

OSHMed Health Magazine

by



NMH ROAD SAFETY CAMPAIGN WITH E.M.A., SHELL AND OSH-MED

ADDITIONAL:

E.M.A. HOLIDAY GREETINGS, HOW TO REDUCE STRESS, WAYS TO IMPROVE YOUR HEARING

Health Magazine for the Health of your Family and Employees, Occupational Safety, Occupational Health, Emergency & Medical Care and much more

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wishes for the
holiday season
and the coming
year.

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Holiday greeting from the 1st Chairman of the E.M.A. nonprofit organisation

"I send you warmest greetings, full of best wishes for you and your family! May the holiday season bring you and your family health, love, prosperity, and peace! Wish you a bright and merry holiday season, merry Christmas and New Year!" - Fabian Martens, 1st Chairman, E.M.A.



As the nonprofit organisation faced a new record of medical emergencies and assistances, we faced with that a high costing. Thanks to our supporters in the public and especially in the corporate field, we could manage this difficult task.

A special Thank you goes to our platinum supporters of

- OSH-Med international
 - WFC West Care - Stepdown Hospital
- Their contribution was more than generous and assisted us very well.

In addition we would like to say thank you to all our other supporters who sponsored material and items to the organisation.

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- Media Solution Group

A last and big thank you goes to the Shoprite / Checkers group who assisted us through out the year with our project "food for all". Shoprite / Checkers supported us with various of food items, which we distributed to projects and families in need.

For every help, support and donation we are thankful.

Your support is needed. Please support this unique Namibian Community Service. Every day the organisation assists many patients in need of a Rescue Service, free of charge for those who don't have medical aid. With our free assistance we put a smile in the faces of the patient and their family, as E.M.A. provides high standard care for all their patients.



The E.M.A. nonprofit organisation is only able to make this possible thanks to donations. As a Supporting Member, you can assist us with our community.

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Combined Road Safety Awareness

Stronger together was the idea of Namibia Media Holding for their Road Safety Campaign on the 8.12.2023.

At the morning of the 8th of December the team of E.M.A. joined by OSH-Med international, Vivo energy and NMH hold a road safety awareness campaign at the Shell Service Station in Lafrenz.

Here some important Drivers & Travel Tips:

- Never drink and drive
- GIVE WAY to Emergency Vehicles
- Only overtake when it is absolutely safe to do so
- Stick within the speed limits
- buckle up
- Make sure your car is roadworthy
- Carry a Fire Extinguisher and First Aid Kit and know how to use them

We wish you a safe journey

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or via our app, download link

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In addition to the safety tips, E.M.A. has an ongoing social media campaign “12 days of Christmas Road Safety. Check it out on:

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Website: www.ema-organisation.pro

Drive safe, be safe & arrive alive
Have a safe and happy road trip



Reduce stress: What does meditation bring to your everyday life?

Christmas time is for some people not a happy time, the stress during this time increases. How do I stop the carousel of thoughts in my head? Sometimes the path to more relaxation doesn't seem so easy. The good news: just a few minutes a day is enough.

Hape Kerkeling does it, Clint Eastwood does it, Barbara Becker and Lady Gaga do it anyway - meditate. Many of us want to reap the benefits of meditation. According to surveys, there are around 16 million people in Germany alone who practice one of the many forms or flirt with it.



Different meaning depending on culture
 Even though meditation often comes with a Buddha figure and singing bowl, the techniques vary from culture to culture. In Christianity, for example, prayer is a form of meditation. Likewise,

it can be completely free of religion or spirituality. But what the goal of all methods is: They train the mind so that we are more present with our thoughts and focus our attention on the here and now. With the desired result that we are more relaxed, more efficient and healthier.

More and more Namibians are feeling stressed

For Niko Kohls, meditating is as natural as brushing your teeth. Why do we need psychological hygiene in addition to daily oral hygiene? This is how we protect our mental health and feel better. Kohls, a professor of health promotion, knows how important such protective measures are. His research focuses on self-regulation, stress management and resilience. These are all abilities of a person to better overcome difficult life crises.

It's no secret that many people in Germany feel more and more stressed. Maybe include yourself? A study by the Techniker Krankenkasse shows that persistent stress affects one in three women and one in five men. So far, so difficult. Because stress can demonstrably make you sick. It makes the heart beat faster and raises blood pressure. Stress can cause stomach problems and massively weaken our ability to concentrate.

The good: With regular meditation,



people can learn to balance themselves better. And you don't have to spend hours in the lotus position bringing your thoughts to zero. "If you invest a few minutes every day, you will gain more quality of life, joy and inner peace," says Kohls. It's definitely worth trying the whole thing out for four weeks. "Then new habits become established and the brain rebuilds itself," explains the expert.

Small steps, big success

Kohls swears by small units in everyday life: "Even short mini-meditations, breathing deeply into our stomach three times in a row, help us concentrate better and deal with our feelings, worries and the stress around us in a healthier way." Because in the hustle and bustle of everyday life many people forget to pay attention to their own emotions. Instead, in our performance-driven society, the focus is consistently on what we still want and need to achieve. So if you tend to get upset easily, get annoyed or feel uncomfortably stressed, you can use meditation techniques to gain more self-control and mindfulness. Just try it.

For newcomers, Kohls recommends one minute of mindful breathing. There are various offers in face-to-face courses or online that make getting started easier. According to the scientist's experience, most people only manage 30 seconds before their attention goes away and their thoughts start circling wildly again. But we can learn to bring our attention

back again and again. Without necessarily having to think about anything. But at least to stay in the moment and not mentally go through the next shopping list or the TV program for the evening. This is important. Because this is how we understand what we actually want and need. We allow ourselves inner peace and prevent new, illness-causing stress.



An approach that Susanne Baumgartner also passes on to interested patients. She is a specialist in psychiatry, psychotherapist and medical director of the Sonnenpark Lans, Germany. Meditation cannot replace psychotherapy, says Baumgartner: "But it provides the incentive to get to know and accept our thoughts without judgment. This form of acceptance changes us and our view of things and life." Accordingly, meditation also influences the way we interact with other people.

Most people who are in rehab with Susanne Baumgartner can clearly identify



their problems. They also have ideas about how they could overcome their difficulties - be it at work, in relationships, in family. Despite all the knowledge, the implementation is difficult. Fear plays a central role here. If a possible change is imminent, we humans look into the future and list all the difficulties that could come. This tendency is deeply rooted in us in terms of evolutionary biology, explains Baumgartner and recommends: "Meditation can help you approach situations unbiased and without judgment. Just practicing it frees us up in many ways." On the other hand, if we let fears and stress run wild, they control our lives. "Then a very sick mechanism takes place in our body," says the psychiatrist.

Stress doesn't just have an impact on our psyche
 Stress affects our nervous, hormonal and immune systems. It influences our perception, language and thinking. When

there is chronic tension, the stress hormone cortisol is increasingly released into the blood, says Baumgartner, which "causes our cells to age more quickly because this hormone blocks repair enzymes." Meditating regularly reduces stress and thus the release of cortisol, which in turn slows down the aging process of cells.

According to a 2022 clinical study, mindfulness exercises can help significantly reduce anxiety. However, Baumgartner recommends that people with anxiety disorders realize that the calm they engage in while meditating can cause deep-seated fears to surface. Anxiety patients are people who need extreme control and always keep their fear under control through work, activities or busyness. The psychiatrist generally advises against meditating for people with underlying psychotic illnesses.

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Ways to Improve Your Hearing Conservation Program

From on-demand testing to tele-health features, technology is enhancing hearing conservation programs and offering solutions tailored to today's hearing protection challenges

Many industries are being disrupted by technology. And if not disrupting legacy business, new technology is at least offering consumers, clients, and other end users new ways to do business.



The safety industry is no exception, as evidenced by the abundance of recent articles on tech, wearables, apps, and other hardware and software. Many safety managers and occupational nurses might not realize that technological evolution is coming to their hearing conservation program.

Portable tablet-based audiometers enable many improvements to hearing testing and training. When a company combines technology with customer service and knowledge about the Hearing

Conservation Program, it offers a platform that addresses many of today's challenges. These platforms offer the best of all your current hearing testing options, while adding some unique benefits. You can do on-demand testing after the mobile unit leaves for missed tests and retests or go completely DIY and take testing into your own hands.

Let's highlight 5 ways that technology can improve your hearing conservation program.

Test Everybody

The main benefit of using a tablet audiometer is that you can get all your employees tested — no more struggling to find a solution to test your entire employee population.

If you prefer a mobile unit to come onsite to do the heavy lifting and take all the work off your hands, then using a portable audiometer afterwards helps you test the “stragglers” — the people who missed testing while the mobile unit was onsite or those needing a retest. No more booking a follow-up visit for the van or sending your employees to an offsite clinic several towns away.

Many companies decide to take testing in-house, administering testing themselves without using a vendor. This means you can test whenever you want. You can test everybody on your chosen scheduling method, including new hires during the year.



There are two important benefits of both these methods:

- Your employees stay on site, which is a great benefit to your business productivity.
- You have more scheduling flexibility. As a busy safety professional, you need something that works for you. If you only have a small number of employees to test, no more waiting on a vendor to come to your facility who is booked up for the next several months. And if you have a larger program, on-demand testing lets you create a schedule using date of birth, date of hire, or whatever works for you.

Tele-Health Features

Tele-health is a new feature that many medical companies are embracing. It became popular during the Covid pandemic but has stuck around due to the convenience it offers. For a Tele-Health solution contact our partner ATA|

OSH-Med international on ata@osh-med.pro for more information

Some tablet-based audiometers have incorporated this functionality into the on-demand experience. Tele-technicians can guide your employees through hearing testing in a video chat, even seeing what the employee is seeing on their screen, so that they can provide support and guidance as needed.

These features are designed thinking through the lens of compliance. Some scenarios require CAOHC-certified oversight. For example, this applies in Washington state, Oregon state, and companies governed by MSHA regulations. A tele-technician solution means you can have the convenience of a tablet audiometer even if you are missing the required certification.

Text to Speech

Another technology enhancement that

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benefits hearing testing is the use of text to speech functionality. This helps in several ways.

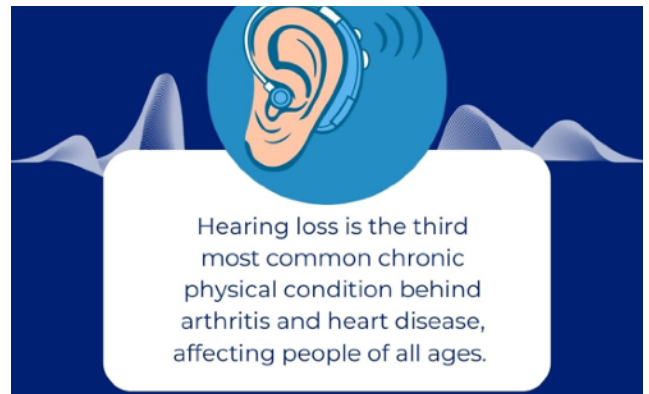
For one, audiologists know from experience that many people close their eyes when testing. Psychologically, we think we can hear better this way. With text to speech, you never have to worry when employees are alone in your testing room. With voice prompts, they get the alerts they need to move seamlessly through testing.

Additionally, many tablet-based audiometers offer the testing experience in multiple languages. With many workforces consisting of employees where English is not their native language, this helps create a better experience. You can reduce the problems of language barriers and the need for several translators.

The last benefit, and maybe most important, is how you can manage your program better.

When performing on-demand testing, test results should flow seamlessly to your data management platform or client portal. This immediate data transfer means you know right away who needs a retest. And using the portable audiometer means you have the easiest way to do those retests. Additionally, the ease of retesting leads to more accurate logging of recordable events. Why? Since

you've eliminated the pain point of retests, it's simple to take the next step of conducting a work-related evaluation if you have a confirmed shift in hearing.



Data around improvements in retesting when testing on-demand shows that when clients use a mobile unit for administering hearing testing, 46 percent of employees with a Standard Threshold Shift (STS) get a retest and 60 percent do a work-related evaluation (WRE) for further evaluation. In comparison, when an employer has access to a tablet-based audiometer for testing (whether in addition to the mobile unit or as a replacement), then 69 percent of employees with STS receive a retest and 73 percent do a work-related evaluation. That marks a 50 percent improvement in retesting and 20 percent improvement in WRE.

This helps employers keep employees safe, improve their hearing conservation program, and accurately log recordables. Technology not only brings improvements, convenience, and cost savings, but also more peace of mind with your program.



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- To provide appropriate, relevant and affordable medical support services;
- To contribute to the health of all Namibians;
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The peace and good will all
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-Marie Irish

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