

GENERAL CONCEPT OF THE POSITIVE IMPACT AND CRITERIA OF THE SCIENCE OF LIFE ACTIVITY SAFETY ON HUMAN LIFE

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ABSTRACT

The sum of active actions of a person means the concept of activity. It is this activity that distinguishes humans from other living creatures. Therefore, activity is a necessary indicator for the existence of a person. Labor is the highest form of human activity. Therefore, if there is no activity and labor, there will be no human society. Vital activity is a person's daily activities, rest, and lifestyle.

Keywords: movement, activity, safety, protection.

INTRODUCTION

Safety is a state of activity that eliminates the occurrence of risks with a certain probability. Safety of activity is one of the most important aspects of scientific and practical interests of mankind from ancient times to the present day. Man always strives to ensure his safety. With the development of production, these issues require special knowledge. In our time, security problems have become more acute.

It is known that accidents, fires, accidents and losses cause a lot of damage.

Therefore, it is important to educate people on the issues of protection against risks. This science plays an important social role in the stabilization of our society and makes a great contribution to increasing the level of safety of the national economy. The model of the activity process can be said to be composed of two elements: people and the environment, because only people are engaged in active activities and they they have a close relationship with the environment that surrounds them. Also, the "Human - environment" system can be considered as having two purposes:

"The first goal is when a person tries to achieve certain achievements and efficiency in the course of his work, and the second goal is to eliminate the unpleasant consequences that arise in the course of his work.

will consist of doing.

Nowadays, protection of people's life from production risks, natural disasters, catastrophes and disasters is one of the most urgent problems. Saving people's life from various catastrophes, accidents and disasters is one of the goals of the science of "Safety of Life Activities".

RESEARCH METHOD

The purpose of life safety science.

The science of life activity safety is among the scientific methodological sciences, and its main purpose is to study the causes, consequences and ways of eliminating risks that arise in human life, to create safe working conditions, to protect citizens from natural, man-made and environmental emergency situations, to It consists of both theoretical and practical preparation

for defense and teaching the rules of providing medical assistance to the injured. The main focus of the science of "life safety" is the goals of "man-nature-society" development.

The main tasks of life safety science:

1. Study of hazard identification. Studying the causes of the dangers that arise in the course of human activity, their characteristics and unfortunate consequences.
2. To study measures aimed at creating safe working conditions in production processes and service sectors.
3. Development of methods that reduce occupational diseases in production processes.
4. To teach citizens how to protect themselves from various dangers, natural disasters, accidents and disasters.
5. Studying measures to prevent accidents in work processes.
6. Rescue and recovery of citizens in natural, man-made and environmental damage centers.
7. Teaching first aid to injured people

The subject "Safety of life activity" is structurally composed of 4 departments. The main concepts of science, their content, methods and means of ensuring safety, types of human activity, industrial sanitation and hygiene, requirements for them, and the legal basis of labor protection are discussed in the theoretical foundations of life activity section. In the Department of Civil Protection: Emergencies, their causative factors, characteristics and consequences, training in methods of protection of citizens, their material assets, facilities and the rules of using protective equipment, rescue and first recovery work in damaged furnaces. and other important tasks were discussed. The information presented in this section is based on the laws of the Republic of Uzbekistan on civil protection, presidential decrees, government decisions and instructions of the Ministry of Emergency Situations. The concept of risk and their types.

Risk is a threat to people's life and health, life activities, material and environmental damage. Danger is considered as a source of emergency situation and causes an emergency situation under certain conditions. Any danger has the energy that causes human life activity and contains chemical or biologically active components. For example: chronic exposure to solvents used in the perfumery industry: ether, alcohol, chloroform, etc. causes allergic diseases in people.

Means of ensuring safety of activity Protective means are used to reduce or prevent the impact of harmful and dangerous production factors on workers.

DISCUSSION

Workers' protective equipment should create the most favorable conditions for the human body and ensure the following:

- reducing the amount of dangerous and harmful substances from the work zone, removing or driving away their influence; reduce the amount of harmful factors to the specified sanitary norm; protection of employees from harmful and dangerous production factors accompanying the adopted technologies and working conditions; protection from negative factors that appear when the technological process is broken. The choice of protective equipment is carried out in each individual case based on the requirements of labor safety. Various protective equipment is used to embody the principles and methods of ensuring safety. The nature of the use of

protective equipment are divided into collective protection means (KHV) and personal protection means (SHHV). Each is divided into classes according to its function. Depending on the harmful and dangerous factors, PPE is classified into means of protection against noise, vibration, and electrostatic charges. It is divided into protective equipment for the head, face, eyes and hearing organs. Depending on the technical preparation, the PPE is divided into the following groups: barriers, blocks, brakes, protective devices, lighting and sound signals, safety devices, signal colors, safety signs, automatic control devices, remote control devices, grounding and zeroing devices for electrical equipment, ventilation (ventilation), lighting, heating, cooling (air conditioning), insulation, sealing means.

Personal protective equipment includes waterproofing suits, spacesuits, gas masks, respirators, pneumohelmets, pneumomasks, various types of special clothing and shoes, gloves, helmets, hats, hats, anti-noise helmets, earplugs, includes protective glasses, protective belts, protective dermatological (creams) and others.

The importance of ergonomics in labor protection.

The science of ergonomics is of great importance in the study of the science of safety of life activities, along with social, technical, and humanitarian sciences. The term ergonomics comes from the Greek word *ergon*, which means work, non-work, and this word began to be used in England in 1949 and later spread widely.

Ergonomics is the science of adaptation of work tools and working conditions to human requirements. The purpose of this science is to create comfortable and safe conditions during human labor, to study the possibilities of increasing labor productivity. In performing this task, it is studied whether the descriptions of the person and the environment match exactly or to a certain extent, and important tasks related to safety are solved.

Since ancient times, people have adapted to their working tools and working conditions, and this happened spontaneously. At the same time, people are required to be accurate, quick to react, and act without mistakes. These actions are associated with great nervous and mental stress.

CONCLUSION

A person's strength and energetic ability have a certain limit. Therefore, fatigue in the control system in the work process can lead to undesirable consequences. Also, accuracy in the operating system decreases. Such limitations or environmental factors should be taken into account. Energetic compatibility represents the agreement between the operator's optimal capabilities of the required force, expended power, accuracy and speed of movement. Spatial and anthropometric compatibility It represents the consideration of the size, the effective possibilities of the external space, the situation of the operator during the work process, and the posture of the body. In the correct solution of the task, the size of the workplace, the distance the operator moves, the height, the distance to the control panel and other indicators are determined. The different anthropometric indicators of people in ensuring compatibility lead to a complicated situation and ergonomics help to solve this task. Technical-aesthetic compatibility means providing a person with satisfactory conditions in the process of work and communication with the machine.

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