PROTECTION OF THE POPULATION AND TERRITORIES FROM NATURAL EMERGENCY SITUATIONS

Karimova Nargiza Orzikulovna

Lecturer at the Center for Life Safety Training of the Department of Emergency
Situations of the Jizzakh region

Каримова Наргиза Орзикуловна

Преподаватель Центра обучения безопасности жизнедеятельности управления по чрезвычайным ситуациям Джизакской области

Annotation: in this article, the content of topics on the protection of the population and territories from natural-specific emergency situations, opinions on achieving a meaningful, interesting transition of training using innovative technologies in the study of proper movement during an earthquake, arousing the internal motivation of participants, achieving educational efficiency are expressed.

Keywords: emergency, earthquake, innovation, motivation, keys, educational content, efficiency.

Аннотация: В данной статье изложены идеи по содержанию тем по защите населения и территорий от ЧС природного характера, достижению содержательного, интересного перехода обучения с использованием инновационных технологий в обучении правильному действию во время землетрясения, пробуждению внутренней мотивации участников, повышению эффективности обучения.

Ключевые слова: чрезвычайная ситуация, землетрясение, инновации, мотивация, кейсы, образовательный контент, эффективность.

Of particular importance in the occurrence of emergency situations are natural disasters and dangerous geological processes. For this reason, it is necessary to study the causes of dangerous geological phenomena, the laws of distribution. These processes are evaluated, predicted, and emergency prevention measures are developed.

One of the geological hazardous phenomena is an earthquake.

Earthquakes that led to the death of people, to various degrees of disruption of administrative-production buildings, technological equipment, energy supply, transport communications and infrastructure systems, socially oriented buildings and Housing, to the disappearance of production and people's life activities;

Landslides, mountain kisses, and other dangerous geological phenomena that have led to or can lead to human death and require the temporary relocation of people from a dangerous area or permanent residency to safe areas.

All geologically hazardous processes occur under the influence of ground forces and external natural factors. In addition, they can also occur as a result of human economic and other activities.

An earthquake is an underground shaking and above-ground vibration caused by sudden surges and fractures in the Earth's crust or upper mantle and transmitted over long distances in the form of BICR waves.

Analysis of the deplorable consequences of strong and significant earthquakes that have occurred in recent years has shown that long, medium and short-term forecasting of possible earthquakes, the construction of antiseismic buildings and structures is not limited to the knowledge, but the preparation of citizens living in a seismically active area for the earthquake, from time to stage, ensuring the seismic safety of every citizen, it is necessary to prepare for proper movement during an earthquake and after an earthquake, to form skills for quick and correct movement without succumbing to panic and fear in such situations.

Causes of earthquakes to occur

It is known that there are many types of natural disasters. They consist of earthquakes, fires, floods, hurricanes, tsunamis, volcanic eruptions, landslides, the prevalence of various diseases, among others, which cause countless harm to humanity and nature. Among them, the most damaging natural disaster is an earthquake.

The earthquake occurs as a result of the rebound of certain blocks or structures on Earth at the expense of potential energy accumulated over several decades at certain depths of the Earth.

As a result, three types of longitudinal, transverse and surface waves are dressing in the earthquake furnace, and they spread around at different speeds. One after another passage of seismic waves results in a landslide, which we call an earthquake. There are three types of earthquakes in nature: tectonic, volcanic and kissing.

Among the measures of earthquake resistance, the issue of ensuring the personal safety of each citizen first of all is very important. Therefore, first of all, citizens should be able to independently assess the impact strength of an earthquake in points, be able to apply it in practice and have formed the skills of making the right decision at the time of a strong earthquake in advance.

Activities performed before the earthquake. Earthquake preparation recommendations:

- 1. Keeping in mind that an earthquake can occur at night, it is necessary to mentally prepare family members for any situation.
- 2. It is necessary to specify safe ways out in advance and show them in advance to children, family members.
- 3. In advance, it is necessary to choose safe places in the rooms, explain to all family members where to stay.
- 4. It is better not to store heavy and glass items in the upper shelves of furniture in the houses. In so many apartments, Stenka will be picked up glassware, which is very safe for life. On the one hand, the stencil may not be fastened to the wall, on the other hand, glass objects in the stencil during an earthquake can fall and break and clog the movement paths, or it is necessary to explain to family members that the moving child may fall on them and take them to safety.
- 5. It is necessary to fasten the Home cabinet, the table on which the comp is located, the stand and other equipment that can be turned over to the wall

through elastic fasteners.

Most people are injured by falling furniture, broken windows, during an earthquake.

Sources of danger are non – basic and non-enclosing structures of the building, which includes internal walls, household appliances. They are life-threatening at the time of the earthquake and have been proven in the process of studying the consequences of powerful earthquakes that cause significant economic losses.

There are many ways to reduce sources of risk. Many of them can be performed independently as simple.

To carry out these activities, we must determine what risks exist in living spaces, in school, in the workplace, in public places that are frequented. In the process of identifying sources of danger, we must assume that seismic waves come from different sides, as well as forget about all equipment that can slide, collapse.

Sources of risk within homes and buildings are eliminated in the following order: assessing the severity of sources of risk; determining the type and number of reinforcers required to reinforce the source.

During an earthquake, the following must be done:

- 1. To keep yourself calm without panic and set an example for others, plan to help.
- 2. It is necessary to perform the exit from the inside of a one-story building with agility, taking into account the surrounding danger.
- 3. Out of multi-storey buildings, I do not seek to move. Items falling from above are considered dangerous. It is considered advisable to occupy a safe place inside the building until the earthquake stops.
- 4. In a multi-storey building, you should not run up the stairs and get into the elevator.
- 5.In order not to panic from the sounds of power outages, fire safety alarms, the sound of guard bells, the sounds of a broken vessel, a wood squeak,

various falling objects, it is necessary to be ready for permission.

- 6. When standing outside, it is necessary to quickly get out of the building and open space, which is free from electrical wires.
- 7. When in the car, it is necessary to go out of the building and electrical wires, bridge, various pipes, stop the car and wait for the earthquake to stop.

In the study of the content of this topic in the system of professional development, the use of lecture, explanation, small group work, assignment of tasks for discussion to groups, mental attack, Scarab, case methods in training ensures that the training will be interesting, meaningful.

Case's method can be used to study the subject's rule of proper motion during an earthquake.

For example, in the first case, family members who live in the same apartment of the upper floors are told to the participants and given a task, some reality about a person who is confused at the time of an earthquake.

REFERENCES

- 1. Abdullabekov Q. Il'yasova Z. Favqulodda vaziyatlar tarixidan: Zilzila. -T.: FMI kichik bosmaxonasi, 2016.
- 2. Ivanovich N., Shigapov A. Umumta'lim maktablari oʻquvchilarini zilzila vaqtida toʻgʻri harakatlanishi uchuch tayyorlashning innovatsion shakllari va usullaridan foydalanish. WEB sentr informatsionnix texnologiy Privatinformsistem Moskva, 2016.
- 3. Yushkov V.P. Aholining favqulodda vaziyatlar sodir boʻlganda xavfsizlik himoyasini tashkil etish uchun, zamonaviy axborot-texnologiyalarini qoʻllash. Texnosferada ekologiya va xavfsizlik. 2016.
- 4. Qurbonov B.Yu., Yoʻldoshev E.Q. Aholini zilzila bilan bogʻliq favqulodda vaziyatlarda harakat qilishga tayyorlash tizimi. Muhofaza + (ijtimoiy-siyosiy, ilmiy-amaliy va badiiy jurnal). Toshkent, 2019.