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PREVENTION OF HOUSEHOLD INJURIES AMONG THE ADULT POPULATION

Abstract. This article presents a theoretical framework for establishing preventative measures to mitigate the incidence of household injuries among the adult population. Research and practical experience have demonstrated that systematic adherence to safety protocols and preventative measures can effectively safeguard the health and well-being of individuals in domestic environments. Notably, injuries sustained in the household continue to be a pressing issue, as they result in loss of time for administering first aid, medical treatment, and victim rehabilitation. Hence, the prevention of injuries remains the optimal approach for reducing their occurrence and mitigating their impact on individuals and society as a whole.

The urgency of the problem. Preservation of human life and health not only in industrial conditions but also outside it acquires special importance in view of the socio-economic and demographic aspects of the modern development of our country. The increase in the number of accidents in the non-production sector is a general trend throughout the world. However, in Ukraine, it has acquired threatening proportions. In recent years, the ratio between industrial and non-industrial injuries with fatal consequences was 1:28. Analyzing static data, it is difficult not to notice one feature. A specific problem in Ukraine is the high mortality of men of working age from accidents. Thus, in the modern structure of the causes of death of men aged 15 to 55, accidents, poisoning, and injuries are in the first place (about 35% of all deaths at this age).

The aim of the study is to justify preventive measures and conditions for the prevention of household injuries.

Materials and methods. the methods of theoretical analysis and generalization of scientific literature are applied within the framework of the research problem.

Research results. Traumatism is divided into industrial and non-industrial. The first one accounts for about 20%, i.e. non-industrial injuries predominate quantitatively.

Trauma is one of the leading causes of death for people under the age of 44. It ranks third in the general list of causes of mortality. According to WHO statistics, more than 250,000 people die annually in the world only as a result of road accidents, and the number of injured exceeds 2 million. In Ukraine, accidents rank third among the main causes of death. Every year, approximately 1 million people are injured, more than 40,000 people are fatally injured, including about 1,000 children under the age of 14, and about 70 people die every day, which is almost twice the rate in developed countries. About 95 percent of all those who died from accidents died at home. It is especially unfortunate that these and other injuries are the main cause of death of young people (20-40 years old).

The causes of injury are multifaceted and interdependent, which requires large-scale strategic decisions. Mechanical trauma has the greatest specific weight in

traumatism, it forms the basis of traumatism. Its indicators are growing all over the world. This is connected with mechanization in everyday life, electrification and gasification, significant development of motor vehicles, aviation, intensive high-rise construction, construction of large technical complexes (underground highways, canals, television towers, high-voltage power lines, etc.), mass sports activities, increasing consumption of alcohol, drugs, narcotic and toxic substances by the population, etc. A feature of mechanical injuries is their multiple nature, which is why it is now customary to call such injuries polytraumas.

The nature of the injury depends on the conditions under which the injury occurred, its cause, and the characteristics of the damaged tissue and organism.

Household traumatism unites injuries that occur in home conditions (in the apartment, in the yard, in the garage). A large number of them are connected with cleaning the apartment and cooking. Bruises, wounds, burns prevail and the wrist is mainly affected. Many injuries occur during quarrels and fights, which are facilitated by alcohol. More often, domestic injuries occur in men, especially young people.

In order to decrease injuries, first of all, it is necessary to create favorable socio-economic and ecological conditions for a person and to carry out special preventive measures of an organizational, technical, sanitary-hygienic, medical, educational and moral-ethical nature.

Household injuries can be reduced by improving people's living conditions, developing the field of communal services, increasing the number and availability of preschools, improving knowledge on the operation of household appliances, in particular electric and gas stoves, combating alcohol and drug addiction, and others.

Conclusions. In Ukraine, the focus on prevention in the healthcare system has led to the implementation of a range of measures aimed at maintaining and improving human health. These measures include a comprehensive system for preventing injuries, particularly in everyday life. To achieve this goal, it is important to organize classes and create suitable conditions that promote physical fitness. Basic knowledge and skills to prevent injuries, serious harm and health decline are necessary. Research and physical education practices have demonstrated that adherence to systematic preventive measures helps to maintain health and prevent injuries. To avoid dangerous situations and injuries, it is essential to comply with general safety requirements, such as following safety rules and avoiding hazardous places. Choosing a safe route and staying away from production facilities or construction sites without permission are also important. It is important to swim only in designated areas and to exercise caution in places where collapses or falling objects are possible. Finally, it is crucial to avoid creating a large stock of household chemicals in living spaces, as this can lead to an increase in toxic fumes.

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