FEATURES OF LABOR PROTECTION IN PUBLISHING

Aleksieieva D. V., student (gr. ST-61, VPI Igor Sikorsky Kyiv Polytechnic Institute);
Mityuk L.O., Ph.D. (IEE, Igor Sikorsky Kyiv Polytechnic Institute)

Abstract. This article talks about the peculiarities of the work of graphic designer, layout designer, editors and other employees. And also about the basic rules of work and leisure for people who work on a computer constantly.

Keywords: publishing, computer work, office work, disease prevention.

Анотація. В даній статті був проведений аналіз особливостей роботи дизайнерів, верстальщиків, редакторів та інших співробітників видавництва. Обґрунтовані основні правила роботи та відпочинку для людей, що більшу частину робочого часу проводять за комп'ютером.

Ключові слова: видавництво, робота за комп'ютером, робота в офісі, профілактика захворювань.

Introduction. Today, in many professions, automation of processes takes place. The work of publishing houses is closely connected with the work of the computer. Editors, layout makers, retouchers, managers, and other subordinates spend computers almost all day. The Ministry of Social Policy of Ukraine created an Order № 207 of 02-14-2018 "On Approval of Requirements for the Safety and Health of Workers' Employees while Working with On-Screen Devices".

Analysis of the question. The rules concerning the organization of workplaces are prescribed in the Sanitary norms of the microclimate of production premises of the DSN 3.3.6.042-99 and in the State Sanitary Rules and the norms of work with the visual display terminals of electronic computing machines DSANPIN 3.3.2.007-98.

Objective. Explore the negative effects of a long seat behind a computer on human health. Consider the main methods of preserving health and disease prevention among publishers.

Materials and results. Work places on the equipment, which work is performed in a seated position, are equipped with chairs, the height of which seats can be adjusted. The working surface of the table should be at a height of 0.70-0.77 m. The width of the table is not less than 0.5 m. The height of the chair seat should be 0,40-0,43 m [1]. Workers should have enough space to work. The area not one workplace should be not less than 6,0 m^2, and the volume is not less than 20,0 m3 [2].

It is important to observe the correct illumination in rooms and workplaces. The working room should have natural and artificial lighting, while windows should be fitted with blinds. The brightness in the work area of the worker should be uniform.

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When equipping the premises, antistatic coverings of pastel tones are used for both walls and floors. The coefficient of reflection of surfaces should be for ceilings 60-70%, for walls 40-50%, for flooring 30% [2].

The microclimate in the room should be such as to enable any affected problem. It is important every day to ventilate the room and carry out wet cleaning.

Work on a computer for a long time negatively affects the health of workers, so it is necessary to foresee during the working day of the break.

In accordance with the State Sanitary Rules and norms of work with the visual display terminals of electronic computing machines DSANPIN 3.3.2.007-98, the employer is obliged to provide six five-minute breaks every hour of work (three breaks before lunch and three breaks after lunch) or two ten-minute breaks (first 2.5 hours after starting work, and the second - 2.5 hours before the end of work) [1]. It is also necessary to arrange a break for lunch.

Due to the long sitting of the monitor, workers may have pain in their eyes. For visual strain, workers complain of fragmentation, fatigue, and pain in the eye area.

When working at close range there is a spasm of accommodation (adjustment of the eye to clear vision of objects) [2]. For this pathological condition the victim has pain in the eyes, headache, congestion of the conjunctiva. Also reduced visual acuity, there is a state of false myopia.

In addition to eye problems, computer operators may have problems with the locomotor apparatus. The reason for this is staying constantly in the same position and long repetition of monotonous movements. As a result, the fatigue of those muscle groups that perform these movements, as well as the psychological fixation on them. Prolonged sitting in an uncomfortable position can lead to osteochondrosis of different parts of the spine - cervical, thoracic, lumbar-sacral.

Doctors call to maintain the right pose when working on a computer. The correct posture unloads the muscles and allows you to work more time and tired less. Adherence to the recommendations is a prevention of many diseases.

It is important, when working on a computer, do not slouch. Due to the stiffness there is an excessive load on the shoulder tendons and muscles of the shoulder. Incorrect sitting can lead to carpal tunnel syndrome and shoulder impingement. Sitting in the right position, you can first feel pain in the muscles. This is because individual muscles need some time to adapt to new loads. Over time, the muscles get used to and the pain will pass.

To anticipate and timely eliminate the health problems of workers, employers must provide medical examination of workers, the rules of which are prescribed in the Procedure for conducting medical examinations of certain categories of workers № 246.

All employees who work on electronic computers and computers have the right to annual additional leave for a special type of work. Its duration is up to four calendar days. Reason - position 58 of the "Other types of industries" section XXII "General professions in all sectors of the economy" [4].

In order to prevent health problems, there are certain guidelines for work on a computer, the main ones of which are prescribed in the State Sanitary Rules and the rules of work with visual display terminals of electronic computers DSANPIN 3.3.2.007-98.

It is important that the work chair is comfortable, to sit evenly and to ensure that the back does not bend. Room checks and wet cleaning should be regular. It will help keep you cheerful and fight drowsiness. The screen should be clean, without fingerprints, stains or other contaminants. The monitor should be set to 70-80 cm from your face, and below the eye level [2]. It is important not to forget the blizzard every 5 seconds, it helps to moisturize the cornea and remove the dead cells of it.

Every hour should be distracted from the monitor, it is enough to get up to drink water, or just walk around the room. If you feel tired, go for a few minutes on fresh air.

It is important to keep track of the posture; You need to sit straight or slightly tilted forward; fingers are at the wrists or slightly lower - in this position they are the most mobile; shoulders should be relaxed and freely omitted, which facilitates the relaxation of hands; distance from the eyes to the monitor screen - not less than 55-60 cm; the center of the screen should be at the level of the eye or a little lower; It is recommended at least once a day to perform gymnastics for the eyes [2].

In the process of work it is recommended periodically (approximately every 20-30 minutes) to translate the view from the screen to the most remote object in the room, or even better - to the remote object outside the window;

In order to unload the muscles and prevent visual damage, the rules of labor protection are prescribed exercises that are recommended for the performance of employees of publishing houses and other industries associated with work on the computer.

One option is pulling. To do this, sitting on the chair, feet should be placed on the floor, put your hand behind your head and cross your fingers. Next, head should be thrown back. Tensioning the muscles of the body to exhale, and then inhale. Exercise repeat 3 times. Then repeat the same thing a little lean forward.

Another option is relaxing the muscles. To do this, sitting on the armchair, the legs should be pulled out and put on the heels. Relaxation of the muscles of the hands should be exhaled, after which to inhale and return to the original position. Then repeat the breath-exhale, relaxing the muscles of the body, then - the muscles of the legs. Repeat it 3-4 times, slowly.

For fingers it is recommended to perform an exercise, the essence of which is to squeeze fingers in the fists. Perform 5-6 reps followed by equal breathing.

The neck can be relaxation by inclining the head to the sides, in the back-front and slowly turning to the left and right sides.

For preservation of vision it is important to perform gymnastics for the eyes. To do this, you first need to focus on the things that are next to the monitor screen, then you should look at the objects located at a distance of 2-3m. Another option for exercises is lowering and raising them up and down.

These actions should be repeated 10 times, then you should close-open your eyes to look at the sides (left, right, up, down).

Conclusion. During the work, the negative impact of long-term computer work on the health of publishing workers was investigated.The main methods of preventing the deterioration of the health of people and preventing diseases were considered. In accordance with the current legislation, the main rules of the organization of workplaces for publishers are defined.

References

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