

2023

May 01 - 02

Zurich, Switzerland



CONFERENCE PROCEEDINGS

XVIII International
scientific and practical conference
Developing an understanding of the
specificities and functions of scientific language

Proceedings of the XVIII International Scientific and Practical Conference

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Issues of physiology and hygiene in the structure of teaching the educational discipline “Occupational safety”: problems and ways of their solution

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The aim of teaching the educational discipline “Occupational safety” in medical institutions of higher education in accordance with the existing regulatory documents is the formation of future specialists in the knowledge, skills and competencies necessary for the adequate performance of professional activities, the education of a safety culture to ensure effective management of occupational safety in medical industries, creating favorable conditions for the production environment and labor safety in accordance with the leading provisions of the current legislative and regulatory legal acts of the state in order to urgently implement the principle of priority protection of life and health of medical workers. Taking this into account, the main tasks of studying the academic discipline “Occupational safety” are to ensure the preservation of health and high efficiency of medical workers in production conditions by applying a complex of legislative, organizational, engineering-technical, sanitary-hygienic and medical-preventive measures, the formation of value orientations aimed at the prevention of industrial injuries and the prevention of occupational diseases [1, 2, 3, 4, 5, 6].

That is why one of the priority places in the teaching structure of the educational discipline “Occupational safety” belongs to issues related to current problems of occupational hygiene and physiology. Physiology of labor is a branch of medical science and practice that studies changes in the functional state of the human body that occur as a result of the influence of production activity and the labor process, with the aim of developing and implementing physiologically based measures for the organization of the labor process, which contribute to the prevention of fatigue, provide normalization of physiological processes and maintain a high level of performance. Therefore, the physiology of labor as a science involves an in-depth assessment of the general laws of labor processes that take place, the study of physiological laws that adequately characterize the state of the human organism in the conditions of the implementation of specific types of industrial activity, and the development, on this basis, of scientifically based approaches to the rational organization of specific types of work that contribute to improving the functional state of the body of workers in the medical industries. It is the data of work physiology that provide an opportunity to study the features of the physiological support of various types of both physical and mental activity, to determine the physiological mechanisms that determine the features of dynamic shifts on the part of the leading indicators of human performance, to assess the degree of difficulty and intensity of the work being carried out, to develop and justify physiological bases of the organization of labor activities of medical workers.

At the same time, occupational hygiene is an extremely important section of preventive medicine, which studies the specifics of the impact on the human body of the factors of the labor process and the production environment for the purpose of scientific substantiation of sanitary norms and rules, hygienic regulations and standards, as well as the development of normative provisions, the implementation of which contributes to the prevention of phenomena of premature fatigue and prevention of the development of occupational diseases and a number of adverse consequences of the effects of industrial conditions of workers. The main, in fact, core task of occupational hygiene is to carry out a qualitative and quantitative assessment of the impact of working conditions on the organism, based on the results of which the development and implementation of measures are carried out that can ensure maximum labor productivity in the absence of any signs of a harmful effect on the health of employees. In addition, among the priority tasks of occupational hygiene, which are no less significant in nature, it is necessary to include: the definition of hygienic standards, which are the basis of legislation in the field of improving working conditions, the justification of sanitary rules and norms for the establishment and maintenance of enterprises and other institutions, in particular health care institutions I, the development of recommendations regarding the organization of the labor process, the regime of work and rest, as well as the evaluation of the effectiveness of health-improving measures used among representatives of the medical industries.

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