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Optimization of labour regimen in officers of logistics units of the National Guard of Ukraine as an issue of the day

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Working out and introduction of the regimens of labor and rest, that would enable to maintain high capacity for work in military personnel of logistics units regardless of complicated tasks put before them, is an issue of the day.

At present, in connection with a difficult situation in the country, military personnel of logistics units of the National Guard of Ukraine can not realize their right to rest in full measure, despite the fact that Regulations of Internal Service of Armed Forces of Ukraine, article 203, clearly regulate this problem.

The analysis of duty charts of military personnel of logistics units, questioning of officers were used in this study.

The officers of a logistics unit work 5 days a week, from 8 a.m. to 5 p.m.

Besides, the officers of a logistics unit have daily duties on workdays, days off and holidays according to the schedule.

It is established on the basis of analysis of officers' duty charts, that, on average, every officer is on duty from 3 to 6 times a month, 1-2 times of them - on days off.

For a duty on a day-off, the military personnel should have a free day the next workweek by the chart approved beforehand. However, in connection with a productive need, this possibility is not always realized, that in future can result in the development of overfatigue. Overfatigue affects perfomance of functional duties, and, since the work of military personnel is very intensive, development of burnout syndrome is possible in officers afterwards.

Conclusions: - for maintenance of high capacity for work in the officers of logistics units it is necessary to optimize the charts of labor and rest taking into account a specific character of activity;

- to work out and introduce measures on prophylaxis of overfatigue and development of burnout syndrome.