, overheating in foundries, etc.). For this purpose, it is envisaged that an additional means of protection will be required to ensure standard workability and working capacity.

4. The intolerable zone cannot live without the protective means necessary for the human body (space, stratosphere, deep underwater, etc.). [7]

Organization of work:

❖ Rational organization of labor processes, division of labor, implementation of advanced labor methods.

❖ Providing comfortable working conditions. It is designed taking into account ergonomic and anthropometric data. A well-thought-out and well-organized workplace.

❖ Reasonable procedures for work and rest (work with reasonable rest between work: getting rid of monotony. Periods of waiting and downtime).

❖ Improve workplace service.

❖ Increase the level of workers.

❖ Development of creative activity of the worker.[8]

Summary. In order for the body to adapt to mental or physical work, a person must periodically perform some training. And the process of training does not happen without fatigue. Rest is the best way to prevent fatigue. Fatigue-causing factors, ie changes in blood supply to muscles, reduction of general energy reserves in the body, unfavorable weather conditions (hot, cold, high pressure, high humidity, etc.) also accelerate fatigue.

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