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by



## ALSO FOR BEGINNERS: HOW TO TRAIN FOR A RUNNING EVENT

ADDITIONAL:

FIRST AID - WHAT TO DO IF YOU HAVE AN EPILEPTIC SEIZURE? • HEALTH & SAFETY: PROTECTING WORKERS IN HIGH-HEAT INDUSTRIES • FUN TIME - JOKE OF THE WEEK

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## Also for beginners: How to train for a running event

*Have you registered for the company run, a charity run or even a half marathon? Now there is no turning back! 8 tips on how to prepare for it*

Maybe a colleague persuaded you to take part in the company run. Maybe you've also set yourself some sporting challenges for 2024 - and signed up for a ten-kilometer run or a half marathon in your city. But how do you prepare for it?

If you have ambitions to take part in a running event but are (still) inexperienced, you should ask yourself: How fit am I actually? And: How realistic is my plan?



“For anyone who is overweight or has a cardiovascular disease, it might not be a good idea to prepare for a marathon,” says sports doctor Thomas Schneider

from the Gundelfingen Joint Clinic. His advice: Anyone who wants to take part in a running event without previous experience should discuss their plans with their family doctor and get checked out. This generally applies to everyone who is older than 35, who has not exercised for a long time and/or has a previous illness.

### 1. Start early

If there is a medical green light, you can start. “With a ten-kilometer run, you should start doing this at least three to four months before the event,” recommends Prof. Ingo Froböse from the Sport University in Cologne. For a half marathon, the training phase begins about six months before the competition. So if it takes place in the fall, you should get started now.

### 2. Get the right footwear

Without good shoes, there is a risk that your feet will hurt at some point - and therefore your motivation to run will decrease. It is ideal if running shoes are one or two sizes larger than normal street shoes. This means your feet have enough space. Many specialist shops offer running advice, which you should take advantage of.

### 3. Warm up well

Very important: Every training session should start with a warm-up to prevent injuries or cramps. This means making wide, rotating movements in the shoulders, hips and ankles and bending





the knees several times. You should also warm up your calves and thighs with stretches. And remember to do foot exercises when warming up. Ingo Froböse recommends so-called foot rocking: To do this, you rock your feet forward (on your toes) and back (on your heel) back and forth while standing.

#### **4. Increase training**

“In the initial phase, running training takes place three times a week for 30 to 45 minutes,” recommends Ingo Froböse. After a month, increase the training sessions to four times a week, and after three months to five to seven times a week. To avoid getting too out of breath, breathe in for four steps and exhale for four steps.

“In the advanced stage, it is advisable to do interval training at least once a week,” says Thomas Schneider. This is a running training in which you cover certain distances at a relatively high speed and then take a break from trotting. “This type of training improves endurance.”

And after two to three months of running training, the following applies: keep going

for longer runs and continually increase the number of kilometers covered. “The body has to learn to deal with it,” says Schneider.

#### **5. Eat and drink properly**

Active people need to eat regularly, sufficiently and in a balanced manner. Because training requires a lot of energy from the body. To ensure that it is well supplied, it needs enough carbohydrates, for example through whole-grain pasta or potatoes. Rule of thumb: You should consume around seven to ten grams of carbohydrates per kilogram of body weight every day. A protein intake of around 1.5 grams per kilogram of body weight is also important. Protein helps muscles recover faster. Sources of protein include lean meat, legumes, dairy products or nuts.

However, you should not eat large meals directly before the run as this puts strain on your stomach. “It is ideal not to eat anything two hours before exercising,” says Ingo Froböse. In order to replenish energy stores after training and support the body's regeneration, it makes sense to eat a wholesome meal with a



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carbohydrate-protein ratio of 3:1. An egg dish, such as an omelette, works well for this, says Froböse.

It is also important to drink enough water to avoid dehydration during training. "It's best to drink a large glass of water before training and otherwise make sure to consume two to three liters of fluid throughout the day," says Froböse.

### 6. Heat? Adjust the training

Many running events take place in summer and autumn. However, in summer temperatures of 25 degrees and above, training makes little sense because it is too stressful for the body. "In the summer months, you should train either in the early morning hours or in the evening," advises Thomas Schneider.

### 7. Reduce training before the event

In the last week before the competition, the following applies: reduce your running training, sleep as much as possible, drink enough water and make sure you consume enough carbohydrates and protein. This means the body is in optimal shape when things get serious.

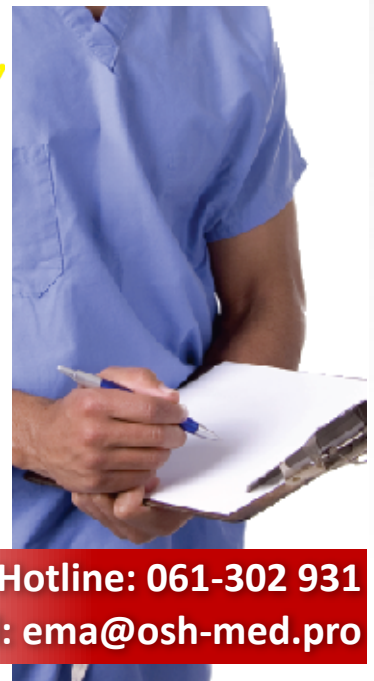
### 8. Competition? Listen to your body!

And then there it is, competition day. You're actually well prepared, you start sprinting - and then it happens: suddenly your motivation collapses. Or you twist your ankle for a moment and it just doesn't work. And now? "Just don't tense up now," says Schneider. But if necessary, admit to yourself that it's obviously not meant to be and take the limits of your own body seriously. In the best case scenario, after such good preparation, things go smoothly and you cross the finish line with pride.

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## First aid: what to do if you have an epileptic seizure?

*Anyone who witnesses an epileptic seizure as an outsider usually feels great helplessness. What is the best thing to do in such a situation?*

Someone loses consciousness, falls to the ground, arms and legs twitching: If you watch this, you are probably witnessing an epileptic seizure. And then?

It is true that many epilepsy sufferers in Namibia are medicated so that they live virtually seizure-free. Neurologist Angelika Görtzen points this out. However, an attack can still occur.

### **Seizures often last two to three minutes**

The best-known form of epileptic seizure is the grand mal seizure: You can recognize it, among other things, by the fact that those affected fall over like a tree, i.e. do not collapse.

“Most of the time the eyes are open and rolled back. Foam forms at the mouth, then the arms and legs move rhythmically,” says Görtzen, who works as chief physician at the Ameos Clinic. The seizure ends after two to three minutes. Those affected are often disoriented afterwards.

### **Minimize risk of injury**

Anyone who witnesses an epileptic seizure as an outsider should remain calm and protect those affected from

onlookers. It is also important to prevent anything worse from happening. “Make sure that the person affected does not suffer any injuries, for example by placing a soft surface under their head,” advises Görtzen. If the person affected has pointed or sharp objects in their hand, they should be removed carefully.



It is also advisable to look at the clock: If an attack lasts five minutes or longer, you should call the emergency services (emergency number 9112), says Görtzen. If you know that the person is having an epileptic seizure for the first time, you should generally call emergency services. The same applies if you feel unsure or don't know whether this is your first seizure or not.

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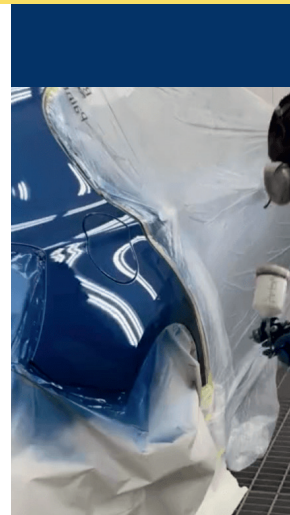
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## Protecting Workers in High-Heat Industries

*Safeguarding workers in high-heat settings with the right protective clothing involves understanding a bit about heat transfer, the work being done, and the best materials and technologies for the job.*

If you're a safety professional, you likely come across heat hazards regularly. There is much focus these days on heat stress and exhaustion — in fact, the National Institute for Occupational Safety and Health (NIOSH) has published a recommended standard for occupational heat stress, along with a PPE standard requiring every employer in general industry to conduct a hazard assessment to determine the appropriate PPE to be used to protect workers from the hazards identified.



OSHA recommendations for heat stress include proper hydration, frequent breaks, and avoiding the midday sun. But what if high heat is intrinsic to the task being performed, and the work can't be done without it? Hot work happens in a

multitude of environments, from restaurant kitchens to auto assembly plants to smelting blast furnaces.

In the realm of hand protection, the EN407 Standard developed in Europe but recognized internationally established a rating system that, based on various component test methods, gives clear guidance on whether a product meets the requirements of a specific work environment.

This article will share some high-level insights into the various types of heat most commonly found in industrial environments, and questions to ask as you work through the process of selecting the right protective equipment. A (Little) Bit of Science

There are three primary ways heat is transferred: convection, conduction and radiation.

- Convection is heat transfer through a fluid (liquid or gas). Ice melting or the heat rising over a fire are examples of convective heat transfer.
- Conduction is heat transfer through kinetic energy that passes from adjacent particles. For example, a pot of water sitting on a hot stove burner is heated through conduction.
- Radiation is heat transfer through electromagnetic waves. Radiant heat is heat that you feel when you are near a heat source, like when you're sitting near a campfire.

When selecting PPE to address thermal





In addition to these hazards, it's important to classify the kind of heat transfer involved as a preliminary step — especially when there are multiple types of heat in play.

A foundry worker might spend part of their day next to a furnace bringing metals to the melting point and later pouring that molten material into molds, with the risk of molten splash. A welder might be working outside in cold weather, but still need protection from sparks and slag.

### Hazards Uncovered

Common hazards identified within the risk assessment for high-heat industries include:

- Thermal burns from splashing hot liquids or contact with hot surfaces
- Chemical burns from exposure to acids, caustics, flammable, and toxic substances
- Back strains and musculoskeletal disorders from awkward positioning,

improper or heavy-weight lifting, repetitive motion

- Heat stress from the high-heat, high-humidity environment, enhanced with wearing PPE
- Impact, crushing, or amputating injuries from manual lifting or moving of heavy materials

These types of hazards lead to first-, second- and third-degree skin and eye burns, short-term and long-term back pain, and altered quality-of-life from significant injuries or heat-related illnesses that forever impact an injured person, his/her family, and his/her ability to work (livelihood).

The hazards present on site and the serious consequences of inadequate protection should motivate any responsible manager to ensure adequate protection for workers. But how can you tell if your PPE is sufficient?



## A Material Difference

Identifying thermal transfer type helps in selecting the right PPE. Material matters — and there are many materials available to address high-heat hazards in common industrial applications.

- A para-aramid fiber such as Kevlar provides high heat resistance and makes for a very strong, flexible yarn.
- A meta-aramid fiber such as Nomex also provides high heat resistance, but Nomex yarns have lower tensile strength than Kevlar and tear more easily.
- Why would you ever choose Nomex over Kevlar then? Because Nomex yarns have a soft hand that tends to make softer fabrics and therefore more comfortable clothing. More comfortable means an increased likelihood of wear which means better compliance.
- And then there are fibers like OPAN, the core fiber in CarbonX fiber blends, that carbonize and expand when exposed to intense heat or flame, starving the yarns of oxygen and therefore eliminating the fabric's ability to combust. That Limiting Oxygen Index (LOI) yields a fabric that is truly non-flammable.

## Key Questions to Ask Before Buying

So, how can you discover the best information to make a determination on which protective apparel to use in a given high-heat situation? The following questions will elicit enough information to narrow in on good options — and then you may well have to test samples in the specific environment. A good PPE

manufacturer or distribution partner will work collaboratively to get to the safest, most cost-effective solution.



1. What is the average working temperature during the task?
2. What is the maximum temperature that might be reached? How often does that happen? How long does exposure at the high temperature last?
3. Does the wearer touch the hot item (conductive heat) or just work near the heat (radiant heat)?
4. How long is usual exposure time?
5. If the wearer is picking something up or holding something, how heavy is that object, and how long do they hold it? (The heavier the object, the more it compresses the fibers in the PPE fabric, leading to quicker heat transfer and a shorter time to pain.)
6. Is there moisture or splash involved? If so, how often and how much? What substance is the splash? (Will the wearer need chemical protection as well?)
7. Are there abrasion or cut hazards? (If so, need to choose a fabric that is more abrasion-resistant.)



8. What are the ambient air conditions in the facility — is normal heat stress an issue in addition to the high-heat hazard?
9. And the simplest but best question of all: What are you using now? What do you like about it, and what would you like to improve?

### You Can Ask for Help

You don't have to make this decision alone. Many vendors and suppliers have in-house safety experts on staff who can offer additional information and perspective. Some also perform on-site assessments in order to properly gauge the hazards your employees will be facing and determine the appropriate PPE.



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