

OSHMed Health Magazine

by



BLOOD SUGAR CHAOS? HOW COLD AND HEAT AFFECT DIABETES

ADDITIONAL:

TOGETHER WE ARE THERE FOR THE COMMUNITY • SHOULD ENERGY DRINKS BE BANNED FOR MINORS? • BUILDING A SAFER TOMORROW: ADDRESSING HAZARDS IN MODERN CONSTRUCTION

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Occupational Safety, Occupational Health, Emergency & Medical Care
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Together we are there for the community

On the 14.01.2024 a combined team of health Professionals visited a orphanage shelter for a health check.

Under the motto *“Together we are there for the community”*, the team of E.M.A. In conjunction with [Safmed Pharmacy](#) at Hidas centre, [OSH-Med international](#) and [CERT Namibia - Community Emergency Response Team Namibia](#) visited the Rosalinda Orlindi, Place of Safety Orphanage Home in Katutura.

The teams did a health check with the children and checked where the need is for the children.



This event was a great teamwork and shows the involvement of E.M.A., SafMed Pharmacy, CERT and OSH-Med in the community.

“It is important to be involved with the community and see their need, so that

we can assist best”, so Fabian Martens, 1st chairman of the nonprofit organisation E.M.A.



Please support the different initiatives of E.M.A.

E.M.A. is a registered nonprofit organisation for Emergency Medical Care. E.M.A. Emergency Call: dial 9112

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Blood sugar chaos? How cold and heat affect diabetes

Do colds affect diabetes? And is the insulin requirement dependent on temperature? We clarify important questions.

Do weather changes derail blood sugar?

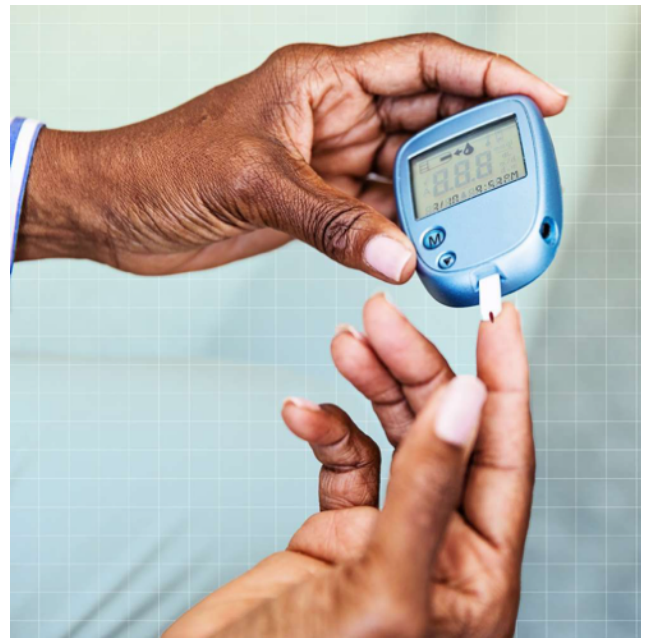
The weather conditions have no direct influence on sugar levels. However, half of all people in Germany describe themselves as sensitive to the weather. For them, low pressure areas trigger inner restlessness and nervousness: a stress reaction that, among other things, promotes migraine attacks or rheumatism pain and may also be noticeable in slightly higher sugar levels.

Sensitivity to the weather can improve if you train your body to adapt more easily. This is best achieved through regular exercise in the fresh air and is even more effective if you harden yourself additionally - as long as there are no health reasons such as circulatory problems or heart disease that speak against it. For example, with short, cold leg washes after showering that make the skin tingle. Then wrap yourself up well because your body shouldn't cool down.

How dangerous are extreme temperatures?

Our organism strives to always maintain the optimal temperature of 37 degrees

Celsius. At extreme ambient temperatures he has to put in more effort than at a pleasant 20 degrees. This can weaken the health of people with diabetes and other chronic diseases, especially older people whose bodies are no longer as adaptable.



You can protect yourself relatively well against extreme cold with suitable clothing and heating. But long heat waves in summer - also caused by climate change - are a growing problem. It is important to ensure that you cool down, especially at night, in order to sleep well (tips: cope with the heat). Heat stress plus a lack of sleep can have an adverse effect on blood sugar levels as well as other risks such as heart disease.

Do the values increase in cloudy weather?

If you observe this phenomenon, you



should take a close look at your everyday habits: When the weather is bad, many people only go out the door when they have to. You then automatically have less exercise. In addition, many people tend to eat more when they spend the whole day indoors and it doesn't really get light outside.

Symptoms of low blood glucose levels:



- shaking
- sweating
- tingling lips/mouth
- blurred vision
- headache
- feeling hungry
- feeling disorientated
- feeling anxious
- feeling irritable
- lack of concentration

So plan to go for at least one walk, even on bad weather days. This is good for sugar levels and your psyche. Ask your doctor how best to adapt diabetes therapy to changing behavior.

Does flu or similar affect diabetes?

We catch respiratory infections more often in winter than in summer. If the immune system fights against cold viruses, this can - like any other infection - influence sugar levels. The body then releases more blood sugar-increasing hormones. Vomiting and diarrhea can also cause glucose levels to drop too low.

Likewise if you have no appetite and hardly eat anything. How blood sugar reacts varies from person to person. Discuss with your doctor in good time what applies to your diabetes therapy in the event of an infection. In principle, slightly elevated values for a few days are less problematic than low blood sugar. If in doubt, contact your doctor early if you have an infection.

Are diabetes supplies vulnerable to weather?

According to manufacturers, insulin should not get colder than 2 degrees and, depending on the product, no warmer than 25 or 30 degrees. Test strips also tolerate cold and heat poorly and no moisture. Incorrect measurement results require incorrect insulin and medication doses and thus influence blood sugar.

He also goes crazy when insulin no longer works properly. Protect your diabetes supplies (see: Antifreeze: Storing insulin correctly in the cold): Do not leave the utensils in the car when it is icy cold. Complications also threaten if the insulin freezes in the tube or reservoir of the pump. Wear these close to your body in frosty temperatures. Do not use insulin once frozen.

Is the insulin requirement temperature dependent?

If you inject insulin: Heat increases blood flow to the skin. Injected insulin gets into the blood more quickly. This can promote



hypoglycaemia, especially if you are also physically active. If your blood sugar often drops sharply on hot days or when you go to the sauna, you should discuss with your doctor how you can prevent it.

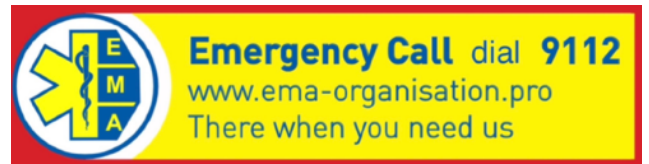
For example, it can help to lower the insulin dose. And: If possible, do not spray directly before sunbathing or going to the sauna. Heat can also mask hypoglycemic symptoms such as sweating or dizziness. If in doubt, please always measure.

Are allergies getting worse?

Due to climate change, the pollen season is being postponed and extended - with

an impact on hay fever. Allergies are extremely stressful for some sufferers. So much so that the stress reactions can affect blood sugar. Effective allergy treatment, such as a nasal spray, can make life much easier. Ask your doctor or your pharmacy for advice on which remedies are best for you.

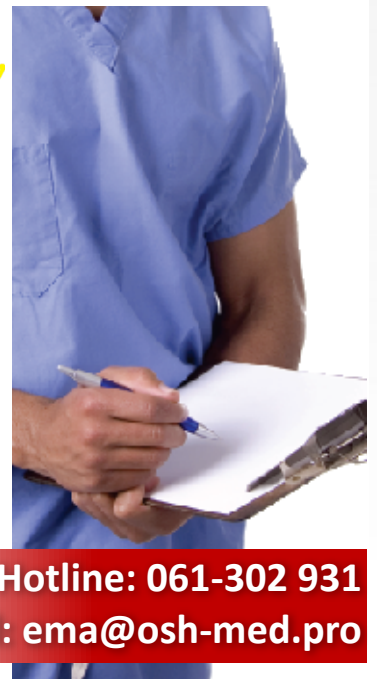
If you experience a extreme situation with your blood sugar or even a diabetic coma, don't hesitate to call your nearest emergency service immediately.



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Should energy drinks be banned for minors?

They are particularly popular among young people. But the caffeine content is too high, warn consumer advocates. Do we need an age restriction?

An example: A 12-year-old child who weighs 50 kilograms has a daily maximum of 150 milligrams of caffeine.

The 500 milliliter can is the rule

However, a 500 milliliter can already contains between 151 and 160 milligrams



ARE ENERGY DRINKS
BAD FOR YOU?

Health risks from energy drinks

One can of energy drink often contains more caffeine than children and young people should consume per day. The Lower Saxony Consumer Center came to this conclusion after examining a sample of 12 energy drinks.

If you consume too much caffeine, this can result in a racing heart and sweating. To prevent this from happening, the following applies to children and young people: a maximum of three milligrams of caffeine per kilogram of body weight per day.

of caffeine, as the consumer advice center writes. In addition, such large doses are the norm. "And opening once usually means drinking it up - after all, beverage cans cannot be resealable," says Constanze Rubach, nutrition expert at the Lower Saxony Consumer Center.

By the way: To find out the caffeine content of an entire can of energy drink, you have to do the math. Manufacturers usually only state the caffeine content per 100 milliliters.





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Building a Safer Tomorrow: Addressing Hazards in Modern Construction

From Egyptian times to now, there have always been many potential hazards facing construction workers. Let's explore some common risks, including power supply, equipment maneuverability and dust protection.

Yearly It is estimated that hundreds of construction worker days were lost because of workplace injuries. According to the *Cambridge Archaeological Journal*, it took less time to build the Great Pyramid of Giza. Clearly, reducing accidents would benefit not only workers but the productivity of the industry.

From Egyptian times to now, there have always been many potential hazards facing construction workers. Let's explore some common risks, including power supply, equipment maneuverability and dust protection.

Before work starts, a contractor has a lot to prepare, from personnel coordination to which machinery is appropriate and whether necessary materials are on site. Catering to various power requirements might be low on the list, but getting it wrong can cause delays and present a risk by tempting contractors to carry out their own electrical work.

Pigtail Power

Machinery varies in the type of power it requires, be it single-phase or three-phase, 120 volt, 240 volt or 400 volt. To ensure the power is ready to go and appropriate for when the contractor arrives, a professional electrician can install electrical "pigtails" in advance. A pigtail is a cable that is wired to the appropriate power supply, allowing for machinery to be directly plugged in.



Installing this equipment in advance means that as soon as the contractor arrives at the job, the power supply can accommodate the machine, avoiding the need for last-minute adjustments by the contractor. They can simply plug the equipment into the pigtail and begin work.

Machine Maneuverability

Many construction workers spend their





days hauling around huge, heavy machines weighing up to 500 pounds, sometimes more. Avoiding injury in this physically challenging industry requires skill and strength, but there are ways to make it easier for equipment operators.

Enter high-maneuverability equipment. Essentially, maneuverability refers to how easy it is for the contractor to operate, transport, and load or unload a machine. It can not only improve operator safety and well-being but also machine performance, acting as a significant driver of long-term productivity.

A difficult-to-transport machine can cause serious safety concerns. For example, contractors might attempt to use elevators despite their machinery exceeding the maximum weight limit, which risks causing the mechanisms of the lift to fail. Alternatively, attempting to manually lift the machine up and down stairs may lead to musculoskeletal injuries. In our experience, machines

with removable weights are a good solution to this issue.

Some manufacturers have specifically designed equipment to offer operators more maneuverability than before, by considering customer feedback during the development stages.

Dust in Time

Worldwide thousands construction workers per year get silicosis, a respiratory condition caused by the inhalation of silica dust. Silicon dioxide or silica is a chemical compound found in materials used regularly in the construction industry, including sandstone, granite, brick and concrete. In the workplace, these materials create dust when they are cut, sanded and carved.

“Asbestosis and silicosis are incurable and may be progressive even after dust exposure has ceased,” wrote Dr. Gregory Wagner at Harvard T.H. Chan School of



Public Health. “Although current disease is a result of past exposures, effective control of current workplace exposures is the only way to prevent continued occurrence of these potentially debilitating diseases.”

In the United States, OSHA limits construction workers' exposure to silica. Over an eight-hour shift, workers cannot be exposed to more than 50 micrograms per cubic meter of air. When there is a risk of silica dust inhalation, look for a dust collector with an individually tested High-Efficiency Particulate Air (HEPA) filter and a high minimum efficiency.



Asbestos Assurance

Silica dust is not the only danger. According to the Environmental Protection Agency (EPA), asbestos exists in 20 percent of public and commercial buildings in the U.S. So all contractors must understand the risks associated with asbestos and the best practices for minimizing them.

For example, manufacturers used asbestos in flooring materials such as vinyl composition tile (VCT) until the late 1980s. These floor coverings were popular in large commercial buildings such as supermarkets because they were long-lasting and easy to maintain.

Asbestos has not yet been fully banned in the world. OSHA defines asbestos-containing materials as any material containing more than 1 percent asbestos. This means any material can be labeled asbestos-free if asbestos accounts for less than 1 percent of the product. While a range of building materials manufactured before the '80s could potentially contain high percentages of asbestos, it is not always obvious from an initial assessment.

So, when planning work in older buildings, facilities managers or health and safety professionals should liaise with the contractor to establish whether an asbestos management survey from an expert is necessary.



If asbestos removal is required, this must be performed by an asbestos mitigation company that specializes in containment or removal and not the contractors themselves. A specialist team will employ protective measures such as securing the room to seal the space, using specialized equipment to remove the asbestos, and using high-powered vacuums and abatement equipment to remove related debris.

While the specifics of health and safety practices have evolved significantly over thousands of years, it's just as important to look after those working in construction. And, while one might not

see any new pyramids popping up any time soon, working together to cut workplace injuries can save the time it takes to build one.

If you need guidance, assistance or training in Occupational Safety & Health. Contact OSH-Med international, your No. 1 Service & Training provider in Namibia and beyond.

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- **What** happened?
- **What** kind of injuries?
- **How many** injured person
- **Waiting** for further question

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