

**MEASURES TO MAINTAIN THE HEALTH OF WORKERS IN PRODUCTION
AND STABILIZE THEIR PERFORMANCE**

Padaqulov Asliddin Farxod ugli

Tashkent State Technical University named after Islam Karimov

Student of Labor Protection and Technical Safety

Karimova Komola Bahodirovna

*Associate Professor of the Department of "Life Safety" of Tashkent State Technical
University named after Islam Karimov*

Abstract: This article examines measures to maintain the health of workers in production and stabilize their performance.

Key words: Worker health, occupational safety, health in the production environment, prevention of occupational diseases, ergonomics, healthy lifestyle, worker performance, labor productivity.

Protecting human health and maintaining stable labor performance in the production process is one of the priority areas of state policy. A number of regulatory legal acts and practical programs have been developed to improve working conditions in industrial and manufacturing enterprises, create a safe working environment, and prevent occupational diseases. Measures taken in the field of labor protection are aimed at protecting the life and health of workers, as well as increasing production efficiency.

- First of all, it is an urgent task to identify harmful and dangerous factors that may exist in the production environment and reduce their negative impact. Factors such as noise, dust, emissions of harmful substances, high or low temperatures, electromagnetic radiation and vibration pose a direct threat to the physical and mental health of workers. As a result of long-term exposure, workers may develop chronic diseases, hearing loss, respiratory diseases and a general decrease in overall working capacity. Therefore, it is mandatory to regularly analyze working conditions in production enterprises, assess risks and take necessary measures.
- Secondly, it is important to constantly monitor the health of workers and organize preventive medical care. Depending on the specific risks of labor activity, periodic medical examinations and special tests should be carried out. At the same time, the development of individual health restoration programs for workers based on their medical indicators will allow them to continue their professional activities uninterruptedly and safely.

In addition, compliance with ergonomic requirements in the production process is an important condition for labor productivity and worker health. Ergonomically correct design of workplaces, adaptation of machinery and equipment to human physiological characteristics, prevents excessive strain during labor activities. This, in turn, helps to reduce injuries and chronic occupational diseases. For example: General Motors has introduced the "Promoting a Healthy Lifestyle for Workers" program to maintain the health of its employees. As part of the program, employees are regularly examined and advised on occupational diseases. The company also organizes ergonomic workplaces and encourages employees to engage in regular physical exercise. These measures have improved employee health indicators, and GM's revenue has increased to \$187 billion by 2024, increasing productivity.

Ensuring healthy nutrition, adequate rest and physical activity of workers play an important role in maintaining stable health indicators. In the organization of labor in manufacturing enterprises, rational rest regimes, creating the necessary conditions for nutrition and organizing sports events to promote a healthy lifestyle give effective results. At the same time, organizing the activities of psychological services at enterprises and introducing stress reduction programs also serve to strengthen the mental health of workers.

Today, digitalization and automation technologies of production processes are also expanding the possibilities for protecting the health of workers. By reducing technical risks, mechanizing hard work, minimizing long-term harmful effects, production efficiency and rational use of human resources are increasing.

Conclusion. Maintaining the health of workers in production and stabilizing their performance requires a multifactorial and comprehensive approach. Creating safe and healthy working conditions, improving medical care, adhering to ergonomic standards, and using modern technologies not only ensures the well-being of workers, but also strengthens the economic stability and competitiveness of manufacturing enterprises.

List of used literature:

1. Labor Code of the Republic of Uzbekistan. – Tashkent: Adolat, 2023.
2. Law of the Republic of Uzbekistan "On Labor Protection". – Tashkent: October 6, 2022, new edition.
3. "Fundamentals of Industrial Hygiene and Labor Protection" – Textbook / Editorial Board: Sh. Rahimov and others. – Tashkent: Science and Technology, 2021.
4. International Labour Organization (ILO). "Occupational Safety and Health Standards" – Geneva, 2021.
5. Sagdullaev A.A. "Occupational Hygiene and Industrial Sanitation" – Tashkent: Publishing House of the Ministry of Health of the Republic of Uzbekistan, 2020.
6. Ergonomics and Fundamentals of Labor Organization: Textbook / Editorial Board: Kh. Tursunov, G. Khudoyberganova. – Tashkent: Innovation, 2022.