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ASSESSMENT OF TIME OF THE WORKING DAY AND SEVERITY AND INTENSITY OF WORK OF THE WORKING STAFF IN THE MAIN PROFESSIONAL GROUPS IN THE BATHROOM

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Abstract
The work of employees working in household service facilities is considered hazardous working conditions. Because during their working hours, they are exposed to adverse factors that affect the health of employees, including stress of neuro-emotional function, forced working conditions, insufficient lighting, the risk of infection, contact with allergic and toxic substances, unfavorable microclimate conditions, and chemical factors.

Keywords*:* bathroom, working conditions, harmful and dangerous factors, working day, timing, the severity of the work, the tension of the work.

Introduction

Household services are directly related to the daily life, social well-being and economic development of the population. They serve to quickly and conveniently meet the daily needs of the population, increase the quality of life, save people's time and energy, simplify their lifestyle and improve the quality of life [1,4].
Household service facilities (hairdressing salon, bathroom, sewing workshop, home appliance repair, laundry, shoe repair, etc.) serve to quickly and conveniently meet the daily needs of the population. One such object is the bathroom. Key bathroom occupations include bathroom operators, hairdressers,

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masseurs, technicians, and kiosk staff. In our scientific work, we determined the class of working conditions by studying the types of work that affect their work, as well as indicators of the severity and tension of the work [2,6].

Labor is an activity that creates material or spiritual wealth by using a person's physical and mental strength. Types of labor are mental and physical labor. Any type of labor changes the functional state of various organs and systems in the worker's body. The level of functional exertion indicates the severity or intensity of labor. The load on the body during work requires muscular effort and energy expenditure and is defined as the severity of labor.

Qualitative and quantitative guidelines are set for the severity and intensity of work. Quality indicators include subjective, social, technological, economic and medical biological indicators, while quantitative indicators include ergometric - description of work, weight of load, volume of processed information, description of functional changes of various physical organs and systems[3,5].

Purpose of inspection:determining the timekeeping indicators of employees in the enterprise in order to record the time spent on individual operations during the working day and, based on this, determine the work and rest schedule.

Inspection methods: The severity of the work of employees working in the bathroom, the working condition of workers was assessed by the number of movements in space during the working day, the number of stereotyped movements of the hands, paws and fingers. The severity of the work depends on the accuracy of the work performed, the density of the received signals, the level of work performed with the help of the eyes and the performance of operations. The results obtained were assessed based on SanN and R № 0069-24 “Harmful and dangerous indicators in the production environment, severity and severity of the labor process”.

The results and their discussion. The functional state of the organism was studied using the indicators obtained during the working day, and it was determined that the changes of the working capacity during the working day were

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graphically determined. As a result of time-keeping observations, it is possible to determine the beginning of the process of exhaustion in the body depending on the change of the time taken to perform certain work operations during the working day, and it is also possible to evaluate work on a scientific basis from the time-keeping data.

When we conducted a timekeeping of the working day of bathhouse employees, it was observed that 90% of the main time was spent on performing the main work, and the remaining 10% was spent on performing additional work.

The functional state of the body of bathhouse employees not only affects the work activity of employees, but also leads to fatigue. The functional state of employees at the main workplaces of bathhouse employees was studied in the warm and cold seasons of the year and in the dynamics of the working day. The labor of employees consisted of work with physical exertion and prolonged standing or bending over with the body bent forward and to the side. The intensity of work was characterized by such indicators as intellectual exertion, sensory exertion, emotional exertion, constant attention, work with customers, work with emotional and sensory stress.

The above-mentioned checks made it possible to determine the severity and severity of working conditions in the main professional groups in accordance with the Decree of the State Statistics Committee SanN and R № 0069-24 "Classification of working conditions by harmful and hazardous factors of the production environment, severity and intensity of the work process".

The work of bathhouse workers is characterized by indicators of severity and intensity of work. These include bathhouse operators, technicians, hairdressers, masseurs, and kiosk workers.

The main professions working in the bathhouse are hairdressers. Hairdressers are exposed to a number of dangerous and harmful production factors (increased air velocity, increased electrical voltage, insufficient lighting in the workplace, reduced contrast, direct and reflected glare, nervous and emotional stress). At the same time, additional factors may also affect hairdressers during work, such as the impact of sharp edges of tools, a large number of equipment, inventory and utensils, physical exertion.

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Hairdressers must store their outer clothing, shoes and personal belongings in the changing room, wear clean uniforms before starting work, change them when dirty, wash their hands with soap after using the toilet, and eat in a room designated for meals. They must also keep their hair covered, not prick their uniforms with needles, and not keep sharp or breakable objects in their pockets. Before using a hair dryer or hair clipper, they must visually inspect the electrical appliance for damage, make sure that the power cord (cord), plug and socket are in good condition, and that the outside and inside of the appliance are clean. They must ensure that the swivel chair is in good working order and stable, and that there is sufficient lighting in the workplace.

The work of hairdressers working in the bathroom is characterized by prolonged standing during the working day, static stress on the legs, back and shoulders, working with tools with the hands (hair dryer, scissors, hair clippers), working in a standing position for a long time without breaks, and a large flow of clients. The intensity of the work is constant attention and precision of movement, visual stress, communication with clients (emotional stress), working under time constraints, and responsibility for results. The working day of hairdressers is 8 hours, and the working conditions correspond to the 1st level of the 3rd class in terms of the severity and intensity of the work, with 75% of the working day being spent on the main task.

Another profession of bathhouse workers is masseurs, who are exposed to high physical exertion, static and dynamic stress, an unfavorable microclimate, i.e. high temperature and humidity, emotional and sensory stress. The severity of the work process is prolonged standing or work in a forced position, significant strain on the muscles of the arms, shoulder girdle and back, repetitive movements, physical exertion during massage techniques. The intensity of the work is high precision and coordination of movements, constant visual and tactile monitoring, emotional contact with clients, responsibility for client safety (especially at high temperatures), the need to make quick decisions when the client's condition changes. The main harmful and dangerous factors are unfavorable microclimate (heat, high humidity), risk of overheating, slippery surfaces (risk of falling), physical overexertion, injuries.

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Thus, the work of masseurs is characterized by the severity of the work, and the working conditions in terms of the severity of the work belong to the 2nd level of the 3rd class, and the working conditions in terms of the severity of the work belong to the 1st level of the 3rd class. 50% of the working day is spent on the main task, which is aimed at concentrating attention. Factors that increase the hazard class include high air temperature (temperature outside the steam room above 26-30^{0}C), high relative humidity, lack of air conditioning and ventilation, and shifts of more than 8 hours, a large flow of clients, planned breaks and lack of cooling.

General characteristics of the work of bathhouse operators include serving customers in steam rooms and washing rooms, working in conditions of high temperature and humidity, intense physical exertion, and the need to constantly monitor the well-being of customers. The severity of the work is prolonged standing, significant load on the musculoskeletal system, moving heavy objects, i.e. buckets of water, brooms, equipment, repeated bending and twisting of the body, forced posture of the body, high exposure to heat. The intensity of the work is a long stay in the steam room, lifting and carrying heavy objects. The severity of the work is the need for constant attention and monitoring of visitors, responsibility for the safety and health of people, emotional stress of communicating with customers, working under time pressure, and the need to respond quickly in emergency situations.

The work of bathhouse operators is characterized by the severity of the work and belongs to the 2nd level of the 3rd class in terms of the severity of the work, and the 1st level of the 3rd class in terms of the severity of the work.

Bathhouse technicians perform the following tasks: maintenance and repair of utility systems (boilers, steam generators, ventilation, electrical systems), work in places with high temperatures and humidity, tasks involving physical difficulties in adverse conditions, work with potentially dangerous equipment. The severity of the work includes significant physical exertion, lifting and carrying heavy objects, bending, squatting or working in confined spaces, prolonged standing, exposure to unfavorable microclimates (heat, humidity). The intensity of the work is determined by the need to constantly monitor the

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operation of the equipment, responsibility for the safety of people and the uninterrupted operation of the systems, the risk of emergency situations, work under time pressure, occasional work at night or on duty. The working conditions of bathhouse technicians are characterized by the severity of the work and belong to the 2nd level of the 3rd class in terms of severity of the work, and the 1st level of the 3rd class in terms of severity of the work. Factors that increase the risk class include constant work in hot and humid places, frequent emergency repairs, shifts of more than 8 hours, lack of mechanization, work with outdated equipment, and occasional emergency repairs.

Another profession is the work of kiosk sellers working in a bathroom kiosk, where they sell bathroom accessories, drinks and related products, pay customers, monitor the availability and display of goods, work in places with high temperature and humidity (locker rooms, rest areas), factors affecting the severity of the work include forced standing or sitting, limited workspace, periodic display and movement of goods, static stress on the legs and back, the impact of an unfavorable microclimate of high temperature and humidity. The indicators of the severity of kiosk sellers include constant attention when carrying out operations with customers, eye fatigue, emotional stress when communicating with customers, responsibility for material wealth, and work in a crowded environment. The work of kiosk sellers belongs to the 1st level of the 3rd class in terms of severity and severity of work according to working conditions. Factors that increase the risk class include high temperature and humidity in the kiosk area, lack of ventilation, long shifts, high density of customers. юқорилиги, режалаштирилган танаффусларнинг йўқлиги.

Conclusion

Thus, based on the evidence presented, the following conclusion can be drawn. The work process at the enterprise is characterized by the severity, intensity of work, work at high temperatures and humidity, and leads to fatigue. SanN and R № 0069-24 “Hygienic classification of labor by indicators of the severity and intensity of the production process, harmful and hazardous factors” mainly determined that the working conditions of workers at the enterprise belong to the

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1st and 2nd levels of the 3rd class of harmfulness, exceeding hygienic standards and having an adverse effect on the body of workers.

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