

## **Occupational Diseases, Causes and Preventive Measures**

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**Abstract.** *This article describes the modern general theoretical aspects of occupational pathology, and also covers the general principles of classification, treatment and prevention of occupational diseases.*

**Key words:** *Occupational diseases, acute chronic diseases, seasonal diseases, physiological diseases, nervous diseases.*

In the third edition of the ILO Encyclopedia of Occupational Health and Safety, pathological conditions that can affect workers include diseases related to the profession (occupational diseases) and diseases aggravated by work or due to working conditions (work-related diseases). More common diseases are separated. job related. However, in some countries, work-related diseases are treated in the same way as work-related diseases, which are actually occupational diseases. The concepts of work-related diseases and occupational diseases have always been a topic of discussion.

The list of occupational diseases in Uzbekistan and relevant recommendations are approved by the Ministry of Health of the Republic of Uzbekistan. I. ch. Improvement of technology, i.ch. occupational diseases are decreasing due to the widespread introduction of complex mechanization and automation of processes, regular organization of work and rest, and the establishment of reduced working days in harmful enterprises. Scientific Research Institute of Sanitary, Hygienic and Occupational Diseases of Uzbekistan with work on prevention, treatment and organization of occupational diseases. Occupational diseases are diseases that appear as a result of the effects of bad working conditions and occupational injuries on the body. The progression of occupational diseases depends on the specificity, strength, duration and their combined effect of the harmful factors that caused it. It is determined taking into account the harmful factors of occupational diseases. Due to physical (occupational deafness, vibration disease, light sickness, caisson disease, altitude sickness, etc.), biological (infectious and parasitic diseases: brucellosis, anthrax) and chemical factors (see Poisoning), some dusts can be inhaled for a long time. types that arise when taken (pneumoconiosis, bronchitis, etc.), as well as during physical stress or injury (neuritis, bursitis). The origin of occupational diseases is also caused by extreme fatigue of the body and a decrease in the ability to fight against the disease.



Teachers not only suffer from chronic fatigue, but also suffer from some occupational diseases.

1. Neuroses - Spontaneously yelling at the class near the end of the semester or crying because there is no chalk or pen. Or checking the housework and forgetting the iron and small things in the house. The main signs of neurosis include talking to oneself, clinging to something, and being prone to depression;
2. Throat laryngeal diseases. Vocal cords are often damaged by talking a lot, shouting, and straining. People of this profession are easily affected by sore throat. For example, a teacher who has a beautiful voice in the morning may not have a voice at all in the evening;
3. Height disorders. Due to heavy bags and uncomfortable desks and chairs at work, teachers often suffer from back and spine diseases. It is also possible to have scoliosis;
4. Heart attacks and strokes. These diseases often kill teachers. Due to constant stress, mental strain, 8 tasks, family conflicts, diseases accumulate and lead to heart attack or stroke;
5. Other diseases. For example, emotional lability, lung diseases, headaches. Often these are caused by lack of oxygen in the room, lack of proper nutrition;



In order to prevent occupational diseases, work is being carried out in two directions. These are directions of protection and improvement of working conditions, provision of preventive medical care.

Occupational diseases are divided into 5 groups by etiology:

Diseases developed under the influence of chemical factors: acute and chronic poisoning and their complications, skin diseases (contact dermatitis, photodermatitis, toxic melanoderma, etc.).

Diseases developed due to the effect of industrial aerosols: pneumoconiosis, silicosis, siderosilicosis, anthracosilicosis, asbestosis, carboconiosis, dusty bronchitis, etc.

Diseases developed due to physical factors: vibration disease, electroophthalmia, cataract, cochlear neuritis, light disease, etc.

Diseases associated with physical stress, stress on organs and systems: coordination neuroses, diseases of the peripheral nervous system, neck and lumbar radiculopathy, shoulder epicondylitis, etc. Diseases caused by the downward movement of the uterus, varicose veins in the legs, straining of the vocal cords (chronic laryngitis), etc.

Diseases developed under the influence of biological factors: infectious and parasitic diseases - tuberculosis, brucellosis, viral hepatitis, dysbacteriosis, skin candidomycosis, visceral candidomycosis, etc.

OCCUPATIONAL DISEASES is a clinical science that studies the causes of occupational diseases, clinical features of the development process, methods of diagnosis, treatment and preventive measures.

In 2021-2023, the workers of many production organizations of the republic underwent preventive medical examinations for the purpose of prevention, labor and treatment rehabilitation of occupational diseases by experts of the Scientific Research Institute of Sanitary-Hygiene and Occupational Diseases.

The clinic of occupational diseases is the only specialized clinic in the republic and has 100 beds. More than 3,000 patients from all regions of the republic are treated there every year. More than 33,000 patients are examined in outpatient conditions. They are the workers of more than 80 main production enterprises that operated under the influence of harmful and dangerous factors.

9800 employees (98 percent) were given the results of the medical examinations conducted in the last year. According to the identified diagnoses, 42 percent of those examined were scheduled for necessary treatment and rehabilitation measures, 2 percent were hospitalized, 4 percent were sent for treatment in sanatoriums and spas, 4116 workers were under medical supervision, 290 workers were free from the influence of dangerous and harmful production factors according to their health status. recommendations for temporary transfer to another job were made.

Patients with confirmed occupational diseases are under dispensary control at the clinic of the Scientific Research Institute of Sanitation, Hygiene and Occupational Diseases. They belong to the group of patients protected by the state and have the right to free treatment, examination and rehabilitation at the clinic every year.

In accordance with Article 364 of the Labor Code of the Republic of Uzbekistan, temporarily transfer to a lower-paid job due to being disabled at work or due to work-related health damage The employer who is responsible for the damage to the health of the transferred employees shall pay the difference between the previous salary. Such a difference is paid until the labor capacity is restored or the disability is established.

Legislation may provide for other cases of maintaining the previous average salary or paying benefits under the state social insurance when transferring to a lighter, less paid job, depending on the state of health.

It can be seen that the health of every worker and employee in our society is protected by the state and the employer (organization, production enterprise, educational institution, etc.). In addition, if workers and employees lose their health during work, they can use free medical examination or take vacation.

Article 356 of the Labor Code states: The state guarantees the protection of the right of workers and employees to work in conditions that meet the requirements of labor protection.

Must comply with labor protection requirements in working conditions stipulated in the labor contract.

If the employee refuses to perform work when there is a danger to his life and health, the employer must give the employee another job until such danger is eliminated.

It is clear from this that it is the responsibility of the state and relevant organizations and the employer to prevent various occupational diseases of workers and employees, to study their causes and to

eliminate them. When workers and employees are healthy during work, the work productivity will be higher.

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