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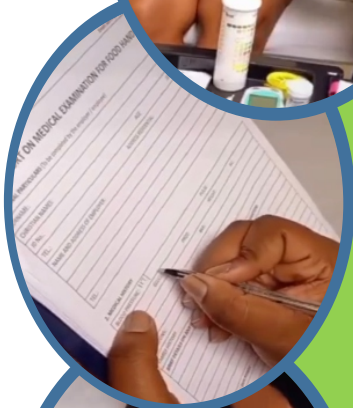
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# The Longevity Loop: How Movement Saves the Heart and Protects the Joints

*For decades, the medical community treated heart health and joint mobility as two separate pillars of aging. But new clinical insights are revealing a powerful, reciprocal relationship: a healthy heart fuels movement, and consistent movement is the ultimate insurance policy for the heart.*

Experts now suggest that the secret to longevity isn't found in high-intensity sprints, but in the "longevity loop"—a steady rhythm of low-impact activity that preserves both the cardiovascular system and the skeletal frame.



## The Low-Impact Revolution

While "no pain, no gain" was once the fitness mantra, cardiologists are

now pivoting toward sustainable, low-impact exercises. Activities like **swimming, cycling, and walking** are emerging as the gold standard for maintaining a healthy heart rate without the "wear and tear" associated with high-impact sports.

"We want to boost cardiovascular endurance without compromising joint integrity," says Dr. Aris Thorne, a specialist in geriatric medicine. "When you swim or cycle, you're getting the heart to pump efficiently, managing weight, and lowering blood pressure—all while the water or the bike frame supports your weight."

The American Heart Association continues to recommend at least **150 minutes of moderate-intensity exercise weekly**. This threshold has been shown to significantly improve circulation and lower the risk of chronic heart disease.

## Flexibility: The Secret to Supple Arteries

It isn't just about how fast you move; it's about how well you bend. Recent studies link physical stiffness to arterial stiffness. Incorporating flexibility training, such as **yoga or Tai Chi**, does more than just relieve a sore back—it actually improves blood flow.

## Why Mobility Matters

- **Reduced Artery Stiffness:** Regular stretching helps maintain the elasticity of blood





vessels.

- **Stress Management:** Mindful movement lowers cortisol, a hormone that, when elevated, can lead to hypertension.
- **Joint Stability:** Strength training builds the muscle necessary to support joints, preventing the sedentary lifestyle that often leads to cardiovascular decline.

"Reduced mobility is one of the strongest predictors of cardiovascular hospitalisation," warns Thorne. "Once a person stops moving because of joint pain, the heart begins to decondition almost immediately."

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## Accessible Fitness: No Gym Required

For those with significant mobility challenges, the "all or nothing" approach to fitness is a dangerous myth. **Chair exercises**—such as seated leg lifts or rhythmic arm movements—provide enough of a stimulus to keep the circulatory system engaged.

Even simple posture-correcting movements like the **"YTWL" routine** (forming those letters with your arms) can open the chest cavity, improve breathing, and facilitate better heart-healthy stretching.

## A Blueprint for Success

Transitioning into a more active lifestyle doesn't require a marathon. Health experts suggest a "Slow and Steady" framework:

## Optimise total body health.

As we move further into 2026, the message from health professionals is clear:

**Movement is medicine.** Whether it's a lap in the pool or a stroll through the park, keeping the body in motion is the most effective way to keep the heart in rhythm.








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## Model calculation: Plastic will increasingly cost healthy years of life

*How does plastic affect health when production and transport are taken into account? It is likely that a similar amount of healthy life expectancy is lost worldwide as from a disease like hepatitis B.*

Smoking and obesity are among the factors that cost healthy years of life. According to a study, this also applies to substances released from the plastic life cycle. The health damage caused by plastic emissions could double by 2040, reports the team led by Megan Deeney from the London School of Hygiene & Tropical Medicine in the journal *The Lancet Planetary Health*.



Raw material extraction, production, transport, disposal – pollutants such as greenhouse gases, particulate

matter, and carcinogenic chemicals are released throughout the entire life cycle of plastic. Production is the most significant factor. Even in the most optimistic scenario, humanity will lose more healthy years of life than it currently does, the study states.

If the plastic life cycle is not improved, an estimated 4.5 million healthy years of life could be lost worldwide by 2040, according to the analysis. This corresponds to roughly five hours of lost healthy life for every person on Earth, said Walter Leal from the Hamburg University of Applied Sciences (HAW), who was not involved in the calculations.

Compared to other global health burdens, the disease burden caused by plastic is considerable – but far less than that caused by general air pollution, estimated at over 100 million fewer healthy years of life annually, or malaria, which accounts for over 40 million fewer healthy years of life worldwide. "However, it is comparable to that of hepatitis B and underscores the need to pay attention to this issue."

### Plastic consumption threatens to triple

According to the researchers led by Deeney, global plastic consumption could almost triple by 2060 if current





policy measures are implemented and the population continues to grow. This will increase the impact on the environment, climate, and human health.

The health impact is quantified in so-called DALYs – Disability-Adjusted Life Years: healthy years of life lost due to either death or illness. In their modeling study, the researchers examined six scenarios, ranging from business as usual to optimistic assumptions with improved waste management, increased recycling, and reduced plastic use. Even in the most optimistic scenario, more healthy years of life are lost due to pollutants from the plastic life cycle.

According to the analysis, the mass of plastic in 2016 was associated with 2.1 million DALYs (Disability Life Years) for humanity. In the "everything stays" scenario, around 4.5 million DALYs would be caused by 2040, while in the most optimistic scenario, it would be 2.6 million.

### **Comparable disease burden such as radon or asbestos**

"Risk factors that, according to the Global Burden of Disease study for 2016, have a comparable disease burden in terms of magnitude would be radon with approximately 1.9 million DALYs or occupational exposure to asbestos amounting to approximately 4.2 million DALYs," explained Dietrich Plaß from the

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# DID YOU KNOW

Across the world, a staggering estimate of **400 million** tons of plastic waste is produced each year.

German Federal Environment Agency, who was not involved in the current calculation.

According to these data, the most significant adverse health effects are global warming and particulate matter, each accounting for about one-third of the lost healthy days. “The plastic life cycle contributes about 4.5 percent to human-caused greenhouse gas emissions and is a major source of air-polluting particles,” explained Leal. This makes its contribution to climate change greater than that of global air traffic, which accounts for about two percent.

**Are the effects still significantly underestimated?**

Deeney’s team assumes that the number of lost days is still underestimated in the model because health effects, such as those caused by micro- and nanoplastics or contact with harmful substances during the use of plastic items, have not been included. The data in these areas is currently insufficient.

HAW scientist Leal also sees this omission as a limitation of the model’s validity. Leaving out these two aspects results in a significant underestimation. Even with the aspects that are included, there are still considerable data gaps: “Information on waste management and emissions is lacking, particularly in low-income countries, which impairs the model’s accuracy.” Furthermore, the toxic effects of many released substances cannot yet be reliably assessed.





“The results should therefore only be interpreted as a first and very uncertain approximation of the actual disease burden,” says UBA expert Plaß. He cites as one reason that the analysis is based on an outdated calculation model from 2016. It can be assumed that new findings on the links between pollutants and health effects – for example, particulate matter and type 2 diabetes – were not included.

**Plastic also has positive effects on human health.**

Leal also points out that the study does not represent a cost-benefit analysis. It focuses solely on the negative health impacts associated with the plastic life cycle. However, there are also positive effects: "Plastic is indispensable for modern healthcare."

This applies, for example, to sterile single-use items such as syringes, implants, and blood products. "In food hygiene, it protects against germs and spoilage, thus reducing food poisoning and ensuring clean drinking water in many regions." The study is therefore "a crucial, but incomplete, piece of the bigger picture."



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# Health & Safety - The Hidden Eye Hazards Putting Industrial Workers at Risk

*From flying debris and chemical splashes to radiation, dust, and high-pressure equipment, industrial environments expose workers to eye hazards every day. Understanding these risks—and using the right protection—can prevent injuries and safeguard long-term vision.*



When people think of industrial safety, they often picture hard hats, gloves, or steel-toed boots. Yet, one of the most vulnerable and overlooked parts of the body in industrial environments is the eyes. Every day, thousands of workers face risks from chemicals, dust, radiation, and flying debris, hazards that can cause temporary irritation or permanent vision loss. Eye safety in the workplace is not only about wearing goggles, it is about recognising hidden dangers before they strike.

## Flying Debris: The Most Common Threat

Commonly found in: construction sites, metal workshops, and manufacturing plants.

In construction sites, metal workshops, and manufacturing plants, flying debris is one of the biggest causes of eye injuries. Tiny particles from grinding, cutting, drilling, or welding can travel at high speed and penetrate the eye's surface. Even a small metal shard or piece of wood can cause severe damage if it strikes directly.

The real danger comes from complacency. Workers often lift their eye protection briefly to “get a better view” or to wipe away fog, not realising how quickly accidents happen. A single spark or chip can cause scratches, embedded particles, or infections that require medical treatment. Consistent use of proper eye protection, such as sealed goggles or face shields, dramatically reduces these risks.

## Chemical Splashes: A Silent and Serious Hazard

Commonly found in: cleaning services, food processing plants, and chemical manufacturing facilities.

Chemical exposure remains one of the most painful and long-term threats to eye health. In industries like manufacturing, cleaning, and food processing, acids, solvents, and



disinfectants are common. Even diluted solutions can cause burns, scarring, or blindness if they make contact with the eyes.

The danger increases when chemicals are stored or transferred without proper labelling or training. Accidents can occur when a worker unknowingly opens a container or sprays a substance near others. Safety eyewash stations must be positioned within easy reach, and workers should be trained to react quickly. The first ten seconds after exposure often determine whether the injury will heal or result in permanent damage.

### **Ultraviolet and Infrared Radiation: The Invisible Risks**

Commonly found in: welding stations, glassmaking units, and metal fabrication areas.

Many industrial workers underestimate the impact of radiation on their eyes. Welders, glassmakers, and metal fabricators are especially vulnerable to ultraviolet (UV) and infrared (IR) radiation. These invisible rays can burn the cornea and lead to “arc eye,” a painful condition that feels like sand in the eyes. Long-term exposure can cause cataracts or retinal damage.

Radiation hazards are tricky because the damage is not always immediate. A worker may finish a shift feeling fine, only to wake up hours later with swelling, tearing, and intense pain.

Protective welding helmets with filtered lenses and face shields are essential for anyone working around radiant heat or bright sparks. Even observers nearby should wear protective lenses to prevent accidental exposure.

### **Dust and Airborne Particles: Small but Dangerous**

Commonly found in: woodworking shops, mining sites, construction zones, and agricultural fields.

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workplaces are filled with tiny airborne particles, dust, fibres, and fumes that can irritate or harm the eyes over time. Construction, woodworking, mining, and agriculture are particularly prone to this hazard. While a single dust particle may only cause itching or redness, constant exposure can lead to chronic inflammation or long-term eye problems.

Poor ventilation often worsens the issue. When air circulation is limited, particles stay suspended longer, increasing the chances of contact. Regular cleaning, sealed protective eyewear, and proper ventilation systems are crucial for reducing exposure. Workers should also avoid rubbing their eyes while on the job, as this can drive particles deeper and increase irritation.

### **Bright Light and Glare: The Overlooked Eye Strain**

Commonly found in: welding areas, metal workshops, outdoor construction sites, and assembly lines with intense lighting.

Not all eye hazards are dramatic or immediate. In some environments, intense light or glare creates visual strain that affects performance and safety. Workers in metal fabrication, welding, or outdoor construction often struggle with glare reflecting off metal surfaces or sunlight. Prolonged exposure can cause fatigue, headaches, and reduced visual accuracy, increasing the likelihood of other accidents.

Protective eyewear with tinted or polarised lenses helps reduce glare while maintaining visibility. Companies can also adjust lighting systems and workstation layouts to prevent direct glare into workers' lines of sight. Proper rest breaks and vision screenings can further support eye health over time.





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## Biological Hazards: An Overlooked Category

Commonly found in: laboratories, healthcare facilities, and waste management operations.

While less common, biological hazards in some industrial settings can still pose risks to eye safety. Workers in waste management, laboratories, or healthcare facilities may encounter infectious fluids or microorganisms. A small splash or airborne droplet can transmit bacteria or viruses through the eyes.

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Proper training on handling biological materials and using face shields or full-face respirators can significantly reduce exposure. Workers should be reminded never to touch their eyes with contaminated gloves or equipment. Regular cleaning of protective gear also plays a key role in preventing infections.

## High-Pressure Equipment: Invisible Power, Serious Threats

Commonly found in: hydraulic maintenance areas, industrial cleaning stations, and manufacturing plants using compressed air or water.

High-pressure systems like steam lines, hydraulic hoses, and compressed air tools can cause severe eye injuries in an instant. When a line bursts or a seal fails, the force can send particles, fluids, or even small tools flying at dangerous speeds. The impact can rupture the eye or drive contaminants deep into the tissue.

The danger often arises when workers use compressed air to clean dust off equipment or clothing. What seems harmless can propel debris straight toward the face. Using proper cleaning tools and maintaining a safe distance from pressurised systems can prevent devastating injuries.

## Extreme Heat and Sparks: The Scorching Reality





Commonly found in: foundries, welding workshops, and metal casting facilities.

In metal foundries, welding shops, and other high-temperature environments, eyes are constantly exposed to heat and sparks. Even brief exposure to intense radiant heat can dry out the eyes or cause burns to the cornea. Tiny molten metal fragments can melt into the eye's surface, leaving permanent scars.

Workers must wear heat-resistant face shields or goggles specifically designed for high-temperature conditions. Avoiding direct exposure to open flames and keeping protective gear in good condition can significantly reduce these risks.

### **Corrosive Vapors: Harm Without Contact**

Commonly found in: chemical plants, refineries, and battery manufacturing sites.

Not all chemical hazards require direct splashes to be dangerous. Vapours from strong acids, cleaners, or solvents can irritate and damage the eyes just by being in the air. In confined or poorly ventilated spaces, these vapours can linger and cause redness, tearing, and blurred vision.

The key to prevention is ventilation and awareness. Workers should use exhaust fans, wear tightly sealed goggles, and recognize early signs of irritation. Regular air-quality checks

also help detect problems before they cause harm.



### **Sharp Tools and Sudden Movements: Everyday Accidents**

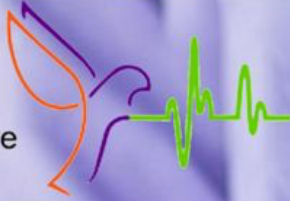
Commonly found in: machine shops, assembly lines, and packaging areas.

Accidents involving tools are common in industrial settings. A sudden slip of a screwdriver, wrench, or power drill can send sharp objects toward the face. Sometimes, a coworker's quick movement or dropped tool causes an unexpected impact.

These injuries often happen when workers are distracted or rushing. Keeping work zones organised, maintaining focus, and using protective eyewear during every task



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### **Poor Lighting and Visual Fatigue: The Silent Strain**

Commonly found in: warehouses, night-shift operations, and underground or enclosed workspaces.

Dim or inconsistent lighting creates another kind of danger, visual fatigue. When workers struggle to see clearly, they misjudge distances, overlook hazards, and strain their eyes for hours. Over time, this can lead to headaches, blurred vision, or mistakes that result in injuries.

Good lighting design, regular eye exams, and appropriate vision correction help prevent these issues. Well-lit work areas keep workers alert and aware of their surroundings, reducing both strain and accidents.

### **Protecting Vision: Building a Culture of Eye Safety**

Preventing eye injuries in industrial workplaces starts with awareness and consistent habits. Employers should provide job-specific training that helps workers recognize potential hazards and understand when and how to use protective gear. Regular safety drills can make these responses automatic during high-pressure situations.

Every worker should have access to well-maintained eye protection suited

to their specific job, whether it's goggles, face shields, or full masks. Equipment should be cleaned, replaced, and fitted properly to offer maximum protection.

Routine inspections, clear safety signage, and an open culture where workers report near misses also play a significant role. When supervisors and employees treat eye safety as part of their daily work, not just a compliance requirement, injuries drop dramatically.

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Ultimately, protecting vision is about consistency. One careless moment can lead to lifelong consequences, but with the right training, awareness, and protective measures, every worker can finish the day with their sight intact.

## **Conclusion: Vision Worth Protecting**

Eye safety is not just a rule, it's a daily responsibility that protects one of the most valuable senses we have. In industrial workplaces filled with

dust, chemicals, heat, and flying debris, a single second of carelessness can change a life forever. Every pair of goggles worn, every safety habit practiced, and every reminder shared helps build a safer environment for everyone. Protecting vision means protecting people, and that's the foundation of every strong safety culture.

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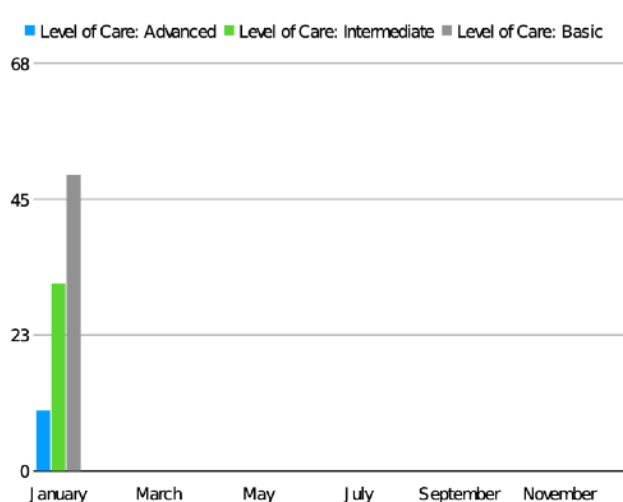
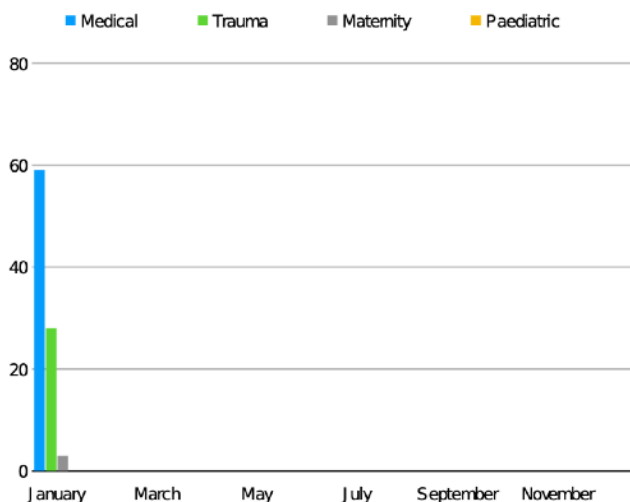
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<b>February</b>	0	0	0	0	0	0	0
<b>March</b>	0	0	0	0	0	0	0
<b>April</b>	0	0	0	0	0	0	0
<b>May</b>	0	0	0	0	0	0	0
<b>June</b>	0	0	0	0	0	0	0
<b>July</b>	0	0	0	0	0	0	0
<b>August</b>	0	0	0	0	0	0	0
<b>September</b>	0	0	0	0	0	0	0
<b>October</b>	0	0	0	0	0	0	0
<b>November</b>	0	0	0	0	0	0	0
<b>December</b>	0	0	0	0	0	0	0
<b>Total per annum</b>	59	28	3	0	10	31	49
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Contact us:

Email: [ema-organisation@osh-med.pro](mailto:ema-organisation@osh-med.pro)

Website: [www.ema-organisation.pro](http://www.ema-organisation.pro)

Telephone: +264 (0) 61 302 931



**Emergency Call: 9 1 1 2**



# Emergency Call



Important information to give:

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

## Emergency Numbers:

**Ambulance services:**

**E.M.A. Rescue Service**

**9112**

**Fire Brigade:**

Windhoek

061-21 1111

**Police:**

NamPol

10 111

City Police (Whk)

061-302 302

MVA Fund

9682

(all numbers are from GRN or non-profit organisations)



d.o.c.  
**Service Hotline**  
**085 - 9112**

OSH-Med International and Emergency & Medical Assistance Service Hotline: 061 – 302 931



**Emergency Call: 9 1 1 2**