1. Загружаем образ PostgreSQL

```
C:\Users\gnevn>docker pull postgres
Using default tag: latest
latest: Pulling from library/postgres
e1caac4eb9d2: Pull complete
7a2930f13d47: Pull complete
a6c49e965138: Pull complete
ed8dc94f857d: Pull complete
1f07b4807698: Pull complete
a776288d4030: Pull complete
7cbb4adb3448: Pull complete
b6dbd7317d5f: Pull complete
52814b5dc710: Pull complete
b68697689b55: Pull complete
6d80681e3923: Pull complete
4270a9f40aee: Pull complete
d28fa0286314: Pull complete
cb1ee5bc271e: Pull complete
Digest: sha256:f58300ac8d393b2e3b09d36ea12d7d24ee9440440e421472a300e929ddb63460
Status: Downloaded newer image for postgres:latest
docker.io/library/postgres:latest
```

2. Создаём контейнер

```
C:\Users\gnevn>docker run --name my-postgres-container -e POSTGRES_PASSWORD=
mysecretpassword -d -p 5432:5432 postgres
c2c0d04298304a2f8de7e0aadca106bd7b60cda9a5309b0ba1edf963370cb958
```

3. Подключаемся к контейнеру

```
C:\Users\gnevn>docker exec -it my-postgres-container psql -U postgres
psql (16.2 (Debian 16.2-1.pgdg120+2))
Type "help" for help.
```

4. Создаём базу данных

```
postgres=# CREATE DATABASE mydatabase;
CREATE DATABASE
```

5. Создание таблицы

```
mydatabase-# CREATE TABLE users (
    id serial PRIMARY KEY,
    name VARCHAR (100),
    age INT
);
```

6. Вставка данных

```
mydatabase=# INSERT INTO users (name, age) VALUES ('John Doe', 30), ('Jane Doe', 25);
INSERT 0 2
```

7. Получение данных

```
mydatabase=# SELECT * FROM users;
 id |   name   | age
----+----------+-----
  1 | John Doe |  30
  2 | Jane Doe |  25
(2 rows)
```