



Mobile Phone Use and Safety: Ways to Reduce the Risk of Injury During Sports and Exercise

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Abstract

Objective of the study is to determine measures aimed at preventing injuries associated with the use of mobile communications during training sessions.

Methods and structure of the study. The information base for the study was the laws and regulations of the Russian Federation, professional standards, statistical data from foreign organizations (NIOSH, OSHA, HSE), data from the All-Russian Research Institute of Labor of the Ministry of Labor of Russia, reflecting the main causes of injuries associated with the use of mobile communications, as well as an analysis of cases of injuries resulting from the use of mobile devices during training sessions in sports schools in Moscow.

Results and conclusions. The ways of preventing injuries due to the use of mobile communications during training sessions were determined, which are associated with improving the regulatory framework, expanding the knowledge of teachers about ways to prevent threats with the conscientious performance of their job responsibilities, as well as regular advanced training of employees of sports organizations. In the future, it is necessary to develop local regulations aimed at limiting the use of mobile devices during training sessions. All of the above measures will improve the safety of training, minimize the risk of injury, and increase the level of responsibility of specialists working in the field of physical education and sports.

Keywords: *mobile communications, educational and training process, safety of classes, injury prevention.*

Introduction. The use of mobile communications is an integral part of the daily life of a modern person. At the same time, despite the numerous capabilities and functionality of these devices, there are serious risks when using them during various actions that require increased attention, such as driving a car and other vehicles, while working with dangerous machinery and equipment, during educational and training sessions, etc. Distraction and the inability to quickly respond to changes in the environment create real threats to human safety and health.

Foreign and domestic studies have repeatedly addressed the issue of using mobile communications during working and school hours. Employers note that the use of personal mobile devices during the working day distracts the employee from performing his or her job function, which leads to decreased productivity, minor or serious damage to the company's property, and, most importantly, creates a threat to labor safety.

The legislation of the Russian Federation does not establish specific restrictions on the use of mobile phones during the working day, and there are no official statistics directly linking industrial injuries with the use of mobile communications while performing professional duties. However, the general safety requirements set out in the Labor Code of the Russian Federation imply that the employer must take measures to prevent injuries in the workplace¹.

At the same time, according to statistics from the All-Russian Research Institute of Labor of the Ministry of Labor of Russia, the most common cause of injuries and deaths of workers (almost 50% of cases) is the failure of managers and department specialists to monitor the progress of work, as well as failure to comply with labor discipline [1]. An analysis of foreign practice allows us to identify the main causes of

¹ Labor Code of the Russian Federation of 30.12.2001 No. 197-FZ (as amended on 28.12.2024) [Electronic resource]. URL: https://www.consultant.ru/document/cons_doc_LAW_34683/ (date of access: 27.01.2025).



injuries associated with distraction by mobile phones while performing professional duties:

1. Distraction and loss of concentration. According to a study by the National Institute for Occupational Safety and Health (NIOSH, USA), workers using phones in high-risk areas reduce their reaction time by 38-50% [5].

2. Falls from heights. According to OSHA (Occupational Safety and Health Administration, USA), about 17% of falls in the workplace are associated with distraction, including the use of phones [6].

3. Collisions with objects and vehicles. HSE (Health and Safety Executive, UK) studies note that 37% of workplace accidents occur due to "blind spots" and employee inattention [4].

4. Errors when operating equipment. In the manufacturing sector, incorrect actions due to distraction by a phone lead to accidents in 12% of cases (NIOSH data) [5].

The dangers and risks caused by the uncontrolled use of mobile communications during the educational and training process deserve special, close attention [2, 3]. The first steps to control the use of mobile communications in the educational process have already been taken: from September 1, 2024, a ban was introduced on the use of mobile radiotelephone communications (mobile phones, tablets, smart watches, etc.) by schoolchildren, which is reflected in the amendments introduced to the Federal Law "On Education in the Russian Federation"^{1, 2}.

Control over the use of mobile communications during training sessions is delegated to the administration of youth sports schools and other organizations implementing additional educational programs for sports training. Moreover, such local regulations mainly regulate the use of mobile communications by students and practically do not impose restrictions on the use of these devices during training sessions by coaches, sports instructors, and teachers of additional education.

According to statistics in Moscow for 2024, as a result of the use of mobile electronic devices during training sessions, 26 cases of serious injuries were recorded, including one group incident in which 17

teenagers were injured. Data analysis showed that a significant portion of injuries were associated with the fact that in many cases employees were distracted by the use of mobile devices for personal purposes during classes, including when organizing classes in swimming pools.

The purpose of the study is to determine measures aimed at preventing injuries due to the use of mobile communications during training sessions.

Methodology and organization of the study.

The information base of the study included laws and regulations of the Russian Federation, professional standards, statistical data from foreign organizations (NIOSH, OSHA, HSE), data from the All-Russian Research Institute of Labor of the Ministry of Labor of Russia, reflecting the main causes of injuries associated with the use of mobile communications, as well as an analysis of cases of injuries resulting from the use of mobile devices during training sessions in sports schools in Moscow. Results of the study and their discussion. The analysis shows the need for preventive measures aimed at reducing injuries, including through explanatory work among specialists carrying out training activities: coaches, teachers of additional education, sports instructors.

1. Improving regulatory and legal acts to ensure conditions for the safe conduct of training sessions:

Amend the Labor Code of the Russian Federation:

Supplement Art. 21 "Basic Rights and Obligations of an Employee" with the following sentence:

The employee is obliged to:

- comply with the internal labor regulations, including in terms of using communication tools and other electronic devices (phone, smartphone, tablet, etc.).

Supplement Article 189 "Labor Discipline and Work Schedule" with the following sentence:

- Internal work schedule rules – a local regulatory act that regulates, in accordance with this Code and other federal laws, the procedure for hiring and firing employees, the basic rights, obligations and responsibilities of the parties to the employment contract, work schedule, rest time, incentive and disciplinary measures applied to employees, as well as other issues related to the regulation of labor relations with this employer, existing contradictions in labor relations with the presented employer, including in terms of the use of information and communication tools (telephone, cellular communications, tablets) in the work process.

- include the relevant provisions in the "Instructions for Labor Protection during Classes", establishing a

¹Federal Law of 19.12.2023 No. 618-FZ "On Amendments to the Federal Law "On Education in the Russian Federation" [Electronic resource]. URL: <https://www.garant.ru/products/ipo/prime/doc/408131681/> (date of access 27.01.2025).

²Federal Law of 04.12.2007 No. 329-FZ "On Physical Culture and Sports in the Russian Federation" [Electronic resource]. URL: https://www.consultant.ru/document/cons_doc_LAW_73038/ (date of access 02.27.2025).



restriction or ban on the use of mobile devices for personal purposes during the training process.

Amend Article 34 of the Federal Law "On Physical Culture and Sports in the Russian Federation": sports organizations may introduce a ban on the use of mobile devices in order to ensure the safety and effectiveness of the training process. Based on the above-mentioned regulations, children's and youth sports schools and other physical education and sports organizations may introduce their own restrictions, which must be reflected in the institution's charter; internal regulations; safety instructions¹. These measures will improve the safety of classes, minimize the risk of injury and increase the level of responsibility of specialists working in the field of physical education and sports.

2. Expanding the teacher's knowledge of ways to prevent threats with the conscientious performance of their job responsibilities in accordance with the qualification requirements of the professional standards "Trainer-teacher", "Specialist in instructor and methodological work in the field of physical education and sports", "Teacher of additional education".

Organization of a safe space for students, timely identification of threats and the degree of danger of external and internal factors, prompt response to emergency situations and the use of correct action algorithms to eliminate or reduce the danger are labor functions included in professional standards.

Safety training for trainers-teachers, instructors, teachers is of key importance. Modern approaches to safety training include several aspects aimed at raising awareness, practical application of knowledge and the use of new technologies.

It is recommended to increase the number of disciplines in the bachelor's curriculum aimed at developing competences in injury prevention during training sessions. Classes on disciplines should be conducted offline with an emphasis on practical activities.

3. Ensuring regular advanced training of trainers-teachers, instructors-methodologists, teachers of additional education in programs aimed at improving the professional competencies of teaching staff in the field of safety and injury prevention during training ses-

sions. In this context, special attention should be paid to the quality of advanced training and professional retraining programs, and the advantage of obtaining additional education in state specialized universities in an offline format should be noted.

Conclusions. In order to prevent injuries associated with the use of mobile communications during training sessions, a number of measures have been proposed, consisting of improving the regulatory framework, expanding the knowledge of teachers on ways to prevent threats with the conscientious performance of their job responsibilities, as well as regular advanced training of employees of sports organizations. The listed measures will improve the safety of classes, minimize the risk of injury and increase the level of responsibility of specialists working in the field of physical education and sports.

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¹Order of the Federal State Budgetary Institution "Federal Center for Sports Training of Sports Reserves" dated 05.08.2024 No. 01-05/0397 "On approval of methodological recommendations for creating conditions and ensuring safety during the educational and training process in physical education and sports organizations and organizations implementing additional educational programs for sports training" [Electronic resource] URL: <https://fcpsr.ru/cat/2/37/79> (date of access 02.28.2025).