

HYGIENIC ASSESSMENT OF THE IMPACT OF SCHOOL EQUIPMENT ON CHILDREN'S HEALTH

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The upbringing of mature children who meet the requirements of world standards, the improvement and formation of a harmonious generation, the protection and strengthening of their health, the upbringing of mature specialists with normal hormonal development in combination with the creation of a healthy environment among students in schools, is today one of the main tasks facing not only employees of the Department of hygiene of children and adolescents, but also the entire It is considered by the public.

School plays a special role in the upbringing of a healthy and harmoniously developed person. One of the main tasks of basic schools is the upbringing and upbringing of a physically strong, normally developed, harmonious generation. In the hormonal development of an organism growing in this direction, equipment, textbooks and furniture in combination with the internal environment of the school are of great importance.

The basis for the maturation of healthy, competent and mature specialists among schoolchildren is a rationally formulated agenda and a large amount of school equipment (Furniture, Lighting, textbooks).

The purpose of the study: It consists in studying the impact of school equipment on the health of students and its hygienic analysis.

Research materials and methods: Classrooms and facilities of the 33rd general education school were used, along with data from medical examination results. Sanitary and hygienic and statistical methods were used in the performance of this scientific work.

Discussion of the results. Methods of hygienic assessment of school equipment. Dimensions of school study rooms SanMvaQ 01-02-2000 « Гигиенические требования к условиям обучения школьников в общеобразовательных школах » it was compared with its legal documents and evaluated hygienically.

The procedure for the placement of jixozes in classrooms and other study rooms in schools GOST 0159-2003 « ГОСТ школьных мебели » it is analyzed and evaluated on the basis of.

Their basic dimensions are estimated by determining with the help of a centimeter tape the width of the surface of the desks facing the students and the height of the classrooms above the ground.

The functional dimensions of school equipment, i.e. distance and differential, were evaluated and analyzed according to a clearly defined GOST 0159-2003 "school furniture".

Indoor air is replaced naturally with the help of vents and transoms using aeration. Mechanical exhaust ventilation is installed in kitchens and toilets but does not work. As a result, the amount of dust in the classrooms was 0.25 mg/m³.

Despite the fact that natural light falls in rooms on the left side, in winter it flows by 0.5%, in summer – by 1% (normally by 1.5%), and in the gym and cocktail training halls – by 0.6-0.7%.

All classrooms are illuminated by artificial lighting based on incandescent lamps and do not meet hygienic requirements.

This means that the insufficient degree of illumination is mainly caused by the lack of relays and the number of lamps.

It was found that the school building and the number of rooms in it under control were smaller than their dimensions and established indicators. It should be noted that all the indicators of the school taken under control did not correspond to the indicators of sanitary standards. A comparative description of the land plot and the school building by sanitary norms and rules shows that the established indicators and their inconsistency have led to the following problems. This is due to the fact that as a result of improper distribution of land plots, % of the building's construction increases, there is not enough sports field and equipment in it, there is no internal and external water supply, there is basically no hot water supply, sanitary devices are not in working order, children in classrooms have an excessive amount of the most important thing is that school equipment it corresponded to the growth and health status of the students, that is, the functions of the organs of the auditory system and their level, it was also established, that as a result of non-compliance of placement in classrooms with hygienic requirements, students have a lag in physical development and figure changes, which leads to a violation of the microclimate and the level of illumination of the premises.

Conclusion. School supplies should be selected and recommended for use in accordance with the growth of students. The dimensions of the distance and differential should be periodically monitored by the school doctor and teachers. It is recommended to periodically engage in morning bodybuilding, tempering procedures, physical education and of the 18 recommended sports in sports clubs appropriate for age, gender and health status.

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