

Ways to improve labor protection in sports.

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Abstract. This article considers the ways to improve labor protection in sports and the problems of improving the safety standards of the educational institution's gymnasium, outdoor sports field, as well as sports equipment and any additional equipment used in the classroom, and improving working conditions. In Uzbekistan, the development of physical education and sports is considered at the level of state policy, and it is used as an important area of strategic importance for the health of the nation's gene pool, the education of a generation with physical and intellectual potential, and the promotion of the ideas of national independence. . Today, it is not a secret to anyone that high-level changes were made in the development of this industry in our country precisely because of independence. Sports complexes that meet the requirements of state standards have been built in order to educate the young generation and are operating effectively. Physical education and sports should be an integral part of the general culture of citizens of the country.[1] Physical fitness is the most important condition for being healthy, and its improvement depends on the high level of physical training in schools, directed to health. Physical education classes organized in a traditional way are aimed at developing certain physical capabilities of schoolchildren, forming knowledge and skills characteristic of this age group, and knowledge that meets the requirements of physical education. A total of 51,300 sports facilities in our country in 2017, 27,573 of them were built and put into operation in rural areas. Their total capacity is 2663.3 people per day. The number of physical training and sports clubs is 12,312, of which 7,303 operate in rural areas. Including 78 physical training and sports clubs in higher education institutions, 11 in labor unions and 18 in other organizations.

Today, the total number of children participating in physical education classes is 6,465,030. 5,179,511 of them work in schools, 83,566 in academic lyceums, 1,062,531 in vocational colleges, and 139,422 in sports schools for children and teenagers. The number of girls practicing sports is 3154.5, and the number of boys is 3310.5. A total of 8,201 people participate in fitness groups across Uzbekistan. Alpomish and Barchinoy tests are the program and normative basis of the system of physical education of the population. [2]

But despite the creation of so many opportunities, the work of sports facilities the issue of improving its protection is a secondary issue. Sports poor labor protection in gyms can lead to unfortunate events of athletes and affect the physical fitness of athletes.

Accidents that happened to students were tragedies in the educational process and it remains so, they cause grief to parents, teachers. An accident causes a large loss of workers and requires time for first aid and subsequent medical treatment. Many different specialists distract from the main work of accident investigation. The funds will be used to pay the salaries of all the specialists involved in this process, and to treat and rehabilitate the victim. With ever-increasing physical education classes, the risk of injury remains high. This puts high demands on the physical education teacher to perform safety techniques.

Student injuries make up 8-10% of the total number of injuries. Injuries received in physical education classes make up 20%.

Although sports injuries are not the first in the overall structure of injuries, they are second only to road traffic injuries in terms of the severity and proportion of bone fractures. [3] Therefore, student injuries (especially during physical education and sports) require great attention, study, and preventive measures at all stages of physical education. Observance of labor protection and safety measures in sports are important components of the life and health care factors of students and necessary

and necessary for the successful conduct of physical education training. The work of physical education teachers is clear. Physical education, unlike most Unlike other educational disciplines, it can be very traumatic, due to the high physical activity of students, and therefore special compliance with safety and labor protection measures is required. On the one hand, it is aimed at strengthening the health and sports training of those involved, and on the other hand, it is related to the health of the professionals themselves. This is reflected in the content of labor protection. Labor protection is protection of life and health of workers, including legal, socio-economic, organizational-technical, sanitary-hygienic, treatment-preventive, rehabilitation and other measures. [2-3] If an accident occurs during physical education, the teacher must provide first aid, must call a doctor or assist in delivery to the nearest medical facility; 1. All equipment must be removed after training. In the place intended for this, you need to act carefully, it is ensured that there is no voltage in the electrical network and eliminate the detected defects. 2. The administration of the general educational institution is responsible for the suitability of sports equipment and equipment, the compliance of sanitary and hygienic conditions with the requirements set for the place of training according to these rules. in the intended place, you should act carefully, it is ensured that there is no voltage in the electrical network and eliminate the detected defects. 2. The administration of the general educational institution is responsible for the suitability of sports equipment and equipment, the compliance of sanitary and hygienic conditions with the requirements set for the place of training according to these rules. in the intended place, you should act carefully, it is ensured that there is no voltage in the electrical network and eliminate the detected defects. 2. The administration of the general educational institution is responsible for the suitability of sports equipment and equipment, the compliance of sanitary and hygienic conditions with the requirements set for the place of training according to these rules. 3. Medical staff are responsible for carrying out medical and preventive measures that help to maintain the health of students, as well as sanitary control of places and conditions

of the educational process during physical education. 4. Training using improper equipment or sports equipment without special sports clothing is not allowed. 5. Decision on the impossibility of holding sports events. Due to adverse meteorological conditions, outdoor activities are provided by local authorities.

During physical training classes, students may be affected by the following factors: - injuries as a result of falling on a hard surface or on the ground; - injuries in the field of throwing; - injuries due to poor heating; - collision injury and violation of sports rules; - injury inventory in case of violation of sports rules. Extrinsic factors predominate in acute injuries, and fatigue, cumulative injuries, are usually caused by a combination of intrinsic and extrinsic risk factors. [4]. Injury prevention should include several areas: organizational, material-technical, biomedical, psychological, sports and pedagogical. Each of them has great potential for risk factors, prevention of sports injuries, quick and effective treatment of sports injuries, recovery after them and improvement of performance of sports training. Risk factors for sports injuries are generally divided into two types: extrinsic and intrinsic [5]. Knowing these, especially It is important to prevent sports injuries, which are relatively common in specific sports. Gyms should be adapted to direct natural light.

The approximate area of \u200b\u200bthe area of \u200b\u200bthe windows is determined by the percentage of the floor of the room. Halls should be used as light sources vans, for example, ceiling lamps, equipped with quiet ballasts, or incandescent lamps with a completely reflected light or mainly reflected light distribution, when using luminaires with less protective angles 30° is not allowed.

The air temperature in the gym should be + 15–17 ° C; in changing rooms - + 20-23 ° C, in the rain - +25 ° C, frequency of air exchange in changing rooms - 1.5 m³/h, in shower rooms - 5.0 m³/h. The gym is thoroughly cleaned before the start of training, after each lesson, at the end of the working day. [6]

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