RULES FOR USE OF COMPUTER TECHNIQUES IN PRACTICAL LESSONS OF COMPUTER SCIENCE

Tojiboeva Malika Ibrokhimovna
Andijan Academic lyceum of ASMI

Abstract: In this thesis, the working conditions in the use of computer equipment, the influence of mental stress and psychophysical factors in computing, work productivity. Combined harmful factors, the size of the workplace for one worker according to canitar standards, provision of natural lighting in rooms and workplaces, color equipment of rooms were mentioned as factors.

Keywords: Combination, wire insulation, computing, natural-climatic factors, psychophysiological factors.

INTRODUCTION

The organization of the place for the correct organization of working conditions in the computer room. The correct organization of the workplace in the computer room is the factor of increasing work productivity, preventing fatigue, the correct placement of equipment and equipment in the workplace, and the ability to choose the right colors. Equipment should be located in such a way that students can easily use it without excessive movement and strain.

Work to improve working conditions at the workplace is organized taking into account several factors. These include organizational, technical, sanitary-hygienic, natural-climatic factors. Organizational factors include the form of work organization, discipline, the state of control over the labor process, labor protection, the level of training of students, the level of automation of technical factors processes, the use of computers in electronic computing techniques in management, the accuracy and adequacy of protective equipment.

MATERIALS AND METHODS

Sanitary-hygiene factors - whether the workplace responds to the sanitary conditions, the compatibility of the machine elements when the equipment interacts with a person. This includes the speed parameters of the equipment, the amount of information coming from the working bodies, the level of organization of the workplace, the convenient location of the control bodies, the construction of the operator's seat. Psychophysiological factors - the severity and intensity of work, the psychological situation in the team, the interaction of workers with each other, physical stress, nervous and mental stress, after studying the effect of working conditions on the human body, it is necessary to carry out the following:

- performing the processes performed while working on the computer quickly and quickly within the limits of the requirements and within the most convenient range of the moving area [1]:
- checking the air environment in production buildings;
- determination of metrological factors in production;
- determining the level of noise in production;
- determining whether the workplace is illuminated;
- radiation check;
- check air exchange.

RESULTS AND DISCUSSION

Computer operators, programmers, and other computing workers are exposed to physical, hazardous, and harmful physical factors such as noise, electric current, and static electricity. Many IT workers are affected by psychophysical factors such as mental strain, visual and auditory analyzer strain, and emotional strain. The appearance of fatigue depends on the changes that occur in the central nervous system during work. For example, strong noise makes it difficult to distinguish colors, decreases eyesight, reduces adaptation to light,

makes it difficult to receive information and reduces work productivity by 5-12 percent. Prolonged exposure to 90 dB noise can reduce productivity by 30-60 percent.

In addition to reduced productivity, computer workers may experience reduced hearing when medically examined. Prolonged exposure to combined harmful factors can lead to occupational disease. Electrical devices, i.e. all computer devices are dangerous for humans. Therefore, when working on a computer, a person can touch parts that are affected by current voltage. A specific danger of electrical devices: these are electrical conductors, a computer case exposed to current due to damage of insulation. The effect of electric current is felt only when the current passes through the human body. Proper placement of electrical equipment and proper connection of electrical wires and cables play an important role in protecting against electric shock [2].

In workplaces, static electricity discharge current is more likely to be caused by touching an element of the computer. Such discharges do not pose a danger to a person, except for the unpleasant effect, they cause the computer to fail. In order to reduce the effect of current when the insulation of the wires is damaged, the floors of the work rooms should be covered with a single layer of polyvinyl chloride antistatic linoleum. Another method of protection is neutralization of charges with ionized gas. The size of the computer rooms should correspond to the number of employees and computers working there. The parameters of temperature, light, air cleanliness, and noise protection are taken into account for the organization of workplaces.

According to sanitary standards, the volume of the workplace for one worker should be 15 m3, and the working area should not be less than 4.5 m2. The height of the room from the floor to the ceiling should be 3-3.5 m. Side natural lighting is usually used in computer rooms. For natural lighting, 48 light windows directed to the north or northeast should be used, in which the coefficient of natural lighting must not be less than 1.2-1.5%. Placing computers in basements is not allowed. Natural lighting should be used in computer rooms and workplaces. In other cases, artificial lighting can be used.

CONCLUSION

It is practical to improve the rules of using computer equipment in practical classes of computer science and to strictly observe the rules of sanitation and hygiene and technical safety of users during practical classes in computer rooms, if suitable conditions are created in computer rooms, i.e. electrical devices meet the requirements, the location of the rooms and the correct installation of the equipment are practical. the reason for increased safety and productivity of users during work will be

REFERENCES:

1. Allayorov S.P., Rakhmonov S.T., Kulmamatov S. Toshtemirov D.E. Laboratory work in computer science, information technologies. Methodical instruction. - Gulistan, 2013.
2. M.Aripov, A.Haidarov, Fundamentals of Informatics, Study guide, Tashkent: Teacher, 2022. 432 p.
3. M. Aripov and others, Information technologies, Study guide, Tashkent: 2019. 368 p.