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OCCUPATIONAL HEALTH AND SAFETY MANAGEMENT IN SPORTS TRAINING: REGULATORY FRAMEWORK AND RISK PREVENTION

Narziev Shovkiddin Murtozaevich[1]
Mudarisova Rayhon Khojievna[2]
[1]Department of Mathematics and Natural Sciences, Renaissance University, Tashkent, Uzbekistan.
E-mail: sh_narziyev@renessans-edu.uz
[2]Associate Professor of the Department of Natural Sciences, Uzbekistan State University of World Languages

Abstract: This paper examines the conceptual foundations and theoretical models of occupational health and safety management systems (OHSMS) with a focus on their application in the field of physical education and sports. Particular attention is paid to the role and significance of legal, regulatory, and technical documents in ensuring safe working conditions, as well as to measures aimed at preventing accidents, health disorders, and occupational diseases among athletes. Sport plays a crucial role in the comprehensive development of individuals; however, intensive training processes are often associated with an increased risk of injuries and professional health problems. The study demonstrates that the systematic implementation of an occupational health and safety management system during sports training contributes to a reduction in the incidence of accidents and occupational diseases among athletes. In addition, the paper analyzes compliance with national and international regulatory requirements, including ISO 45001 and ILO guidelines, within the framework of occupational safety management. The results highlight the necessity of developing an integrated OHSMS adapted to the specific conditions of physical education and sports organizations to ensure sustainable safety performance and protect athletes' health.

Keywords: occupational health and safety management system, sports training, occupational diseases, labor protection, regulatory documents, risk assessment, working conditions, physical education.

Introduction.

The development of physical education and sports is a priority area in many countries, as it plays a significant role in improving public health, enhancing physical performance, and fostering social well-being. Modern lifestyle changes, environmental degradation, and the growing prevalence of health disorders have increased the need for regular physical activity. At the same time, intensive sports training is associated with a high risk of injuries, functional disorders, and occupational diseases among athletes.

According to various studies, up to 30% of athletes experience injuries during training, while 23–60% face a decline in overall health indicators. These risks highlight the importance of implementing effective occupational health and safety management systems (OHSMS) in sports organizations. Ensuring safe training conditions requires systematic compliance with legal, regulatory, and technical requirements, risk assessment procedures, and preventive measures.

In this context, the integration of occupational safety principles into sports training processes becomes essential. International and national standards such as ISO 45001, ILO-OSH 2001, and GOST regulations provide a methodological basis for developing and implementing

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OHSMS. However, their application in the field of physical education and sports remains insufficiently studied.

The purpose of this study is to analyze the theoretical foundations of occupational health and safety management systems and to justify their application in physical education and sports training in order to reduce injury rates, prevent occupational diseases, and improve athletes' working conditions.

Literature review

In Article 25 of the Labor Code of the Republic of Uzbekistan, it is the duty of the employer to ensure labor safety and conditions in accordance with the regulatory requirements of labor protection, to provide employees with equipment, tools, technical documents and other tools necessary for the performance of their labor obligations [1]. is determined to be.

One of the documents regulating the management system of labor protection in the Republic of Uzbekistan is the Model Regulation [2] on the organization of work on labor protection. This Regulation is used to organize work on labor protection in enterprises and organizations based on the requirements of the labor protection management system.

According to labor protection rules, sanitary and hygienic standards and regulations, as well as other laws and regulations, the training facilities and places of athletes should have natural and artificial light [3, 4], heating, ventilation systems, as well as noise absorbing and blocking devices, and in the training place sports equipment should meet ergonomic requirements [5, 6].

In the analysis of accidents and injuries occurring in the life of people, it is necessary to take into account the characteristics of the objects of the production industry, to take into account the existing methods of choosing the profession of employees [7]

Research Methodology

GOST 12.0.230-2007 "Labor protection system standards" for development and implementation of labor protection management system in world experience and practice. Labor protection management system. General requirements" [6]; OHSAS 18001:2007 "Regulatory documents for evaluating the organization of labor protection" [9]; GOST 12.0.230.2-2015 "Standard system of safe work. Management systems of labor protection and health in organizations. Evaluating compliance. Requirements" [10]; International standards such as ISO 45001:2018 "Occupational health and safety management systems - requirements and recommendations for use" [11] are used.

Manual on occupational health and safety management systems (Rukovodstvo po sistemam upravleniya okhranoy truda. MOT-SUOT 2001/ILO-OSh 2001) was developed by the International Labor Organization (ILO) in accordance with the tripartite universally recognized international principles of social and labor relations. . This three-pronged approach provides a framework for strength, flexibility, and the development of a sustainable organizational safety culture [12].

There are various methods of risk assessment, but the model for creating an algorithm of actions in any method is approximately the same:

- to determine the object of direct research;
- characteristics of the research object in terms of its danger by studying the documents for the object;
- analysis of statistical data on accidents, fire risk, etc., for the same type of object under inspection;
- primary analysis of collected data;

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• identification of all types of potential risks with the possibility of implementation in the research object;

• creating a list of potential risks for the research object.

The research method chosen for a specific object must meet the following criteria: scientific validity and logical ratio of the method and the object; complete effectiveness, that is, the ability to obtain results in the most appropriate and understandable form for the object of research; any method should be validated by inspection.

The system of labor safety standards does not exclude the validity of normative legal documents containing state requirements for labor protection, including norms and regulations approved by executive authorities within their powers. Normative and legal documents containing state requirements for labor protection, norms and rules approved by executive authorities, and standards must be interrelated.

Tab. Classes of the system of labor safety standards

Groups	Name of group
0	Organizational and methodological standards
1	Requirements, norms, standards for types of dangerous and harmful production factors
2	Standard of safety requirements for production equipment
3	Standards of safety requirements for production processes
4	Standards of requirements for protective equipment for workers
5	Standards of safety requirements for buildings and structures
6-9	Reserve

The aforementioned legal-regulatory-technical documents do not include recommendations on the system of management and organization of labor protection in physical education and sports. Therefore, it is necessary to organize work on labor protection related to the system of management and organization of labor protection in physical education and sports, the functions and tasks of management of labor protection, development of the structure of the system of management and organization of labor protection in physical education and sports.

Analysis and results

Occupational safety and health management system (OSHMS) - consists of basic elements such as policy, organization, planning and implementation, evaluation and improvement activities [12].

Thus, the basis of labor protection management is the principle of sequential performance of management functions:

The employer is directly responsible and responsible for the health and safety of workers in the organization, and the implementation of these obligations, in turn, is facilitated by the use of an occupational health and safety management system.

- policy (concept): development of a guiding idea (plan), theoretical construction of the labor safety management system in the organization;

- organization: organization of work on creating, applying and ensuring the labor protection system;

- planning and implementation: setting goals and developing processes necessary to achieve results in accordance with the organization's concept (policy) of labor protection, as well as implementation of processes for ensuring labor safety;

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- assessment (control): inspection of labor protection processes, control and measurement of processes in them, as well as analysis of compliance with the concept (policy) of labor protection, target and planned indicators, legal documents and other requirements. Analysis results are reported;

- improvement measures: the management studies the results of the analysis, makes decisions on increasing the efficiency of the labor protection management system, and implements its continuous improvement.

Organizational provision of labor activities in the field of physical education and sports implies the organization of labor processes, that is, determining the physical methods used in the performance of a specific type of sport. Studying the process of physical education and sports training and determining how much time is needed for its implementation allows choosing the best methods of training, and rationally distributing training places.

It is impossible to ensure the sportsmen's activities without determining the labor standards. Standardization of work serves as a tool for evaluating various options for organizational support of sportsmen's activities. Due to the fact that any organizational change affects training time to a certain extent, labor standardization allows to quantify these changes and choose the most reasonable option.

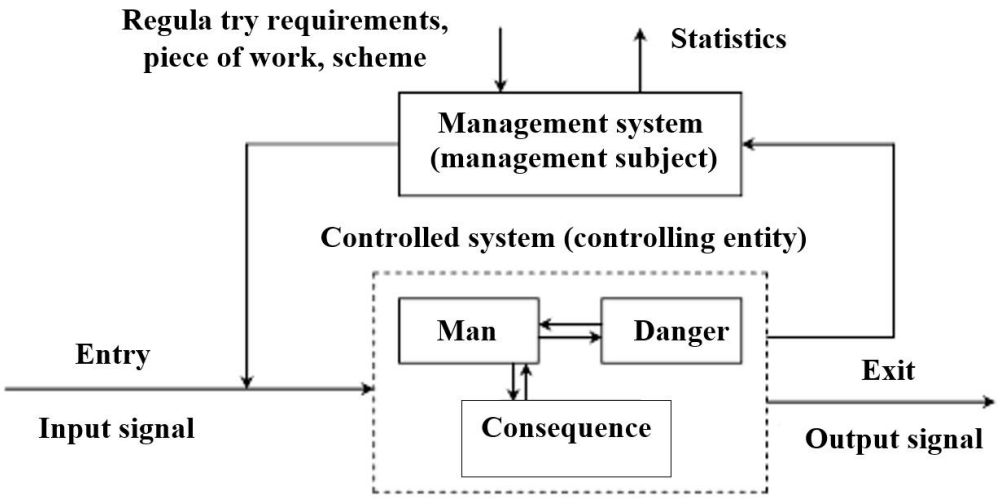


Fig. Scheme of fulfillment of requirements of legal-regulatory-technical documents in the labor protection management system.

The experience of many manufacturing and service enterprises shows that it is better to study, generalize, implement and disseminate best practices in three periods. These periods are:

1) comprehensive study of best practices;

2) generalization of best practice, development of organizational and technical measures for its introduction, and conducting necessary preparation and organizational work;

3) is to implement best practices.

One of the important directions of organizing sportsmen's activities is to comprehensively improve and modernize the conditions of physical training and sports training. Therefore, the factor of improving the conditions of the place of training and increasing the efficiency of the sportsmen's well-being is an important and urgent issue of today.

Conclusion/Recommendations

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1. The organization of conditions for physical education and sports training is based on a set of general principles aimed at ensuring the effectiveness of athletes' activities and is largely influenced by the level of development of sports equipment and training facilities, as well as by the organizational structure of sports institutions.

2. In order to adequately consider the organizational and technical characteristics of sports training facilities and the operational capacity of sports organizations, it is necessary to standardize the training process, define its structural components, and carefully plan both training duration and equipment usage time.

3. Compliance with regulatory and legal requirements in the field of occupational health and safety, including standards and rules approved by sports organizations within their authorized scope, serves as a key factor in ensuring the safety and well-being of athletes.

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