

INCREASE IN THE PHYSICAL FITNESS OF EMPLOYEES OF INTERNAL AFFAIRS BODIES IN THE ELIMINATION OF TRAFFIC ACCIDENTS ASSOCIATED WITH THE TRANSPORT OF STRONG-ACTING TOXIC SUBSTANCES

Yulliev Nuriddin Jumanazarovich

Senior lecturer (PhD) of the Department

Combat and Physical Training Academy of the Ministry of

Internal Affairs

e-mail: akrom.mir1988@gmail.com

Annotation: In recent years, the chemical industry has developed rapidly all over the world, and the development of various chemicals has been established. In addition to their species, their size is also steadily increasing. As a result, a lot of work is being done to prevent emergencies related to toxic substances that have a strong impact on this and to eliminate their consequences in such situations.

Key words: sports, physical education, physical qualities, speed, loading, training.

As you know, rules and safety standards for the storage, use, transportation of strong-acting toxic substances have been developed. Forces and means are formed that are intended to eliminate their consequences when accidents involving strong-acting toxic substances occur [1].

In fact, the service of employees of the internal affairs bodies is incomparable in eliminating the accident and their consequences that occur in the process of transporting strongly affecting toxic substances. Because they (YPX employees) are one of the first to arrive at the scene and take part in the work of reducing the consequences of casualties, ensuring the safety of road participants, preventing damage to their health.

In particular, employees of the internal affairs bodies (YPX) carry out work to determine the damage-gan Territory border, to control the passage of this border, to include only those who have specially protected clothing and tools at the scene, and, if necessary, to eliminate the consequences of an emergency.

Accidents and protection measures associated with strongly affecting toxic substances are considered the task of the state system (FVDT) to prevent complete emergencies and eliminate their consequences in such situations, and the employees of the internal affairs bodies included in this system are mainly assigned a number of tasks, such as the organization of the "public order service"[1].

As you know, emergencies with a large man-made characteristic that can occur create complex conditions. In the event or occurrence of an accident risk associated with strong-acting toxic substances, accident-rescue and other non-deferred work will be carried out by the forces and means of the Fvdt of this area. In this case, representatives of the internal affairs bodies are first of all involved in such work as part of a plan of mutual cooperation by the Emergency Commission, when there is not enough strength and means to carry out Accident-Rescue and other non-delay work.

In addition, before other services to the accident area in traffic accidents associated with strong-acting toxic substances, employees of the internal affairs bodies are among the first to arrive, and in this they need to pay their main attention to the following:

- 1) determination of safety factors for the environment, population protection;
- 2) determination of the optimal level of risk of chemical danger under conditions when the properties of a chemical substance are not clear;
- 3) to take into account various probable situations and determine the tactics of action to eliminate the consequence of the situation [2].

The form can be divided into the following three types of accidents associated with strong-acting toxic substances:

- 1) accident at the moment of loading of strong-acting toxic substances;
- 2) accident at the moment of transportation of strong-acting toxic substances;
- 3) accident at the moment of discharge of toxic substances with a strong effect.

As can be seen from the above, it is required to take into account many aspects in traffic accidents associated with strongly affecting toxic substances, to know the poisoning properties of chemicals, to determine the direction and speed of the wind, to determine the concentration of toxic substance in the affected area, to carry out calculations on the spread of the chemical, etc.

However, in the preparation of employees of the internal affairs bodies, it is worth paying special attention to one aspect, that employees of the internal affairs, who have suffered an accident associated with strong-acting toxic substances, must, first of all, be physically strong. Because in physically strong employees, flexibility in the difficult situation becomes strong [3].

Experience shows that physical endurance plays an important role as a result of any work carried out by employees of the internal affairs bodies. Employees who are physically resistant can make quick decisions in difficult situations and quickly get out of such situations.

Physical endurance is a guarantee of being able to perform quick actions in extreme situations. Therefore, the physical fitness of employees of the internal affairs bodies is important. In this case, the main function of physical fitness is as follows:

- develop physical qualities based on professional demand-traction and high retention;
- formation of certain physical movement skills;
- maintain and strengthen the functional capabilities of the body, increasing the stability of the body to various unfavorable factors.

It is worth noting that physical training is carried out using loads that require speed and strength. Types of strength-intensive training based on maximum muscle tension (90-95%) and maximum repetitions with a certain degree of muscle tension (50-60%) are common, through such loadings physical qualities such as speed, agility, strength, flexibility, endurance are formed [4, 5].

In conclusion, it is important to pay attention directly to their physical training in increasing the effectiveness of the activities of employees of internal affairs bodies mobilized to eliminate traffic phenomena associated with the transport of toxic substances that have a powerful effect. Because by increasing the physical endurance of employees of the internal affairs bodies, it is possible to effectively organize work to eliminate the consequences of accidents associated with toxic substances that have a strong effect.

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