

OCCUPATIONAL DISEASES AND INJURIES IN PRODUCTION  
EMERGENCY MEDICAL CARE

*K. Usmanov*

*Inspector of the life activity training center*

**Abstract:** In the article, production technologies are developed in our daily life. Based on this, the health of people working in production enterprises, factories, mines is the main priority, and the methods of health protection for people working in places related to production and technological processes have been described. At the same time, first aid methods were studied.

**Key words:** occupational diseases, sanitary-hygienic, vibration, noise, electromagnetic waves, pathogenic microbes, toxins, harmful habits.

Non-observance of safety equipment, industrial sanitation and fire safety rules, norms and recommendations in industrial enterprises can cause injuries, poisoning and occupational diseases to workers. That's why any accident that happened in production enterprises is thoroughly investigated and taken into account.

Occupational diseases are diseases caused by harmful and dangerous working conditions for the worker. Causes of injuries and occupational diseases:

1. Unsatisfactory organization of the organizational workplace.
2. Inadequate technical control.
3. The imperfection of the technical-technological process.
4. Unique microclimate conditions
5. Lack of lighting. Dust is the most widespread unfavorable factor in production.

Many technological processes in industry, transport, and agriculture cause dust generation. According to the origin, there are organic (plant and animal), inorganic (metal, mineral) and mixed dusts. In particular, the presence of nitrogen-silicon dioxide in dust plays a special role in the occurrence of pneumoconiosis. It is possible to get silicosis under the influence of quartz dust, which is present in the silicon free compound of the dust, especially if its amount exceeds 10%. These diseases are more common in people who work in mines, mines, mechanical engineering, glass, porcelain and other industries. Dust enters the body through the respiratory tract, skin and digestive tract, causes poisoning of workers and can cause acute and chronic occupational diseases.

In addition to the specific effect of poisons, harmful and dangerous factors in infectious and other diseased work of the organism are divided into the following types:

1. Harmful habits: regular consumption of alcohol, cigarettes, tobacco, cannabis. As a result of this, a person's health weakens, memory and work ability decrease, and

psychological changes appear. The main changes that occur in people's psyche as a result of natural disasters are insomnia, panic, strong excitement, waking up in fear at night, confusion, etc.

2. Physical: vibration, electromagnetic waves, noise, infrared rays, ultraviolet radiation, electric current, machines, mechanisms, heat or coldness of materials and equipment at the workplace.

3. Chemical: pollution of the workplace with gases, dust of chemical compounds, toxic substances falling on the skin, toxic substances falling into the gastrointestinal tract, the effect of acids, alkalis.

4. Biological: pathogenic microbes and their toxins. Spread of infectious diseases between animals and plants.

5. Psychophysiological: neuropsychological - scientific workers, teachers, student work, creative workers, operators, air traffic controllers, work in unfavorable conditions, manual work, heavy lifting, heavy work.

Most of the injured in various emergency situations are closed injuries. In closed injuries, the integrity of the skin and mucous membranes is not disturbed. But the damage spreads to various organs and tissues, soft tissues, chest and abdominal organs, brain, joints, urogenital organs, and in them, stretching and breaking of tendons, joint dislocation, crushing of soft tissues by soil, fragments of damaged buildings and structures. Lat eating is a closed injury, which occurs as a result of hitting with hard objects or hitting a hard object, and is characterized by damage to soft tissues of various organs in the abdominal and thoracic cavity.

The nature and severity of the changes that occur as a result of beating depends on the force of impact, the size, weight, shape of the body, the direction and duration of the injury, the size and importance of the damaged area of the body, and the anatomico-physiological characteristics at the time of the injury. During lat eating, the lymphatic and blood vessels in the subcutaneous fat layer are damaged to one degree or another, which causes the symptoms of lat eating to appear. There are not many symptoms of lat eating, but they are so clear and obvious that it becomes very easy to make a diagnosis: pain, swelling, bruising (hemorrhage, hematoma), dysfunction.

Pain is of different intensity and depends on the area of damage and the supply of nerves and blood vessels. Sometimes severe pain can cause traumatic shock (crushing of soft tissues of the leg or hand, abdominal injury, closed injury of large nerve fibers).

Edema - occurs as a result of blood absorption into soft tissues and aseptic inflammation. The size of the tumor depends on the size of the fat layer: the bigger the fat layer, the bigger the tumor. Bleeding and bruising (hematoma) - occurs as a result of blood vessel rupture immediately or several hours later. Its size depends on the caliber of the broken vein, blood clotting, subcutaneous fat layer. The layers of the skin

are first dark blue, then turn green and yellow as a result of the breakdown of hemoglobin.

Disturbance of function is initially considered a protective reaction of the body against injury and depends on the place of injury, reaction of the injured person to pain and the nature of the changes that occurred as a result of the injury. Dysfunction of the organ occurs as a result of absorption of blood and lymph in its tissues. An increase in local and general temperature occurs as a result of absorption of a large hematoma or its suppuration. Providing first aid - as soon as a sore throat occurs, put a compressing bandage on that place, if possible, rest the sore spot - apply cold objects, put an ice pack 40-50 After 10-15 minutes rest is given. It will be returned again. Application of cold reduces bleeding, stops it, reduces pain. As a result of compressing, damaged subcutaneous blood vessels are compressed and swelling is reduced.

Economically active people spend on average about a third of their time at work. Employment and working conditions have a strong impact on health equity. Good working conditions can provide social protection and status, opportunities for personal development, and protection from physical and psychological dangers. They can also improve employees' social relationships and self-esteem and lead to positive health effects. Worker health is an important prerequisite for household income, productivity and economic development. Therefore, restoration and maintenance of performance is an important function of the health service.

Workplace health hazards such as heat, noise, dust, hazardous chemicals, unsafe equipment and psychological stress cause occupational illnesses and can exacerbate other health problems. Working conditions, occupation and position in the official hierarchy also affect health. People who work in stressful or insecure work environments are likely to smoke more, exercise less and eat an unhealthy diet.

In addition to general health care, all workers-and especially those in high-risk occupations-need health services to assess and reduce exposure to occupational hazards, as well as health surveillance for early detection of occupational and work-related illnesses and injuries.

Chronic respiratory diseases, musculoskeletal disorders, noise-induced hearing loss and skin problems are the most common occupational diseases. However, only one third of countries have programs to address these problems.

Work-related noncommunicable diseases, as well as cardiovascular disease and depression caused by occupational stress, lead to increased rates of long-term illness and absence from work. Occupational NCDs include occupational cancer, chronic bronchitis and asthma, caused by workplace air pollution and radiation. Despite these diseases, in most countries doctors and nurses are not adequately trained to deal with work-related health problems, and many countries do not offer postgraduate education in occupational health.

**References:**

1. В.И. Вернадский. Биосфера и ноосфера. - М., 1989.
2. Нестеров П.М., Нестеров А.П. Экономика природопользования и рынок. М.: "ЮНИТИ", 2001.
3. Новиков Ю.В. Экология, окружающая среда и человек. М., 2003.3.3.
4. D.Yo.Yormatova. Ekologiya. -T.: "Fan va texnologiya", 2012.
5. D.Yo.Yormatova. Ekologik monitoring. -T.: "Fan va texnologiya", 2011.