
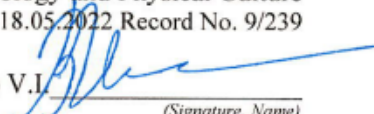


Ministry of Science and Higher Education of the Russian Federation Ulyanovsk State University	Form	
F-Work discipline program		

**APPROVED BY**  
by the decision of the Academic Council of the USU  
Institute of Medicine, Ecology and Physical Culture  
18.05.2022 Record No. 9/239



Chairman Midlenko V.I.

  
(Signature, Name)

« 18 » May 2022.

### THE WORKING PROGRAM OF THE DISCIPLINE

Discipline:	Safety of vital activity
Faculty	High-tech Engineering and Physics
Department:	Technosphere safety
Course	2

Specialty (direction):

31.05.01 – «General medicine».

(specialty code (directions), full name)

Form of study: full-time

Date of introduction into the academic process at Ulyanovsk State University:  1   09  2022.

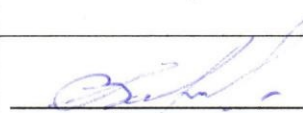

The program is updated at the meeting of the department: the protocol No   from the '28.08. 2023 №1


The program is updated at the meeting of the department: the protocol No   from the "   "  20  .

The program is updated at the meeting of the department: the protocol No   from the "   "  20  .

Developer information:

Name	Department	Position, degree, rank
Petr V. Yamborko	technosphere safety	Associate Professor of Technosphere safety, Md., Associate Professor

Agreed	Agreed
The head of the Department, implementing discipline	Head of the graduating Department
 /Varnakov V.V. / Signature Full name	 /Vize-Khripunova M.A. / Signature Full name
« 27 » 04 2022 г.	« 27 » 04 2022 г.

Ministry of Science and Higher Education of the Russian Federation Ulyanovsk State University	Form	
F-Work discipline program		

### 1. GOALS AND OBJECTIVES OF MASTERING THE DISCIPLINE

The goals of mastering: teaching students the rules of behavior, basic ways of protection and actions in emergency and extreme situations, learning about the theoretical basics of life safety.

Mastering tasks:

To educate students about the sources and main characteristics of the hazardous and harmful factors in the production environment;

To teach protection against natural and artificial hazards;

To train the basic rules of staff in emergency situations;

Encourage students to strive for a healthy and active lifestyle.

### 2. PLACE OF DISCIPLINE IN THE STRUCTURE OF THE BASIC PROFESSIONAL EDUCATIONAL PROGRAM:

Discipline of the basic part. B1.O.47

The discipline is read in the 4th semester of the 2nd year of full-time students.

In order to master the discipline, the student must have the following input knowledge, skills, skills and competences:

Knowledge of basic professional concepts and definitions in general biology, human physiology and ecology;

The ability to use the basic provisions and methods of human sciences

The ability to analyse major environmental problems and processes

Ownership of general issues of the impact of the production environment on the individual;

The results of the discipline will be necessary for the further learning process within the framework of the phased formation of competencies in the study of the following special disciplines:

Emergency Medicine

Safety of vital activity

Immunology

Preparing for passing and passing the state exam.

### 3. LIST OF THE FORECAST RESULTS ON DISCIPLINE (MODYAL), RELATED:

Code and name of the realized competence	List of planned results of discipline (module) related to competency achievement indicators
UK-8 Able to create and maintain safe living conditions in everyday life and in professional activity to preserve the natural environment, ensure sustainable development of society, including in the event of the threat and occurrence of emergencies and military conflicts	know: basic first aid techniques;  be able to: use emergency protection methods;  possess: the theoretical foundations of first aid for the injured in the appropriate amount according to the Order of the Ministry of Health and Social Development № 477n of 05/04/2012.

#### 4. ALL WORK DISCIPLINE

##### 4.1. The amount of discipline in the qualifying units (total)

##### 4.2. Discipline by type of training (hours):

Kind of training	Number of hours (a form of training)	
	Total according to plan	Includes semesters
		4
Contact with the teacher		
Classrooms:	18	18
Lectures	18	18
practical and seminary classes	-	-
laboratory work (laboratory workshop)	-	-
Self-employed	54	54
Current control (number and view)	2 Testing Summary	2 Testing Summary
Coursework	-	-
Types of intermediate certification (exam, credit)	Credit	Credit
Total hours in discipline	72	72

##### 4.3. Content of discipline (module) Distribution of hours by topics and types of training work:

The form of learning is a form of learning.

Name and sections and themes	Just	Types of training					Form of current knowledge control
		Classrooms			Activities in an interactive form	Self-employed	
		Lectures	workshops, workshops	laboratory work			
1. Introduction to SVA	8	2	-	-	-	6	-
2. Professional harms production environment. Classification basic forms of work	8	2	-	-	-	6	Discussion
3. Physiological basics of labor. Prevention of fatigue	8	2	-	-	-	6	-
4. Adapting the production environment to the capabilities of the human body	8	2	-	-	-	6	-

The concept of emergencies. Civil defence	8	2	-	-	-	6	Discussion
6. Protection of personnel in emergency. Sustainability	8	2	-	-	-	6	-
7. Determining the risk of an emergency	8	2	-	-	-	6	-
8. Fire safety	8	2	-	-	-	6	-
9. Biological Emergency	6	-	-	-	-	6	-
10. General first aid issues	6	2	-	-	-	-	Discussion
Total	72	18	-	-	-	54	-

## 5. CONTENT OF DISCIPLINE (MODULE)

**Subject 1.** Introduction to SVA (Form of conduct - lecture discussion, video demonstration)

The sources of danger in the modern world and their characteristics. The essence of the BJD problem. The object of the study of life safety. Dangerous and harmful factors of natural and man-made origin. The subject of studying the safety of life. Methodical blocks of the discipline "Safety of life"

**Subject 2.** Occupational harms of the production environment.

Manufacturing environment. Dangerous and harmful factors. Classification Of Manufacturing (professional) harmfulness. Definition and characterization

Classification of dangerous and harmful factors. Classification of forms of work. Classification of mental labor. Recommendations to improve working conditions


**Subject 3.** Physiological basics of labor. Prevention of fatigue (Form of conduct - lecture discussion, video demonstration)

A common characteristic of physiological changes in the body during work. Changes in the respiratory system at work. Change in the cardiovascular system at work. Biochemical changes in blood at work. Changes to water-salt exchange at work. Changes in the work of the central committee. The impact of labor on the state of internal organs. The effect of mental work on physiological parameters. Fatigue and overwork. Signs of fatigue. The mechanism of fatigue. Symptoms of fatigue. Prevention of fatigue. The main areas. Active rest as a prevention option. Psychological discharge as an element of fatigue prevention. Measures to prevent fatigue

**Subject 4.** Adaptation of the production environment to the possibilities of the human body (Form of conduct - lecture discussion, video demonstration)

Ergonomics. Definition. A brief description. The essence of ergonomics and connection with other sciences. Ergonomic indicators. Hygiene ergonomic indicators. Anthropometric ergonomic indicators. Physiological ergonomic indicators. Psychological ergonomic indicators. Application and accounting of ergonomic requirements. Aesthetics of the sphere of work. Planning aesthetics. Construction and design aesthetics. Technological aesthetics. Technical aesthetics. Equipment architecture. The importance of production aesthetics

**Subject 5.** The concept of emergencies (Form of conduct - lecture discussion, video

Ministry of Science and Higher Education of the Russian Federation Ulyanovsk State University	Form	
F-Work discipline program		

demonstration)

Prevention and liquidation of consequences of emergency situations (ES) is one of the urgent problems of our time. The main causes of emergencies. Circumstances contributing to emergencies. Periods (stages) of emergency development.

The concept, the functions of civil defense. The notion of emergencies. The concept of extreme situations. The notion of an accident. The difference of emergency

situations from extreme situations. Catastrophes, definition, species. natural disasters. Civil Defence Forces

**Subject 6.** Protecting staff at emergency. (Form of conduct - lecture discussion, video demonstration)

The emergency commission's response to the threat of an emergency. The actions of the Chairman of the Emergency Situations Committee in obtaining information about the emergency. The emergency commission's actions from the moment we receive data on the threat of emergency. Action plan to prevent and eliminate emergencies. The first stage: taking emergency measures to protect staff, prevent the development of emergencies. Emergency measures to protect the staff of the facility. Additional emergency protections for staff. Requirements for work related to saving people. Emergency communication. Characteristics and tools. The second stage of emergency action. The main activities on the life support of the affected and evacuated population.

Sustainability of organizations. Criteria for assessing sustainability. Identify the most likely emergencies. Assess the sustainability of an organization's work in the event of a chemical emergency. Assessment of the sustainability of the organization's work in the face of radioactive contamination. Limits of psycho-emotional sustainability of production staff. Adaptation time and stage adaptation. Psycho-emotional resilience of society in the emergency and measures to increase it. "Disaster Syndrome." Characteristics and prevention measures. The limit of management sustainability. Activities to make the organization more resilient. Assessing key measures to improve the sustainability of your organization


**Subject 7.** Emergency risk definition (Discussion form, video demonstration)

The notion of risk. The concept of acceptable (acceptable) risk. Perception of public risk and danger when considering acceptable risk. Acceptable risk. Definition. Individual and social risk. Calculating the risk. Methodical approaches to risk definition (engineering, model, expert, sociological). Causes of accidents and injuries in Russia. The human factor as the cause of accidents and injuries. Features. Technological causes of accidents and disasters. Economic losses from emergencies. Solving the tasks of THE BJD to reduce the risk of emergency.

**Subject 8.** Fire safety (Form of conduct - lecture discussion, video demonstration)

Summary of fires. Fire. Definition. Burning. Definition and classification. The speed at which the flames spread in different types of combustion. Burning conditions. Complete and incomplete burning. Self-ignition. Definition and characterization. Detonation, definition and characteristic. Liquid classes by flash temperature. Dust and dust mixtures of combustiblesubstances. Definition and characterization. Fire and explosive objects. Definition and classification. Classification of building materials on fire safety. Fires at large industrial plants and settlements. Definition and characterization. Fire prevention. Definition and characterization. The process of extinguishing fires. Definition and characterization. Basic fire extinguishing agents and substances. Fire safety rules in production and administrative buildings. Modern fire protection systems. Definition and classification. Natural fires. Definition and classification. Causes and conditions of forest fires. Wildfires. Classification. The rate at which grass-roots and riding fires spread. Conditions of combustion intensity. The speed of fire spread.



Ministry of Science and Higher Education of the Russian Federation Ulyanovsk State University	Form	
F-Work discipline program		

Classification of forest fires by area covered by fire

**Subject 9. Biological Emergency** (Form of conduct - lecture discussion, video demonstration)

Epidemic. Definition. Characteristic. Pandemic.

Definition. Characteristic. Classification of infectious diseases.

Infectious diseases of animals. Definition. Epizootic hearth. Definition. Characteristic. Forms of the epizootic process. Sporadia. Epizootia. Panzootia. Comparative characteristic. Epiphytomy and pancetotomy. Plant susceptibility to phytopathogenic.

**Subject 10.** General first aid issues (the form of conducting - interactive lesson, lecture, video demonstration)

The concept of first aid. Different from other types of aid. First aid algorithm. The concept of CPR. The method of CPR. Requirements for CPR. An international CPR scheme. First aid for bleeding. First aid for burns. First aid for frostbite and general cooling. First aid for fractures. First aid tactics for suspected spinal injury.

Requirements for the volume of first aid according to the Order of the Ministry of Health and Social Development No. 477n of May 4, 2012

## 6. TOPICS OF PRACTICAL AND SEMINARY

*"This type of work is not provided by up"*


## 7. LABWORKS (LABALY A PRACTICE)

*"This type of work is not provided by up."*

## 8. TOPICS OF COURSEWORKS, CONTROL WORKS, ABSTRACTS

Subjects of abstracts:

1. Electromagnetic fields (EmMF). Protection from EMF.
2. Exposure to human static electric and magnetic fields, electromagnetic fields of industrial frequency, electromagnetic radio frequency fields.
3. Exposure to CVD and microwave radiation on the organs of vision, skin, central nervous system, blood composition and the state of the endocrine system.
4. The normalization of electromagnetic fields.
5. The effect of radiation on the human body.
6. The action of UV radiation. Rationing. Pressian diseases, injuries.
7. Ionizing radiation. Absorption, exposure, equivalent doses.
8. Categories about individuals and groups of critical organs.
9. Acceptable levels for external radiation, contamination of the skin and surfaces.
10. Radiation safety standards.
11. Radiation sickness, other diseases. Long-term consequences.
12. Exposure to ionizing radiation on the habitat
13. Electric current. Exposure to electric current on humans.
14. The effect of the parameters of the chain and the state of the human body on the outcome of electric shock.
- Basic means of electrical protection.
16. Features of the occurrence and manifestation of wartime emergencies.
17. Wartime Emergency Classification.
18. The specific effects of striking factors on people and objects of nuclear, chemical, bacteriological weapons.
19. The striking factors of modern weapons based on new principles. Protecting people

Ministry of Science and Higher Education of the Russian Federation Ulyanovsk State University	Form	
F-Work discipline program		

and objects from wartime emergencies.

Health and safety legislation.

Regulatory and regulatory documentation.

22. Public health and safety policy.

The safety standards system.

24. State oversight of compliance with health and safety legislation.

25. Industrial injuries and prevention measures

The concept of health. The concept of a healthy lifestyle (GOA), its content.

Psychological mechanisms for protection against stress.

28. Safety measures for humans in the domestic habitat.

29. Security measures for a person in the conditions of emergency (terrorism). A brief description of first aid rules.

31. Means of occupational safety. Classification of operational safety products.

Personal protective equipment. Special clothing and special shoes. Eye and face protection.

The purpose and objectives of the abstracts should be strictly consistent with the given subject.

Requirements for the content of abstracts: is met within the competences of the specialty (direction) of the graduate (Section 3 of the Working Program).

Rules of registration of abstracts: Font 14, all fields, volume of 40-60 pages, necessarily the presence of a completed front page, a list of notations, content, a list of used literature. 2 cm


## 9. LIST OF QUESTIONS TO THE CREDIT

1	The sources of danger in the modern world and their characteristics.
2	The essence of the BJD problem. The object of the study of life safety.
3	Dangerous and harmful factors of natural and man-made origin.
4	The subject of studying the safety of life. Methodical blocks of the discipline "Safety of life."
5	Occupational harms of the production environment
6	Manufacturing environment. Definition and characterization
7	Dangerous and harmful factors. Definition and characterization
8	Classification of production (professional) harmful. Definition and characterization
9	Classification of basic forms of work
10	Classification of dangerous and harmful factors.
11	Classification of forms of work.
12	Classification of mental labor. Recommendations to improve working conditions.
13	Physiological basics of labor.
14	A common characteristic of physiological changes in the body during work.
15	Changes in the respiratory system at work. Change in the cardiovascular system at work.
16	Biochemical changes in blood at work. Changes to water-salt exchange at work. Changes in the work of the central committee.
17	The impact of labor on the state of internal organs. Effect of mental work on physiological parameters
18	Prevention of fatigue

19	Fatigue and overwork
20	Signs of fatigue. The mechanism of fatigue
21	Symptoms of fatigue. Prevention of fatigue. The main areas.
22	Active rest as a prevention option. Psychological discharge as an element of fatigue prevention.
23	Measures to prevent fatigue
24	Adapting the production environment to the capabilities of the human body
25	Ergonomics. Definition. A brief description.
26	The essence of ergonomics and connection with other sciences. Ergonomic indicators.
27	Hygiene ergonomic indicators.
28	Anthropometric ergonomic indicators.
29	Physiological ergonomic indicators.
30	Psychological ergonomic indicators
31	Application and accounting of ergonomic requirements. Aesthetics of the sphere of work
32	Planning aesthetics. Construction and design aesthetics.
33	Technological aesthetics. Technical aesthetics
34	The concept of emergencies
35	Prevention and emergency response (emergency) as one of the pressing problems of our time.
36	The main causes of emergency
37	Circumstances that contribute to the occurrence of emergency.
38	Periods (stage) of emergency development.
39	The concept, the functions of civil defense
40	The notion of emergencies. The concept of extreme situations
41	The notion of an accident. The difference between emergencies and extreme situations.
42	Catastrophes, definition, species. natural disasters.
43	Civil Defense Troops. Characteristic.
44	Implementation of measures to protect the personnel of the facility in case of a threat and emergency
45	The emergency commission's response to the threat of an emergency.
46	The actions of the Chairman of the Emergency Situations Committee in obtaining information about the emergency.
47	Action plan to prevent and eliminate emergencies. Characteristic
48	The first stage: taking emergency measures to protect staff, prevent the development of emergencies.
49	Emergency measures to protect the staff of the facility. Additional emergency protections for staff. Requirements for work related to saving people.
50	Emergency communication. Characteristics and tools
51	The second stage of emergency action. The main activities on the life support of the affected and evacuated population.
52	Sustainability of organizations. Sustainability assessment criteria.
53	Identify the most likely emergencies. Assessing the sustainability of an organization's work in the event of a chemical emergency
54	Assessment of the sustainability of the organization's work in the face of radioactive contamination.
55	Limits of psycho-emotional sustainability of production staff.



56	The time of adaptation and the stage of adaptation of the body in emergency.
57	Psycho-emotional resilience of society in the emergency and measures to increase it
58	"Disaster Syndrome." Characteristics and prevention measures.
59	The limit of management sustainability. Activities to make the organization more resilient.
60	Assessing key measures to improve the sustainability of your organization
61	Determining the risk of an emergency. The notion of risk. The concept of acceptable (acceptable) risk.
62	Perception of public risk and danger when considering acceptable risk. Acceptable risk. Definition.
63	Individual and social risk. Calculating the risk.
64	Methodical approaches to risk definition (engineering, model, expert, sociological).
65	Causes of accidents and injuries in Russia. The human factor as the cause of accidents and injuries. Features.
66	Technological causes of accidents and disasters. Economic losses from emergencies. Solving the tasks of THE BJD to reduce the risk of emergency.
67	Fire safety. Summary.
68	Summary of fires. Fire. Definition
69	Burning. Definition and classification.
70	The speed at which flames spread in different types of combustion
71	Burning conditions. Complete and incomplete burning
72	Self-ignition. Definition and characterization
73	Detonation, definition and characteristic
74	Liquid classes by flash temperature.
75	Dust and dust mixtures of combustiblesubstances. Definition and characterization.
76	Fire and explosive objects. Definition and classification.
77	Classification of building materials on fire safety
78	Fire prevention. Definition and characterization.
79	The process of extinguishing fires. Definition and characterization.
80	Basic fire extinguishing agents and substances.
81	Fire safety rules in production and administrative buildings.
82	Modern fire protection systems. Definition and classification.
83	Natural fires. Definition and classification.
84	Causes and conditions of forest fires. Classification. The rate at which grass-roots and riding fires spread.
85	Wildfires. Conditions of combustion intensity. The speed of fire spread. Classification of forest fires by area covered by fire.
86	Biological emergencies. Epidemic. Definition. Characteristic. Pandemic.
87	The concept of first aid. Differences from other types of care
88	First aid algorithm.
89	The concept of CPR. CPR methodology
90	Requirements for CPR.
91	International CPR scheme
92	First aid for bleeding
93	First aid for burns
94	First aid for frostbite and general cooling.

Ministry of Science and Higher Education of the Russian Federation Ulyanovsk State University	Form	
F-Work discipline program		

95	First aid for fractures
96	First aid tactics for suspected spinal injury.
97	Requirements for the volume of first aid according to the Order of the Ministry of Health and Social Development No. 477n of May 4, 2012

## 10. SELF-EMPLOYED STUDENTS

Form of learning: full-time

Name and sections and themes	A kind of self-employed	Volume in hours	Form of control ( <i>problem-solving, abstract, etc.</i> )
1. Introduction to SVA	Preparing for the test	6	-
2. Professional harms production environment. Classification basic forms of work	Preparing for the test	6	Discussion
3. Physiological basics of labor. Prevention of fatigue	Preparing for the test	6	-
4. Adapting the production environment to the capabilities of the human body	Preparing for the test	6	-
The concept of emergencies. Civil defence	Preparing for the test	6	Discussion
6. Protection of personnel in emergency. Sustainability	Preparing for the test	6	Discussion
7. Determining the risk of an emergency	Preparing for the test	6	-
8. Fire safety	Preparing for the test	6	-
9. Biological Emergency	Summary	6	Checking the abstract
10. General first aid issues	Preparing for the test	-	Discussion

## 11. EDUCATIONAL AND METHODOICAL AND INFORMATION DISCIPLINE

### A) List of recommended literature

#### Basic literature:

1. Levchuk I.P., Life Safety in Medicine / Levchuk I.P. - М. : ГЭОТАР-Медиа, 2018. - 112 с. - ISBN 978-5-9704-4607-2 - Текст : электронный // ЭБС "Консультант студента" : [сайт]. - URL : <http://www.studentlibrary.ru/book/ISBN9785970446072.html>
2. Levchuk I. P., First Aid in Case of Accidents and Emergency Situations :coursebook / I. P. Levchuk, M. V. Kostyuchenko, A. P. Nazarov - М. : ГЭОТАР-Медиа, 2017. - 120 с. - ISBN 978-5-9704-4230-2 - Текст : электронный // ЭБС "Консультант студента" : [сайт]. - URL : <http://www.studentlibrary.ru/book/ISBN9785970442302.html>

#### Additional literature:

1. Garkavi A.V., Disaster medicine / Garkavi A.V., Kavalersky G.M. - М. : ГЭОТАР-Медиа, 2019. - 304 с. - ISBN 978-5-9704-5258-5 - Текст : электронный // ЭБС "Консультант студента" : [сайт]. - URL : <http://www.studentlibrary.ru/book/ISBN9785970452585.html>
2. Levchuk I.P., First Aid in Case of Accidents and Emergency Situations : Preparation Questions for a Modular Assessment / Levchuk I.P., Kostyuchenko M.V. - М. : ГЭОТАР-Медиа, 2015. - 32 с. - ISBN 978-5-9704-3450-5 - Текст : электронный // ЭБС "Консультант студента" : [сайт]. - URL : <http://www.studentlibrary.ru/book/ISBN9785970434505.html>

#### Educational and methodical literature:

1. Yamborko P. V.  
Methodical instructions for independent work of students in the discipline "Safety of vital activity" [Электронный ресурс] / P. V. Yamborko. - Электрон. текстовые дан. (1 файл : 261 Кб). - Ulyanovsk : UISU, 2020. - Загл. с экрана. - На англ. яз. - Неопубликованный ресурс. <http://lib.ulsu.ru/MegaPro/Download/MObject/1846>

AGREED:

*Main Librarian* *Смагольневичева Ольга*, *5.05.2022*

The position of the worker scientific library

Full name


signature

data

#### b) Software:

1. MS Office



Ministry of science and high education RF Ulyanovsk State University	Form	
F-Educational plan of the discipline		

*Профессиональные базы данных, информационно-справочные системы*

**1. Электронно-библиотечные системы:**

1.1. Цифровой образовательный ресурс IPRsmart : электронно-библиотечная система : сайт / ООО Компания «Ай Пи Ар Медиа». - Саратов, [2022]. - URL: <http://www.iprbookshop.ru>. - Режим доступа: для зарегистрир. пользователей. - Текст : электронный.

1.2. Образовательная платформа ЮРАЙТ : образовательный ресурс, электронная библиотека : сайт / ООО Электронное издательство ЮРАЙТ. - Москва, [2022]. - URL: <https://urait.ru>. - Режим доступа: для зарегистрир. пользователей. - Текст : электронный.

1.3. Консультант врача. Электронная медицинская библиотека : база данных : сайт / ООО Высшая школа организации и управления здравоохранением-Комплексный медицинский консалтинг. - Москва, [2022]. - URL: <https://www.rosmedlib.ru>. - Режим доступа: для зарегистрир. пользователей. - Текст : электронный.

1.4. Большая медицинская библиотека : электронно-библиотечная система : сайт / ООО Букап. - Томск, [2022]. - URL: <https://www.books-up.ru/ru/library/>. - Режим доступа: для зарегистрир. пользователей. - Текст : электронный.

1.5. ЭБС Лань : электронно-библиотечная система : сайт / ООО ЭБС Лань. - Санкт-Петербург, [2022]. - URL: <https://e.lanbook.com>. - Режим доступа: для зарегистрир. пользователей. - Текст : электронный.

1.6. ЭБС Znanium.com : электронно-библиотечная система : сайт / ООО Знаниум. - Москва, [2022]. - URL: <http://znanium.com>. - Режим доступа : для зарегистрир. пользователей. - Текст : электронный.

1.7. Clinical Collection : научно-информационная база данных EBSCO // EBSCOhost : [портал]. - URL: <http://web.b.ebscohost.com/ehost/search/advanced?vid=1&sid=9f57a3e1-1191-414b-8763-e97828f9f7e1%40sessionmgr102>. - Режим доступа : для авториз. пользователей. - Текст : электронный.

1.8. База данных «Русский как иностранный» : электронно-образовательный ресурс для иностранных студентов : сайт / ООО Компания «Ай Пи Ар Медиа». - Саратов, [2022]. - URL: <https://ros-edu.ru>. - Режим доступа: для зарегистрир. пользователей. - Текст : электронный.

**2. КонсультантПлюс** [Электронный ресурс]: справочная правовая система. /ООО «Консультант Плюс» - Электрон. дан. - Москва : КонсультантПлюс, [2022].

**3. Базы данных периодических изданий:**


3.1. База данных периодических изданий EastView : электронные журналы / ООО ИВИС. - Москва, [2022]. - URL: <https://dlib.eastview.com/browse/udb/12>. - Режим доступа : для авториз. пользователей. - Текст : электронный.

3.2. eLIBRARY.RU: научная электронная библиотека : сайт / ООО Научная Электронная Библиотека. - Москва, [2022]. - URL: <http://elibrary.ru>. - Режим доступа : для авториз. пользователей. - Текст : электронный

3.3. Электронная библиотека «Издательского дома «Гребенников» (Grebinnikon) : электронная библиотека / ООО ИД Гребенников. - Москва, [2022]. - URL: <https://id2.action-media.ru/Personal/Products>. - Режим доступа : для авториз. пользователей. - Текст : электронный.

**4. Федеральная государственная информационная система «Национальная электронная библиотека»** : электронная библиотека : сайт / ФГБУ РГБ. - Москва, [2022]. - URL: <https://нэб.рф>. - Режим доступа : для пользователей научной библиотеки. - Текст : электронный.

**5. SMART Imagebase** : научно-информационная база данных EBSCO // EBSCOhost : [портал]. - URL: <https://ebsco.smartimagebase.com/?TOKEN=EBSCO>

Ministry of science and high education RF Ulyanovsk State University	Form	
F-Educational plan of the discipline		

[1a2ff8c55aa76d8229047223a7d6dc9c&custid=s6895741](https://window.edu.ru/). – Режим доступа : для авториз. пользователей. – Изображение : электронные.

**6. Федеральные информационно-образовательные порталы:**

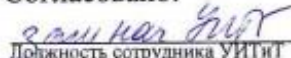
6.1. Единое окно доступа к образовательным ресурсам : федеральный портал . – URL: <http://window.edu.ru/> . – Текст : электронный.

6.2. Российское образование : федеральный портал / учредитель ФГАУ «ФИЦТО». – URL: <http://www.edu.ru>. – Текст : электронный.

**7. Образовательные ресурсы УлГУ:**

7.1. Электронная библиотечная система УлГУ : модуль «Электронная библиотека» АБИС Мега-ПРО / ООО «Дата Экспресс». – URL: <http://lib.ulsu.ru/MegaPro/Web>. – Режим доступа : для пользователей научной библиотеки. – Текст : электронный.

Согласовано:

  
Должность сотрудника УИТИП

  
ФИО

 19.04.22  
подпись дата

## 12 DISCIPLINE LOGISTICS


1. lecture audiences, equipped with specialized furniture, a training board
2. instructional videos when giving lectures and seminars;
3. PAPM;
4. Multimedia projector.
5. First aid
6. "Maxim" CPR simulator

## 13. SPECIAL CONDITIONS FOR STUDENTS WITH DISABILITIES

If necessary, students from among persons with disabilities (at the request of the student) can be offered one of the following options for perception of information, taking into account their individual psychophysical characteristics:

- for people with visual impairments: individual tasks and consultations;
- for people with hearing impairments: individual tasks and consultations;
- for people with musculoskeletal disorders: individual tasks and consultations.



Developer:

  
signature post


Associate Professor, Department of Technosphere Safety\_ / Petr V. Yamborko/

## LIST OF CHANGES of

## Speciality 31.05.01. «General medicine»

Content of the change or a link to the attached text of the	Full name of the head of the Department developing the discipline	Signature	Date
Introduction of changes to item A) Recommended Literature item 11 "Educational, methodological and information support of the discipline" with the design of Appendix 1	Varnakov V.V.		28.08.2023
Introduction of changes to item C) Professional databases, information and reference systems item 11 "Educational, methodological and information support of the discipline" with the design of Appendix 2	Varnakov V.V.		28.08.2023



Ministry of Science and Higher Education of the Russian Federation Ulyanovsk State University	Form	
F-Work discipline program		

## 11. EDUCATIONAL AND METHODOLOGICAL AND INFORMATION DISCIPLINE

### A) List of recommended literature

#### Basic literature:

1. Rezhnikov, E. A. Life safety: textbook for universities / E. A. Rezhnikov, A.V. Ryazantseva. — 3rd ed., reprint. and add. — Moscow: Yurayt Publishing House, 2023. — 639 p. — (Higher education). — ISBN 978-5-534-17431-1. — Text: electronic // Yurayt Educational Platform [website]. — URL: <https://urait.ru/bcode/533084>
2. Karakeyan, V. I. Life safety: textbook and workshop for secondary vocational education / V. I. Karakeyan, I. M. Nikulina. — 3rd ed., reprint. and add. — Moscow: Yurayt Publishing House, 2023. — 313 p. — (Professional education). — ISBN 978-5-534-04629-8. — Text: electronic // Yurayt Educational Platform [website]. — URL: <https://urait.ru/bcode/511628>
3. Karakeyan, V. I. Life safety: textbook and workshop for universities / V. I. Karakeyan, I. M. Nikulina. — 3rd ed., reprint. and add. — Moscow: Yurayt Publishing House, 2023. — 313 p. — (Higher education). — ISBN 978-5-534-05849-9. — Text: electronic // Yurayt Educational Platform [website]. — URL: <https://urait.ru/bcode/510519>
4. Karakeyan, V. I. Organization of security in emergency situations: a textbook for secondary vocational education / V. I. Karakeyan, I. M. Nikulina. — Moscow: Yurayt Publishing House, 2023. — 120 p. — (Professional education). — ISBN 978-5-534-09151-9. — Text: electronic // Yurayt Educational Platform [website]. — URL: <https://urait.ru/bcode/512046>

#### Additional literature:

1. Life safety: explanatory dictionary of terms / G.V. Tyagunov, A.A. Volkov, E.E. Baryshev, etc. Electron. Yekaterinburg: Ural Federal University, EBS DIA, 2015. — 236 p. — ISBN 978-5-7996-1404-1. [website]: <http://www.iprbookshop.ru/68223.html>
2. Galeev I.S., Life safety "Electronic resource": Collection of legislative and legal acts. Documents / Galeev I.S., Svyatova N.V., Mustaev R.S., Sitdikova A.A. - Kazan: Publishing House of Kazan. Un-ta, 2011. — 261 p. — ISBN [website]: <http://www.studentlibrary.ru/book/KFU0005.html>.

#### Educational and methodological literature:

1. Varnakov V.V., Methodical instructions for independent work of students in the discipline "Safety of vital activity" [Electronic resource] / V. V. Varnakov, D.V.Varnakov, A.S. Nevaev - Electronic text data (1 file: 90,1 Kb). - Ulyanovsk: UISU, 2023 - Cover from the screen. - In English - Unpublished resource. <http://lib.ulsu.ru/MegaPro/Download/MObject/1846>

Agreed:

Leading specialist of the Science Library / Stadolinikova G. I. / Смаг / 28.04.2023  
*The position of a researcher at the Science Library*      *Name*      *Signature*      *Date*

