

## **HYGIENE ASSESSMENT OF UNFAIR WORKING CONDITIONS IN WOMEN. IMPACT OF UNFAIR WORKING CONDITIONS ON WOMEN'S HEALTH AND MEASURES FOR ITS PREVENTION**

Ahmadjonova Shaxlo Valijon qizi

"Communal and Occupational Hygiene" Department

Fergana Public Health Medical Institute. Uzbekistan

### **Abstract**

Nowadays, as our country is developing, the attention to our women is getting stronger. Extensive research is being conducted to assess the characteristics of women's work and reproductive health, the severity and intensity of the work process, and the conditions of women's work.

**Keywords:** Work, women's health, family, unfavorable working conditions, varicose veins, central nervous and cardiovascular diseases.

### **Introduction**

Relevance of the topic. Prevention of women's reproductive health disorders is one of the priority health problems in modern society. In general, a healthy population and, in particular, the increase of labor resources depends on solving the issues of improving working conditions and their implementation. Protecting the health of working women, especially during pregnancy, is one of the major tasks of the healthcare system.

According to the decree of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev PF - No. 87 dated 07.03.2022 "Measures and measures to further accelerate work related to the systematic support of families and women" in our country, the rights and legal protection of women and girls protecting their interests, increasing their economic, social and political activity, providing health care, vocational training and employment, wide involvement in entrepreneurship and their support, providing employment to women is one of our biggest goals. Creating favorable working conditions for women to ensure reproductive health is a priority in several decisions and measures issued by the health care system today. Today, our women are working in various fields. Inconvenient working conditions during their work seriously harm the health of our women. For example: sewing is one of the professions made up of women's teams. Women working in the garment industry (seamstresses and weavers) are exposed to a combination of industrial, occupational, environmental and household factors that can adversely affect women's health. In particular, taking into account the impact of the complex of factors of the working environment on women's reproductive health is one of the urgent tasks of modern sewing production.

---

**The purpose of the work:**

to restore women's health from unfavorable working conditions to modern conditions, to increase labor productivity, and to scientifically substantiate and develop a complex of measures to prevent women from falling ill.

1. For our women working in various fields, equipped with modern tools and equipment, creation of hygienic working conditions of the labor process, identification of harmful and dangerous production factors among women workers (tailors-machinists and cutters) and engineers-technicians of the garment industry .

2 Factors affecting the health of women working in industrial enterprises: noise, vibration, electromagnetic radiation, light, hygienic assessment of microclimate parameters.

3. To study the functional condition of the women's body during the work process in the dynamics of the working day for workers in the sewing industry and manufacturing industries, to assess the severity and intensity of work, to give a general assessment of working conditions, taking into account harmful and dangerous production factors.

4 In-depth analysis of incidence of various occupational diseases among women caused by unfavorable working conditions, study of the level and structure of gynecological morbidity depending on profession, age and work experience.

5 Development and scientific justification of measures to change unfavorable working conditions into working conditions provided with modern tools and equipment and to reduce morbidity among female workers.

Regarding studying the working conditions of our women who work in various fields: blood circulation disorders in our women's legs caused by standing on their feet all day long (varicose veins) or inactivity (obesity) as a result of our seamstresses working on sewing machines during the day. cardiovascular diseases and diabetes are occurring. The study of working conditions in clothing production allowed us to develop a set of sanitary-hygienic and therapeutic-prophylactic measures aimed at improving working conditions and reducing morbidity among workers.

The microclimate conditions of the working zone have a negative effect on women working in industrial enterprises. Deafness is observed in women as a result of the impact of the noise from the tools and sewing machines in the sewing factories on the hearing system of the workers. As a result of increasing the amount of dust in the room air, the dust emitted from fabrics causes diseases of the upper respiratory tract in workers (bronchial asthma, allergic diseases, skin diseases, rhinitis, etc.). . At one point during the day, vibrational diseases appear as a result of excitations in the central nervous system in the body of women who work in a vibration state.

The lack of proper organization of the work of workers in the production industrial corona leads to functional disorders of women's bodies due to the presence of forced work conditions, an increase in the incidence of occupational diseases among female workers, including diseases of the pelvic organs, as well as is accompanied by the development of signs of overexertion of the body, at the end of the work shift, signs of fatigue are evident.

In order to reduce and prevent the aforementioned situations, as the President of the Republic of Uzbekistan emphasized, "Creation of favorable working conditions for our women, proper distribution of working hours during the working day and organization of rest periods, production and industry measures to prevent disease among women working in the enterprise should be comprehensive and measures to improve the organization of the labor process, automation of the main production operations, as well as women's health related to unfavorable working conditions. It is necessary to develop measures for medical prevention of problems.

In the research conducted by Russian scientists, the cases corresponding to 100 seamstress women working throughout the year were studied, and it was found that the incidence of temporary incapacity for work was higher in the main group than in the control group in terms of the number of days. The highest rates were found in circulatory, respiratory, locomotor, endocrine and digestive system diseases. During the study, there was an increase in diseases of the endocrine, urogenital and locomotor systems, in addition, complications of the digestive system, pregnancy, childbirth and the postpartum period were also identified.

When a questionnaire was conducted for this study, an increase in morbidity was determined as a result of an in-depth analysis of gynecological diseases for 3 years, taking into account age and work experience. The average indicators increased from 78 cases and 1260 days of disability to 127 cases and 1790 days for 100 years. 26.9%), cervical pathology (8.7%) is leading. 14.1%, ovarian-menstrual cycle disorders (5.8-10.3%) and diseases and dysfunctions of mammary glands (3.9-7.8%). The number of gynecological diseases was found to be higher in people aged 40 and older than in young people.

Questionnaire data from the main and control study groups helped us determine whether there is a relationship between working conditions and reproductive health. Difficulty getting pregnant, miscarriage and complications of pregnancy are common, they are often sick during pregnancy, and young girls often have irregular menstrual cycles.

In short, production consists in preventing the complex of negative production factors affecting the body of women working in an industrial enterprise and reducing the sphere of influence. The leading factors are increased levels of noise, vibration, and electromagnetic radiation. In addition, women work in unfavorable light conditions. They work in a forced position under constant psycho-emotional stress. The main reasons for the formation of unfavorable sanitary and hygienic working conditions are the operation of outdated equipment, its imperfection, rational planning decisions, lack of personal protective equipment, poor sanitation and household services.

Comparative analysis of the functional state of the body in terms of assessment of the central nervous and cardiovascular systems, the visual analyzer revealed significant changes in the labor process in women of the main group compared to the control. According to the results of an in-depth analysis of temporary incapacity for work, it was found that among female workers, diseases of the circulatory, respiratory, endocrine

and locomotor systems take the leading place in the incidence of occupational diseases. Analysis of the level and structure of gynecological morbidity indicates its growth in recent years. The average indicators for the main group increased by 1.5 times due to the increase in inflammatory diseases of the genitals, menopausal disorders and diseases and dysfunctions.

In the development of comprehensive plans to improve working conditions in industrial enterprises, ensure reasonable employment of women, and develop treatment and prevention measures, "Women working in the garment industry and industrial coronas where there are factors that seriously harm human health" it is recommended to use methodological recommendations developed by "prevention of reproductive health disorders among

Measures to improve work should be primarily aimed at improving sanitation and household supplies, creating optimal conditions and reducing psycho-emotional stress; Improving medical care, conditions and frequency of periodic medical examinations to prevent negative effects of working conditions on a woman's body; periodic medical examinations should be conducted regularly in 6 months or a year and all women working in production should be involved in medical examinations, medical examinations should be carried out by qualified medical personnel.

Ensuring continuity in the activities of the medical and sanitary departments of the industrial enterprise, obstetricians and gynecologists of district medical and health care institutions is one of the conditions for successful medical examination; In the prevention of somatic and gynecological diseases, hygiene education is important for the purpose of forming special skills in women, periodically passing gynecological examinations and explaining the importance of personal hygiene.

Today, one of our biggest goals is to organize the reasonable diet necessary for our women during working hours and outside of work, and to prescribe specific diets for them and follow them. In order to reduce the fatigue of the workers at the end of the day, the correct distribution of working hours and the organization of 15-minute rest periods during the working hours, the organization of treatment for workers at recreation centers once a year, in hospitals to prevent the exacerbation of diseases caused by workers during work organizing treatment, introducing workers to shift work so as not to reduce productivity.

If we follow these preventive measures, we will create a healthy working environment for women and contribute to the healthy birth of the next generation.

## References

1. Kirillov V.F. Rukovodstvo k laboratornim zanyatiyam. Mehnat gigiyenasi bo'yicha laborator mashg'ulotlar uchun rukovodstvo. - M.: «Meditsina», 2008, - 335 b.
2. "Mehnat gigiyenasi fanidan amaliy mashg'ulotlar uchun o'quv qo'llanma". Iskandarov T.I., Iskandarova G.T. tahriri ostida. - T., 2009, - 284 b.
3. "Mehnat gigiyenasi". Iskandarova G.T. tahriri ostida. - T., 2009, - 283 b.

4. Kodirova, M. M., & Muxammadova, G. Q. (2024). PEDAGOGIK TEXNOLOGIYALAR TIZIMINING TIBBIYOT FANLARINI O'QITISHDAGI O'RNI (Kommunal va Mehnat gigiyenasi dars mashg'ulotlarini organayzerlar asosida). PEDAGOGS, 53(1), 37-41.
5. THE EFFECT OF INDUSTRIAL ENTERPRISES ON ATMOSPHERIC AIR GQ Mukhammadova, MM Kodirova, FA Boqijonov - British Journal of Global Ecology and Sustainable ..., 2024
6. TIBBIY MALAKALI MUTAXASISLARNI TAYORLASHDA UMUMIY TIBBIY PEDAGOGIKADAN FOYDALANISH MECHANIZMI. (KOMMUNAL VA MEHNAT GIGIYENASI FANINI OQITISH MISOLIDA) MM Kodirova, S Anvarova - Ta'lim innovatsiyasi va integratsiyasi, 2024.