

**STUDY AND ANALYSIS OF OCCUPATIONAL INJURIES, OCCUPATIONAL
DISEASES AND THEIR CAUSES**

Turdiboeva Dilnorakhon Abdukakhkhor kizi
Tashkent State Technical University, Master's student
Musaev Marufjon Nabievich
Tashkent State Technical University, Professor

Annotation: In this article, occupational injuries, occupational diseases occurring in the labor process in all industries and the causes of their occurrence were studied, current issues of prevention were considered, and proposals for the prevention of occupational diseases were developed. As a result of negative factors related to labor activity at production enterprises, employees may be subjected to various occupational diseases or injuries. Such situations negatively affect the efficiency of the enterprise and pose a serious threat to the health of employees. Therefore, creating safe working conditions is one of the most pressing tasks today.

Keywords: Occupational injuries, ergonomics, occupational disease, hazardous situations, protective measures, safety, occupational safety, medical examination

Occupational injuries and occupational diseases arise as a result of dangerous situations arising in the workplace. Occupational disease - an acute or chronic disease of an employee, caused by exposure to a harmful production factor or a hazardous production factor, resulting in a temporary or permanent loss of professional work capacity [2].

Industrial injuries and occupational diseases are often caused by non-compliance with safety regulations, poor ergonomics, malfunctioning equipment, and shortcomings in working conditions. The main reasons for them are:

- increased risk of injury to employees due to non-compliance with safety regulations;
- in working conditions, an unsuitable environment (dust, various gases, chemicals, explosives, noise, high temperature) can cause diseases;
- lack of ergonomic conditions, that is, an incorrect work position (for example, working in the same position for a long time) can cause occupational diseases;
- malfunction of equipment, including obsolete or improperly processed equipment, does not ensure safe operation;
- If workers are not sufficiently skilled in safety and work performance, this can lead to injury and illness.

To ensure that injuries and occupational diseases do not pose a high risk to employees during work, it is necessary to strengthen safety measures at work. Hazardous situations are mainly formed due to the lack of favorable conditions and non-compliance with the rules [2].

Injuries are events that affect and occur in the human body during the work of employees in production. There are various types of injuries, and employees can develop diseases due to mechanical, chemical, thermal, electrical, and other causes.

Occupational diseases are mainly caused by the influence of harmful production factors and as a result of constant work. In this case, physical, chemical, and biological factors influence the human body, forming occupational diseases. These diseases can occur when various substances, toxic gases, or harmful biological factors affect the human body.

In this case, that is, dangerous situations, dangerous conditions, and dangerous actions for production workers at the workplace can be formed on the basis of many reasons. These hazardous situations have a negative impact on the health and safety of employees, and they need to be protected from this [1].

Industrial injuries. Occupational injuries are unchanged for the health and safety of workers in the workplace, creating difficulties for their health. There may be several reasons for these injuries, and it is important to identify and address them. There are various types of occupational injuries, usually occurring in the form of mechanical, chemical, thermal, electrical, and other diseases. These injuries differ for individuals and are not solely physical. Injuries are associated with hazardous workplace environment factors, technical malfunctions, and worker errors.

Mechanical injuries are caused by damage caused by the physical supporting elements of a person. For example, cuts, fractures, or injuries to certain body parts of workers are examples of this. As a result of injury, a person can temporarily or permanently lose their ability to work. In this case, the worker may lose their ability to work in general or professional ability, or both partially or completely. In some cases, a person may even die as a result of injury.

In chemical injuries, it occurs through harmful (toxic) chemical substances, abrasions, or other liquids. This type of injury can result from the loss or use of chemical substances in the workplace.

In thermal injuries, high or low temperatures, such as in high-temperature technological processes, can create dangerous situations for employees at workplaces. In electrical injuries, it is caused by electric shock and can be related to a simple electric shock, zeroing, or electrical switches. All these types of injuries lead to dangerous workplace conditions and can be harmful to workers. For these reasons, it is necessary to develop multi-layered protective measures in hazardous situations and workplaces to prevent industrial injuries. These measures can help protect people from injuries and protect workplace attitudes. Injuries usually have a significant impact on production. They can affect the quality and effectiveness of production activities, and they can affect the level of production of society as a whole, and not be limited only to the activities of employees.

Suggestions for the prevention of occupational diseases and injuries in production are as follows:

- it is necessary to organize regular training on occupational safety in production, that is, employees should be regularly trained in occupational safety rules. this process should include theoretical and practical training;
- create safe working conditions at enterprises, all workplaces must be equipped safely and in accordance with standards. roads, equipment and machinery must meet technical requirements;
- employees must provide personal protective equipment (PPE) and use personal protective equipment depending on the type of work performed, for example, a hat, goggles, vest, helmet, etc.;
- Safety checks and supervision at workplaces should be carried out regularly by the person responsible for occupational safety;
- Maintenance and preventive maintenance work must be carried out at enterprises, including periodic technical inspections and preventive maintenance of equipment and mechanisms;
- warning signs about hazards and safety instructions should be placed at workplaces;
- The health of employees should be monitored through regular medical examinations, and psychological support should be provided if necessary.
- medical examinations are conducted to prevent the emergence and spread of infectious and parasitic diseases, as well as to prevent occupational diseases and accidents;
- Plans and exercises should be developed on how to act in case of fire, explosion, or other emergencies at the enterprise.

These measures not only help to warn employees about dangerous situations, but also help reduce serious injuries to society. The study and analysis of occupational injuries and occupational diseases is a continuous process aimed at improving the safety culture of the

enterprise, preventing accidents, and protecting the health of employees. By collecting, analyzing, developing, implementing, and monitoring data, the enterprise can create a safe and healthy work environment and increase work efficiency.

REFERENCES

1. 1. "Labor Code" of the Republic of Uzbekistan. Collection of Legislative Acts of the Republic of Uzbekistan. –T.: "Adolat", 2023.
2. 2. Law of the Republic of Uzbekistan "On Labor Protection". 2016.
3. 3. Regulations of the Ministry of Labor "On the Representative for Labor Protection". State registered by the Ministry of Justice on December 18, 1995 under No. 196.
4. 4. "Labor Protection" A.E. Parmanov, Shu.S. Sharipov, G'.T. Dadaev. Tashkent "Ilm ziyo" 2013.