

of technologies to reduce the impact on aquatic organisms, consideration of natural river flows, and restoration of ecologically important areas.

Preserving river ecosystems requires the implementation of comprehensive strategies that take into account the needs of both the population and nature. This includes rational water use, the implementation of effective wastewater treatment systems, restoration of natural river landscapes, and addressing issues of anthropogenic interference.

Conclusion. Studying the effects of water consumption, pollution, and other anthropogenic interventions in river ecosystems is a crucial stage in understanding the problem and developing effective solutions. Combining scientific research with practical measures is necessary to ensure sustainable development in river regions and preserve natural ecosystems for future generations [1,2,3].

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HUMAN AND ENVIRONMENT. OCCUPATIONAL HEALTH

Environmental protection and occupational health are two interrelated areas that play a crucial role in ensuring human well-being and sustainable development. Environmental hygiene focuses on the effects of the natural and anthropogenic environment on human health, while occupational hygiene is concerned with the health and safety of workers in workplaces. Recognizing and addressing the interrelationships between these two areas is essential to creating a healthier and more sustainable future.

1. The Design of Work Environments Directly Impacts Worker Health: Poorly designed workplaces with inadequate ventilation, excessive noise, or ergonomic inefficiencies can lead to a range of health problems, including musculoskeletal disorders, respiratory illnesses, and hearing loss. Implementing evidence-based design principles that prioritize worker well-being can significantly reduce these risks [1, 2].

2. Environmental Hazards in the Workplace Contribute to Chronic Health Conditions: Exposure to occupational hazards such as chemicals, dust, and radiation can increase an individual's susceptibility to chronic illnesses like cancer, heart disease, and lung diseases. Proactive monitoring and mitigation strategies are crucial to protect workers' long-term health [3, 4].

3. Mental Health Challenges are Increasingly Recognized as an Occupational Health Issue: Stress, anxiety, and depression are prevalent among workers due to factors like demanding workloads, long hours, and lack of control. Integrating mental health awareness and support into occupational health programs can improve employee well-being and productivity [5, 6].

4. Climate Change Poses Emerging Threats to Occupational Health: Rising temperatures, extreme weather events, and changing air quality can introduce new hazards to outdoor work environments.

Adapting occupational health and safety practices to address these evolving risks is essential for protecting workers [7, 8].

5. Technological Advancements Offer Opportunities and Challenges for Occupational Health: Automation and the use of new technologies can create safer work environments by reducing manual labor tasks. However, it is crucial to address potential risks associated with these advancements, such as increased sedentary work and technostress, to ensure worker well-being remains a priority [9, 10].

The five theses presented highlight the intricate relationship between human health and the environment within the context of occupational settings. Poorly designed workplaces, exposure to hazards, and emerging threats from climate change demonstrate how environmental factors significantly impact worker well-being.

However, there is also an opportunity for positive change. Implementing evidence-based design principles, proactive hazard mitigation, and integrating mental health support can significantly improve worker health. Furthermore, technological advancements offer the potential for safer environments through automation while requiring vigilance to address emerging risks like technostress.

By prioritizing a holistic approach that considers both human and environmental factors, occupational health programs can effectively protect workers and ensure their long-term well-being in an ever-evolving landscape.

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