

OSHMed Health Magazine

by



SHISHA: IS IT A HARMFUL WATER PIPE?

ADDITIONAL:

NEW AND EASIER DESIGN FOR THE E.M.A. EMERGENCY APP • FIRST AID: HOW TO BEHAVE CORRECTLY IN AN EMERGENCY • HEAT STRESS STRATEGIES • FUN TIME - JOKE OF THE WEEK

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Occupational Safety, Occupational Health, Emergency & Medical Care
and much more

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Emergency Call: 9 1 1 2

New and easier design for the E.M.A. Emergency App

Namibia has over 80 different emergency numbers for ambulance services. It can be difficult to have the overview of all numbers.

E.M.A. in conjunction with OSH-Med international developed an Emergency App in 2021 and rolled this out to the public. Since then OSH-Med recorded over 2000 downloads of the E.M.A. Emergency App.

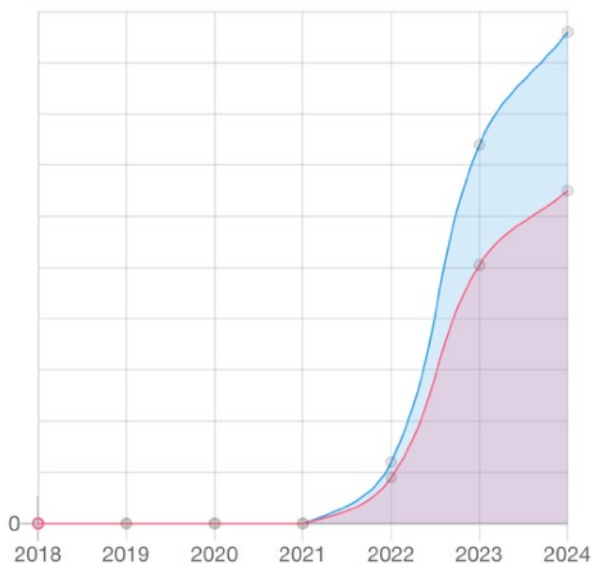
E.M.A. Rescue Service

Daily Weekly Monthly **Yearly**

2049
Downloads

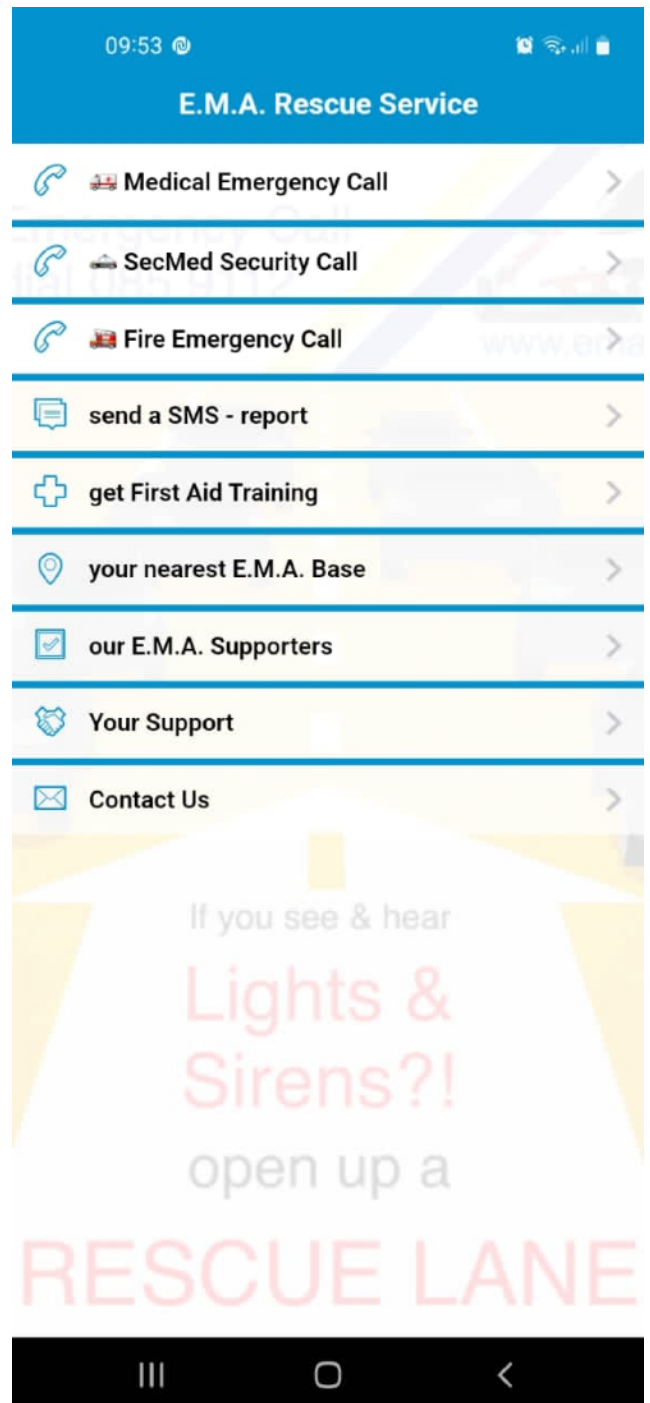
3637
Visits

of Downloads # of Visits



This year the E.M.A. Emergency App became even better and received a new

and user friendlier layout. You can call directly our 24/7 Emergency Control Centre. In addition you can call for security help and the Fire Brigade. When minutes matters this Emergency App connects you with the needed help directly.



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Further you can contact our E.M.A. Emergency Control Centre via SMS and report any traffic jams, when robots are off, pipe bursts and other events.

Find information about our platinum supports and how you can be a supporter on the updated app. The locator helps you easy to find our Emergency Base or contact us.

The E.M.A. Emergency App is free to download and use, thanks to the sponsorship of OSH-Med international.

Get directly in contact with E.M.A. and save lives. You can use the app, for all types of emergencies no matter if it is at your house, on the way to work or while shopping. With the E.M.A. Emergency App you are directly connected with the needed Emergency Control Centres. It was never so easy to get help

To install the free E.M.A. Emergency App: Click on this link:

<https://5187003.igen.app>

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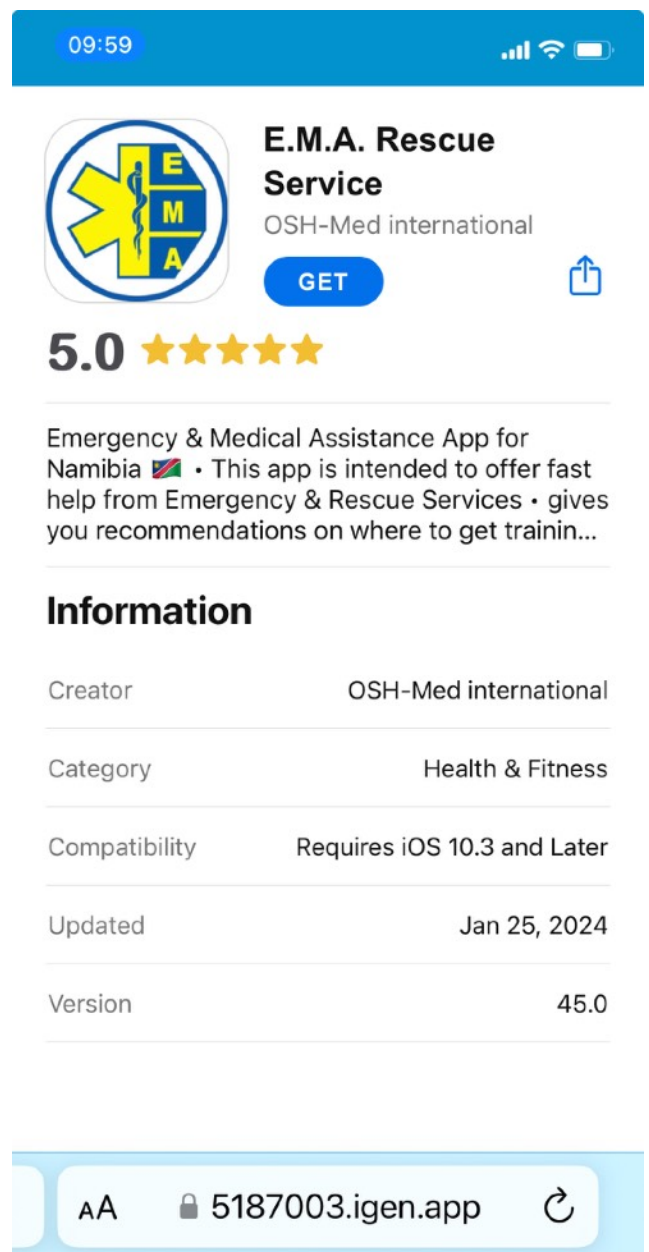
1. click where arrow shows
2. Add to Home Screen
3. Click on "ADD"
4. The app will show on your Home Screen
5. Get fast help when needed

The app is for Android and iPhone and intended to offer you fast & reliable help

for Emergency & Rescue Services and much more

Download the your free E.M.A. Emergency App. Click on the link and download the app: <https://5187003.igen.app>

Get your Emergency & Medical Assistance App for Namibia 🇳🇦



09:59

E.M.A. Rescue Service
OSH-Med international

GET

5.0 ★★★★★

Emergency & Medical Assistance App for Namibia 🇳🇦 • This app is intended to offer fast help from Emergency & Rescue Services • gives you recommendations on where to get trainin...

Information

Creator	OSH-Med international
Category	Health & Fitness
Compatibility	Requires iOS 10.3 and Later
Updated	Jan 25, 2024
Version	45.0

AA 🔒 5187003.igen.app ↻



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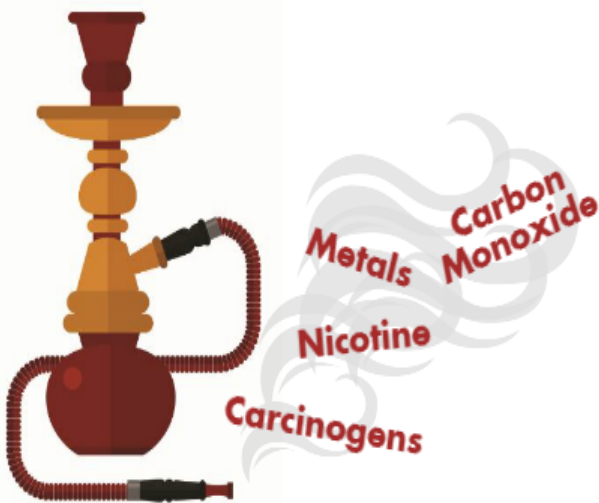


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Shisha: Is it a harmful water pipe?

Is smoking shisha less harmful than cigarettes? Experts answer common questions.

While the number of people smoking cigarettes is declining, hookahs are becoming increasingly popular. At least 19.1 percent of young adults said they had smoked hookah in the past 30 days. But are you aware of the dangers you are exposed to when consuming shisha?



What is contained in shisha smoke?

According to Michaela Goecke, head of the BZgA's addiction prevention department, the smoke from the shisha contains, among other things, acrolein, arsenic, benzo(a)pyrene, formaldehyde, chromium, nickel, cobalt and lead. These substances are potentially carcinogenic. Tar is also inhaled when smoking. Although this is not contained in tobacco, it is created during smoldering, i.e. heating by the water pipe charcoal. It

also contains carcinogenic substances. "The water from the shisha cools the smoke, but toxic and carcinogenic substances are not filtered out," says Goecke. Additives in water pipe tobacco are the so-called humectants, for example sugars such as glycerin and molasses, which increase the risk of throat cancer, for example.

How harmful is shisha smoking?

According to Dr. According to Katrin Schaller from the Cancer Research Center (DKFZ), there are few scientific studies on shisha consumption. That is why it is difficult to make general statements. Since shisha tobacco contains nicotine, smoking shisha poses similar health risks as smoking: nicotine contributes to an increased risk of cardiovascular diseases.

In addition: "A key difference to cigarette smoke is that shisha smoke contains significantly more carbon monoxide than cigarette smoke. This can lead to acute carbon monoxide poisoning," says Schaller. According to the Federal Institute for Risk Assessment (BfR), consuming shisha with just one pipe a day can also lead to nausea and headaches. Pregnant women and people who have cardiovascular problems should avoid consumption completely and, if possible, not spend long periods of time in shisha bars.

Since you smoke for several hours during a shisha "session" and inhale more





DANGERS OF SHISHA

ADDICTION RISKS ARE STRONGER THAN CIGARETTES

smoke per puff than with a normal cigarette, significantly more nicotine is absorbed when smoking shisha, explains Schaller. Some harmful substances are even contained in larger quantities than in cigarettes. “I therefore assume that every puff on the shisha is harmful,” says Katrin Schaller.

Can shisha smoking be addictive?

According to Katrin Schaller, the nicotine in shisha tobacco has an effect similar to that of smoking cigarettes. Consumption triggers a kind of feeling of well-being, the reward center in the brain is stimulated and classical conditioning takes place. “In plain language, this means that you associate a certain situation with the feeling of well-being that is created by nicotine,” says Schaller.

Dr. Stephanie Klosterhalfen is deputy head of the addiction research and medical epidemiology working group at the Medical Faculty of Heinrich Heine University. According to her, the risk of becoming addicted to nicotine increases the more often and the longer you smoke shisha. This creates the risk that people will switch to cigarettes so that the nicotine pressure can be satisfied more quickly. “The shisha can be an introduction to cigarettes,” says Klosterhalfen. Even one-time consumption is dangerous.

As a psychoactive substance, nicotine penetrates the central nervous system and can extremely quickly lead to physical and psychological dependence. Within a few seconds, nicotine reaches



the brain via the bloodstream. There it binds to specific receptors, whereupon messenger substances (dopamine) are released. Dopamine provides the feeling of reward while smoking. The feeling of stress and anxiety is reduced. "This can very quickly lead to addiction," says Klosterhalfen.

The risk of addiction also increases with the intensity of the shisha "session". The more often and the longer you smoke shisha, the greater the likelihood that you will become addicted.

Am I addicted to shisha?

According to Klosterhalfen, a shisha addiction is not as easy to recognize as a cigarette addiction. Those affected should first and foremost ask themselves

whether they can simply stop or whether their body is showing withdrawal symptoms.

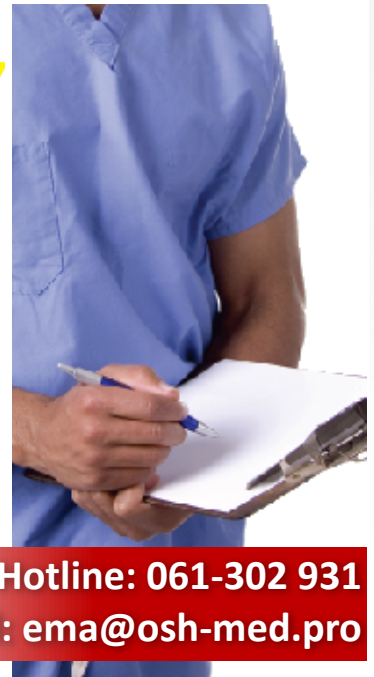
According to the expert, there is an easy-to-use test for addiction to cigarette smoking in everyday practice, the Fagerström test, consisting of six questions. This test has been validated for assessing dependence on cigarette smoking. "Such instruments are missing for the consumption of shisha, which means that there is currently no corresponding test to easily determine shisha dependence," says Klosterhalfen.

According to Klosterhalfen, it is important to talk openly about addiction and to go to your family doctor at the first signs.

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First aid: How to behave correctly in an emergency

Have people been injured in an accident? Then quick help is very important. The technical term for this is: first aid.

Everyone should be able to provide first aid. First aid includes very specific things. Every person should know these things. Important first aid items include:

- Bring the affected person to safety.
- Call the emergency number 9112.
- Place injured people in the stable side position.
- Try to revive injured people.
- Support injured people.

What should you do first after an accident?

The first things you should do after an accident are:

Get yourself to safety.

Was there a road accident? Then secure the accident site with a warning triangle.

Route handle:

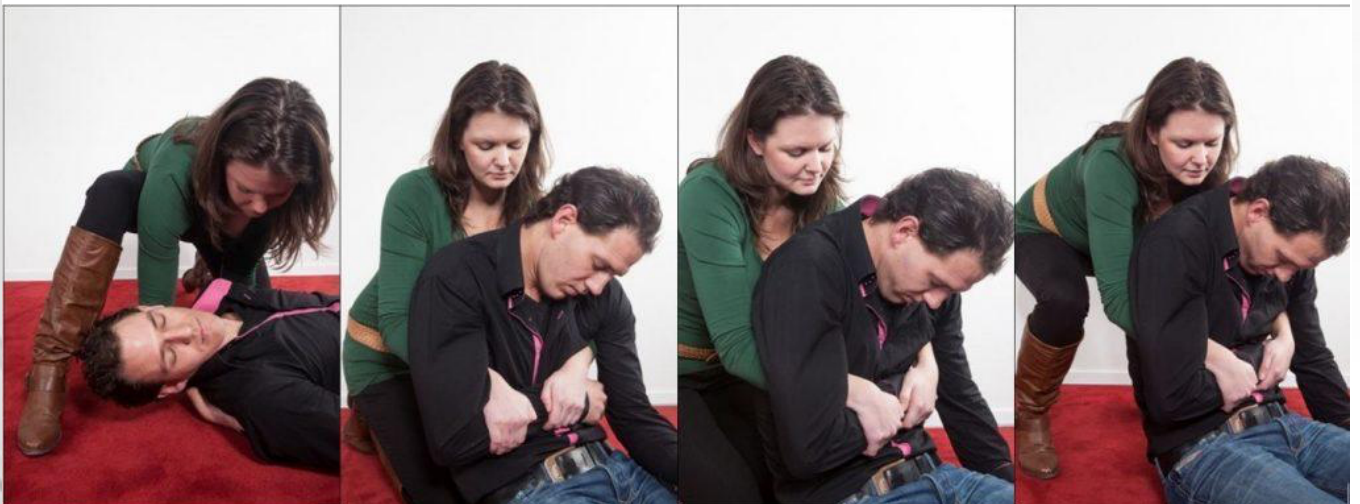
And wear a safety vest. Do you want to help other people? Then don't put yourself in danger.

Bring injured people to safety.

Are injured people still in danger? Then take the injured people to a safe place.

Do you want to move an injured person? Then be very careful. You can apply the Rautek handle. The Rautek handle goes like this:

- Reach under the injured person's armpits.
- Grab one of the injured person's forearms with both hands.
- Place your forearm across the injured person's chest.
- Bend your knees slightly.
- Then pull the injured person onto your thigh with momentum.
- Back up with the injured person to a safe place.
- Carefully lay the injured person down.



How can you get help?

Have you gotten yourself and other people to safety? Then call the emergency number. The emergency number is: 9112.

The emergency number is free. And you can also call the emergency number from locked cell phones. This information is important for the emergency call center employee:

- Where did the accident happen?
- What happened?
- How many people are affected?
- What injuries do the people affected have?

Have you called the emergency number?

And you said all the important information? Then don't hang up again straight away. Wait for questions.

How do you store an unconscious person?

Some people become unconscious due to an accident. Unconscious means: A person no longer responds to speech or stimuli. However, the person is still breathing independently. Is there an unconscious person at the scene of the accident? Then place the person in the stable side position. The stable side position protects the unconscious person.

You can find more information about the stable side position here.

How can you revive a person?

An affected person is no longer breathing? Or the person is not breathing normally? Then first call the emergency number 9112. Then start CPR immediately. Resuscitation consists of chest compressions and rescue breathing:

- With your hands crossed, forcefully press down on the unconscious person's chest 30 times. Press approximately two times per second.
- Give the unconscious person two breaths. To do this, blow air into the injured person's mouth or nose.
- Press down firmly on the unconscious person's chest again 30 times.
- Continue CPR until help arrives.



The following things are important during resuscitation:

- Begin chest compressions immediately.
- CPR is more important than breathing. If possible, do not take any breaks during chest compressions.
- Important: Press your chest firmly down. Do not be afraid. You can't go wrong.

How can you support an injured person?

Would you also like to provide emotional support to an injured person? Then you can do the following things:

- Stay with the injured person.
- Inform the injured person. Say for example: The doctor is on the way.
- Protect the injured person from curious onlookers.

Carefully maintain physical contact with the injured person. For example, hold the injured person's hand.

Talk to the injured person. The injured person wants to say something? Then listen carefully.

Where can you get more information? Would you like to take a first aid course? Contact the E.M.A. Platinum Supporter OSH-Med international.

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Heat Stress Strategies

Heat stress is a real threat—but you can prevent it by taking some key steps.

With this year expected to be the hottest on record, the risk to workers continues to climb. More hot days and more frequent heat waves pose a real threat when it comes to occupational illness and injuries.



Continuous exposure to extreme heat and hot environments puts individuals at risk for heat stress symptoms, ranging from discomfort to serious illness. Those who work outdoors are the most vulnerable, but indoor workers are also at risk depending on the working environment. Age, medical history, physical fitness and medications can dramatically increase an individual's vulnerability to the effects of heat stress.

Consider this your wake-up call to the realities of heat stress. Not taking appropriate action to mitigate the risk could lead to higher operating costs, a

loss in productivity, and serious injury including death.

Perhaps the most commonly thought of and understood symptoms of heat stress are the easy-to-see, physical symptoms that can manifest anywhere that temperatures rise. Heat stress can contribute to known heat-related illnesses, such as heat rash, heat cramps, heat exhaustion and heat stroke. Heat stroke, specifically, is a life-threatening illness and should be treated as a medical emergency.

The Costs of Heat Stress

If you've ever needed to sit down and drink some water after a day of walking through an amusement park or at a long ball game, think of how difficult it is to make it through the day in a labor-intensive job. These labor-intensive jobs deserve special consideration as things heat up. Warehouses, industrial spaces, and commercial buildings often suffer a common problem: moderate to excessive heat that can impact safety and productivity. Depending on your location, you could be in violation of federal, state and local statutes such as OSHA. Take direct action to keep workers safe and protect them from the effects of heat stress.

Injuries can also occur in the workplace due to other contributing factors and the relation that they have to the unfavorable conditions brought on by



these rising temperatures. The possibility of slips, trips and falls increases due to decreased visibility from fogged safety glasses or goggles. When grip is decreased on sweaty hands and fingers, fractures can occur if items are dropped from above. Workers who are distracted by fatigue and exhaustion can injure themselves due to inattention in hazardous environments.

Heat stress can have detrimental effects on worker productivity. According to a study conducted by Olli Seppanen and William Fisk at Helsinki University of Technology in Finland, worker performance starts to decrease at temperatures above 25°C and an additional 2% decrease in performance is seen for every additional 1°C increase up to 32.5°F. Above 32.5°F, heat-related illness risk increases and safety becomes a greater concern.

Undesirable costs are also part of the baggage that comes with businesses when employees are experiencing heat stress. Workers' compensation costs will increase for those who sustain injuries or illnesses while working.

Also, employee turnover can be costly for those who resign due to hot conditions in their workplace. A new generation of workers is empowered to seek and find a comfortable place to work that appeals to their desire to be happy and creative. Recruitment efforts and retraining, also

costly effects are inevitable if workers are suffering from the effects of heat illness. Unknown costs such as negative reviews online about a company and worker conditions can be detrimental to the continued success of staffing and operating a profitable business.

Addressing Heat Stress

The key to handling heat stress lies in prevention. Fortunately, there are some proven strategies for preventing heat stress:



Training. Your first line of defense in protecting your employees is training. Worker and manager training should be conducted often to ensure that they are educated, empowered and encouraged to take action should they recognize the warning signs of heat stress in a worker or if a medical emergency arises.

By establishing a behavior-based training program, the likelihood of early detection is higher. Behavior-based safety observations encourage workers to be vigilant of unsafe behaviors in the workplace and intentional about discussing safer methods to avoid injury.





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Hydration. Drinking plenty of fluids and staying hydrated are the first lines of defense against heat illnesses. Drinks containing caffeine and alcohol should be avoided, as these types of drinks can be dehydrating. Sports drinks are convenient and a popular solution to combat dehydration.

It's also important to consider the color of your clothing. Dark clothing absorbs harmful ultraviolet rays, which contribute to your body's inability to keep cool. Light-colored clothing can reflect these rays, leading to less heat stored in and near your body. They say black is slimming, but what good is a nice figure if you aren't alive to enjoy it?

Heat Exhaustion

Heat Stroke

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

Heavy Sweating

Nausea

Weakness



Confusion

Dizziness

Becomes Unconscious

ACT FAST

Call 9112

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.

However, this is only true if the beneficial vitamins and minerals are included in the list of ingredients and if consumed in moderation. Otherwise, you can develop an electrolyte imbalance which can have a host of unpleasant symptoms. Water is the best way to avoid the adverse effects of heat stress.

Rethinking Your Wardrobe. In some industries, the required personal protective equipment can wear up to 75 pounds. By wearing lightweight clothing, you can increase airflow and assist in keeping your body cool.

Taking frequent breaks. Allow employees to take breaks that extend beyond local, state, and federal guidelines. Labor laws and other guidelines only detail the minimum requirements. Providing additional breaks to allow employees to rest, rehydrate and refocus are the best lines of defense to building a work environment that is not only safe but desirable for the workers.

New employees should be given an acclimation period to allow body conditioning in hot environments. This is especially important for younger workers



or workers that have not previously spent significant amounts of time working in a hot environment. Not only does it improve health and safety, but it influences your company's reputation. Word of mouth is much more powerful than we realize and can cause irreversible damage to your reputation as an employer in the community.

Air Movement. Air conditioning is great, but not always a practical solution for your space. Whether it's the high cost and inefficiency in large industrial spaces or the impracticality of providing air conditioning outdoors, other solutions are often more appropriate. Fans, misters, and swamp coolers provide portability and cooling to make the body feel up to 10 degrees cooler or even lower the temperature.

So, while hotter days and more frequent heat waves are all but a certainty, that doesn't mean that you and your employees have to suffer through it. By utilizing the tools and behaviors previously outlined, it's possible to create safer, more comfortable conditions for employees and occupants.

In addition to the benefits listed above, this will have the added effect of generating positive word-of-mouth within your community and company. Take this opportunity to protect your team, your bottom line, and your

reputation with a proactive approach to preventing heat stress.

PROTECT YOURSELF FROM HEAT STRESS

- Drink plenty of water.
- Don't drink tea or coffee.
- Wear light clothing.
- Take frequent breaks.



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Fun Time - *Joke of the week*



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go the doctor?
It felt crummy.**



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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

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NamPol

10 111

City Police (Whk)

061-302 302

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



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