

**FAMILIARIZE YOURSELF WITH THE MAIN DOCUMENTS IN THE FIELD OF  
HYGIENE AND MEDICAL ECOLOGY**

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**Abstract:** The concept of the environment. The environment is understood as the environment surrounding a person and its components, including atmospheric air, water, soil, food products, as well as a set of hygienic factors in which production and human economic activities are observed and which can affect the human body. The main objects of the environment include air, water, soil, food products, working and living conditions, and conditions for the upbringing and education of children and adolescents. Each of these objects has certain characteristics, therefore it is permissible to divide these factors into the following groups.

**Keywords:** Environment, human, existence, atmosphere, air, water, soil, food, production, economic activity, organism, object, cocktail, life, conditions, children, teenagers, upbringing, education.

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## **INTRODUCTION**

Physical factors - temperature, humidity, speed of movement of the air, atmospheric pressure, noise, vibration, dustiness of the air, radiation of various nature, electromagnetic waves. Many physical factors in the environment are considered natural and in some conditions are very necessary for human life and activity; the remaining factors, since they are of artificial origin (laser rays, ultra-high-frequency electric fields, etc.), are not a necessary factor for the human body. Physical factors of natural and artificial nature have a harmful effect on the body in certain conditions and degrees, as a result of which they can cause pathological conditions in the body.

Chemical factors. The entire environment surrounding a person contains a complex of chemical factors. They are part of air, water, soil, and food products. The unity of the human body and the environment is associated with the relationship and balance between the natural chemical composition of external environmental objects and the human body. The presence of a particular chemical element in environmental objects in high or low levels is also reflected in the human body, especially since chemical compounds artificially formed in environmental objects are foreign to the body and can cause poisoning in the body when their amounts exceed permissible levels.

Biological factors. The group of biological factors includes macro- and micro-organisms of various nature, viruses, fungi, helminths or their products in the environment surrounding us. Some types of microorganisms in the environment play a positive role. Because they participate in the self-purification processes of water and soil, and some types of microorganisms are widely used in the production of food products. The constant presence of microbes, viruses, fungi in environmental objects is considered undesirable from a hygienic point of view.

Social factors. These factors include people's working conditions, recreation, daily living conditions, and the provision of medical services to the population. Social factors are very complex in their composition, and their nature and, above all, depend on the socio-economic conditions of a particular country.

## **MATERIALS AND METHODS**

Studying the impact of the above factors on the human body, the science of hygiene is closely related to other natural sciences, including physiology, toxicology, chemistry, physics, clinical sciences, etc. Taking into account the large number of factors in the environment and the different characteristics of their impact by nature, hygienic standards and regulations have been established for them. Based on the established standards, they have been developed taking into account the amount of harmful effects on the human body.

For example, microclimate parameters of living spaces, levels of natural and artificial lighting in rooms, water consumption standards, physiological standards of nutrition.

Regulations are permissible parameters of environmental factors, which can apply to any of the groups of factors listed. For example, hygienic regulations include permissible concentrations of chemical factors in the air and water environment, permissible levels of noise and vibration, permissible doses of radioactive substances, and standards for ultra-high-frequency electromagnetic fields.

Compliance with hygienic standards not only affects the normal growth and development of the human body, but also plays a significant role in preventing various diseases.

The creation of hygienic standards is a very complex process, which is created through various experiments.

Hygienic standardization is carried out in the following stages:

Step 1: Collecting information on the required amount of standard.

Step 2: Establishing hygienic standards based on the collected data.

Step 3: Revising the standard and replacing it with a new one if necessary.

In addition, the following basic principles should be observed in the process of hygienic regulation.

1. Safety principles
2. The principle of progress.
3. The principle of O.
4. The principle of the threshold.

All hygienic standards are divided into 2 large groups.

1. Constant hygienic standards.
2. Temporary hygienic standards.

Regular hygienic standards include:

PDK – tolerable concentration, predlno dopustimaya concentration.

PDD – tolerable dose, predlenno dostimaya dose.

PDU is a permissible level, predelno dostimie urovni.

PDV – the permissible amount of harmful substances released into the atmosphere, acceptable vozdeystvie.

PDS is the allowable quantity for liquid waste discharged to wastewater predelno dosimiy sbros stochnyx vod v vodoyomax.

DKM – the number of migrants that can be allowed, dostimaya concentration migrants.

DOC is the allowable residual amount, dostimaya ostatochnaya concentration.

DSD – tolerable daily amount, dostimaya sutochnaya dose.

OBUV – estimated safe exposure level, orientirovochno bezopasnye level vozdeystviya.

GOST – state standards, gosudarstvennye standarty.

SanPiN – sanitary rules and regulations, sanitary rules and norms.

## **RESULTS**

Sanitary and epidemiological well – being of the population is a state of population health in which there is no harmful effect of environmental factors on a person and favorable conditions are provided for his vital activity.

State sanitary control – activities aimed at preventing, identifying and eliminating violations of legislation on the sanitary and epidemiological well-being of the population.

Human living environment - a set of objects, phenomena and environmental factors that determine the conditions of human life.

Sanitary and hygienic measures and anti-epidemic measures - organizational, administrative, engineering and technical, medical and sanitary measures and other measures aimed at preventing the occurrence and spread of infectious and parasitic diseases and eliminating them.

Sanitary and epidemiological situation - the state of the living environment and health of the population in a specific territory at a specific time.

Sanitary and epidemiological service - a single system that includes state sanitary and epidemiological surveillance centers, centers for combating acquired immunodeficiency syndrome, disinfection stations, centers for the prevention of plague, quarantine and highly dangerous infections, and research institutions.

Restrictive measures (quarantine) are administrative, medical and sanitary measures and other measures aimed at preventing the spread of infectious and parasitic diseases, providing for a special procedure for economic and other activities, restrictions on the movement of the population, vehicles, cargo and (or) goods.

Infectious and parasitic diseases are human diseases that arise and spread due to the influence of biological factors of the environment in which a person lives and the possibility of transmission of the disease from a sick person or animal to a healthy person.

The Chief Sanitary Doctor:

Heads the sanitary-epidemiological service, determines the main tasks of state sanitary control and priority areas for its implementation.

Approves sanitary rules, norms and hygiene standards.

Approves regulatory and technical documents on determining the impact of environmental factors on the human body.

Approves the national calendar of preventive vaccinations and the procedure for conducting preventive vaccinations according to epidemic indicators.

Determines areas that are dangerous to people's life and health, where the population's residence and economic activities are prohibited.

Coordinates measures for the sanitary protection of territories from the introduction and spread of infectious and parasitic diseases.

Issues decisions on the implementation of appropriate sanitary-hygienic measures and anti-epidemic measures in cases where there is a risk of the emergence and spread of infectious and parasitic diseases that pose a danger to others.

It issues permits for the import and production of new food additives, specially added biologically active substances, chemicals, biological agents and materials, polymer and plastic masses, perfumes and cosmetics based on their toxicological and hygienic assessment.

It exercises control over the targeted use of republican and local epidemic funds and material and technical resources allocated for sanitary and hygienic measures and anti-epidemic measures.

Considers complaints about decisions of sanitary and epidemiological service institutions, as well as actions (inaction) of their officials.

Junior sanitary doctors:

Heads the institutions of the sanitary and epidemiological service under their jurisdiction.

Gives conclusions on projects for the construction and reconstruction of facilities.

Determines areas that are dangerous to people's life and health, where the population's residence and economic activities are prohibited.

Carries out measures to protect the relevant territory from the entry and spread of infectious and parasitic diseases.

Carries out sanitary and hygienic measures and anti-epidemic measures during the elimination of emergencies and outbreaks of infectious and parasitic diseases, including jointly with interested ministries and departments.

Issues mandatory instructions to be followed by state bodies and other bodies, legal entities and individuals to eliminate violations of legislative acts.

## **DISCUSSION**

Officials exercising sanitary control are granted the following rights within the scope of their powers:

a) to issue instructions on the elimination of violations of sanitary rules, norms and hygiene standards, and to demand their elimination from state bodies and other bodies, legal entities and individuals;

b) to exercise control over compliance with sanitary rules, norms and hygiene standards in projects for the construction and reconstruction of facilities;

c) to provide state bodies and other bodies, legal entities and individuals in accordance with the established procedure:

- on projects for the planning and construction of settlements and perspective plans for the placement of facilities, as well as projects for the construction and reconstruction of enterprises, buildings and structures;

- on the allocation of land plots for construction, determination of places of water use for economic and domestic purposes and conditions for discharging wastewater after its purification, disposal and burial of toxic, chemical, radioactive and other substances;

- on the compliance of structures, residential premises, medical and preventive, educational, cultural, sports institutions and other institutions, production buildings and sanitary and domestic buildings, as well as equipment, vehicles with sanitary rules, norms and hygiene standards;

- to issue conclusions on the proposals submitted on the standard order of training and training of students in educational institutions;

g) to enter the facilities of legal entities and individual entrepreneurs in accordance with the procedure established by law in order to monitor the implementation of sanitary rules, norms and hygiene standards;

d) employers:

- to dismiss from work persons who do not regularly comply with sanitary rules, norms and hygiene standards, anti-epidemic procedures and pose a risk of spreading infectious and parasitic diseases, taking into account the specific characteristics of production and the nature of the work performed;

- to require the implementation of sanitary and hygienic measures and anti-epidemic measures;

e) to receive food products, goods, objects and materials for sanitary and hygienic examination, laboratory tests, to conduct tests directly at the facilities themselves using the necessary laboratory and equipment;

j) to involve specialists from ministries, state committees and departments, as well as representatives of the public, in the implementation of state sanitary control in accordance with the established procedure.



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