

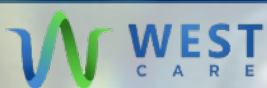
OSHMed Magazine

Occupational Safety & Health and Medical

by



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WOULD YOU BE ABLE TO RECOGNISE & **REACT TO STROKE ?**

FACE

Are their face lifted on one side? (as they smile)

ARMS

Can they raise both arms & keep them up

SPEECH

Is there a slurred speech

TIME

Time to call 9112 if you are one of the three

You could lose
everything to **STROKE**

But you have nothing
to lose calling **9112**

9112

**STROKE
REACT
DON'T
REGRET.**



Emergency Call: 9112

Your Hands Can Save a Life: The Critical Importance of First Aid at Home

In the quiet sanctuary of our homes, the unthinkable can happen in a heartbeat. A sudden fall, a severe allergic reaction, a choking incident, or the silent, swift onset of cardiac arrest. In these moments of sheer panic, when every second feels like an eternity, the most crucial help isn't minutes away in an ambulance—it's standing right there. It's you. The knowledge of basic First Aid and, most critically, Cardiopulmonary Resuscitation (CPR), is a life-altering skill that transforms a helpless bystander into a first responder, capable of changing the course of a life.

The Golden Minutes: A Window of Opportunity

When a person's heart stops beating, the clock starts ticking with merciless precision. This is the moment of Sudden Cardiac Arrest, and it is a race against time. The brain, deprived of oxygen-rich blood, begins to suffer irreversible damage within a mere four to six minutes. Paramedics, no matter how swift, are often more than six minutes away. This is where the "golden minutes" come into play, and this is where you become the most important person in the room.

Immediate and effective CPR—the act of performing chest compressions—serves as a manual pump for the heart. It keeps

a vital, albeit limited, supply of oxygenated blood flowing to the brain and other organs. This simple, yet profound, action can double or even triple a person's chance of survival. It is the bridge between clinical death and a chance at life, a critical intervention that buys precious time until professional medical help, equipped with defibrillators and advanced care, can take over. The patient outcome is drastically improved, significantly reducing the risk of long-term neurological damage and paving the way for a more complete recovery.



Beyond the Heartbeat: The Broad Spectrum of First Aid

While CPR is a cornerstone of emergency response, First Aid encompasses a much wider range of skills that are equally vital in a home setting. From learning how to control severe bleeding—a skill that can prevent a fatal blood loss in minutes—to



knowing the universal sign for choking and how to perform the Heimlich maneuver, First Aid empowers you to act decisively.

Consider the common household accidents: a child who has touched a hot stove, a family member who has a severe allergic reaction to a bee sting, or an elderly parent who has taken a fall. Knowing how to cool a burn properly, administer an EpiPen, or stabilize a potential fracture not only prevents the situation from escalating but also provides immense comfort and reassurance to the person in distress.

These are not complex medical procedures; they are straightforward techniques that anyone can and should learn.

Your First Call in an emergency: 9112

In the midst of any emergency, while your hands are providing care, your first and most critical action is to call for professional help. The official emergency number to connect with the **Emergency Control Centre of E.M.A. is 9112.**

Remember these crucial steps:

- 1. **Assess the Scene:** Ensure the area is safe for you and the patient.
- 2. **Call for Help:** Immediately dial **9112.**



Every minute a patient is in cardiac arrest, not receiving CPR or AED shock, chances of survival drop by 10%.

90%



Would you know what to do if you were the only one around and someone had a Sudden Cardiac Arrest? Most don't.

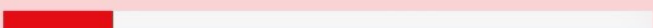


Eighty percent of out-of-hospital cardiac arrests happen in our homes.

80%



After 10 minutes without intervention the damage caused by cardiac arrest is nearly irreversible.



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Speak clearly and calmly, provide your exact location and the nature of the emergency. The dispatcher can provide life-saving instructions over the phone.

3. **Provide Care:** If the person is unconscious and not breathing normally, begin chest compressions. Continue to provide the necessary First Aid until the emergency services arrive.

Get Trained, Be Prepared: Learn from the Experts

Recognizing the critical need for these skills, accredited training is more accessible than ever. **OSH-Med International** is a leading provider of First Aid and CPR certification courses, offering comprehensive, hands-on training for individuals, families, and

corporate groups. Their expert instructors equip you not just with the techniques, but with the confidence to apply them effectively under pressure.

Investing a few hours in a certified course is an investment in the safety and well-being of your loved ones. For more information on course schedules, content, and registration, visit their website at **www.osh-med.pro**.

Don't wait for an emergency to wish you had known what to do. The power to save a life is a skill that can be learned. Be the person who can make a difference. Be prepared. Your hands could be the ones to restart a heart.

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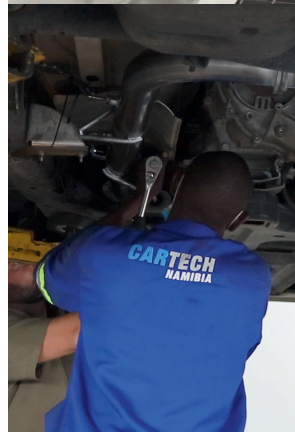
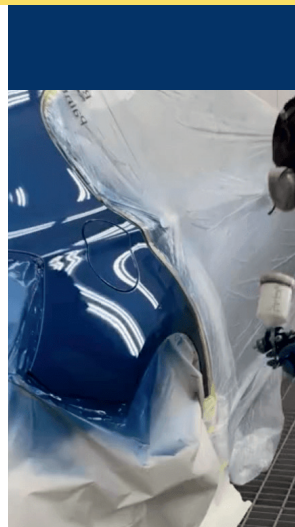
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Health Series - Calendar: All 40 Weeks of Pregnancy - week 28

Your third ultrasound is coming up soon. The doctor will check whether your baby has turned yet. And: What helps with back pain

Weeks 28 of Pregnancy

Baby's Development

In the coming weeks, the hair on baby's head will continue to grow – just like the hair on their eyebrows and eyelashes. However, the lanugo hair will gradually be shed over the next few weeks. "Some babies – especially premature babies – still have a light, soft lanugo down on their backs at birth," says Prof. Dr. Kurt Hecher, Director of the Department of Obstetrics and Prenatal Medicine at the

UKE. "The hairs then fall out quickly, however."

Until now, the fetus's blood was produced primarily in the liver and partly in the spleen. In the next few weeks, the bone marrow primarily takes over blood production, although the liver continues to participate until about four weeks after birth. And in adults, the liver and spleen still have the ability to produce blood. It can be activated again in certain diseases.

You can now make an appointment with your gynecologist for the next few weeks if you don't already have one: The third ultrasound scan will take place between the 29th and 32nd week of pregnancy. During this ultrasound, the doctor will primarily monitor the child's growth. "They also determine the position of the



placenta," says Hecher. "Sometimes it lies in front of the cervix, which could get in the way during delivery." In that case, the doctor must take appropriate preventative measures.

They will also check whether your little one has turned yet. "Many babies are already lying head down in your stomach," says Hecher. "But if a baby hasn't turned yet, that's no cause for concern." Many will catch up by the 36th week. Incidentally, the examination often causes the baby to wake up. It will then move, and its heart rate will increase.

The mother's health

The last trimester of pregnancy is beginning; your childbirth preparation class will probably start around this week. Remember to dress comfortably so you can participate in all the exercises. And no matter what questions you have on your mind, don't be afraid to ask.

Your baby is getting bigger and heavier. You'll notice it: Especially in the last trimester, many expectant mothers suffer from back pain. Because of your large belly, your center of gravity has shifted forward, and you automatically change your posture to maintain balance. This can cause your muscles to cramp and tense up. Over time, they begin to hurt. This can exacerbate poor posture.

For some women, it's not just the muscles that cause problems, but also the sciatic nerve. If the nerve becomes

too constricted, for example, because the baby is pressing on it, it causes pain that can radiate into the leg and lead to tingling and numbness. If you suffer from such discomfort or more severe pain, you should see a doctor.

Otherwise, the rule is: Get active – but do it properly. Gentle exercise and relaxation techniques can help relieve pain.



Tip: This helps with back pain

- Targeted exercise such as prenatal yoga, water aerobics, and swimming strengthen the spinal muscles. In the water, even the heavy baby bump becomes almost weightless again, which relieves pressure on the back. Special prenatal exercises are also recommended.
- At home, you should relieve pressure on your spine as often as possible. Don't lie on your back, but rather on your left side with a hunched back.
- If you want to pick something up from the floor, don't bend over; squat instead.



- Pack your shopping bags so that you're carrying roughly the same weight in each hand.
- If you're very tense, a gentle massage can help. Ask your midwife to show you a few suitable grips, which you can then teach your partner. A warm bath can also help.
- And if you haven't done so yet, avoid high heels now, at the very latest.

BEST AB EXERCISES During Pregnancy



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Health & Safety - WHO, WMO Warn of Rising Worker Risks from Extreme Heat

A new joint report finds billions of workers face serious health and productivity threats from climate-driven heat stress, urging urgent action to protect vulnerable populations.



“Heat stress is already harming the health and livelihoods of billions of workers, especially in the most vulnerable communities,” said Dr. Jeremy Farrar, WHO’s assistant director-general for health promotion. “This new guidance offers practical, evidence-based solutions to protect lives, reduce inequality and build more resilient workforces in a warming world.”

The report highlights that productivity falls by 2–3% for every degree above 68°F (20°C). Health impacts include heatstroke, dehydration, kidney damage and neurological disorders, all of which threaten long-term well-being and

economic security. WMO noted that 2024 was the hottest year on record, with daytime highs topping 104°F (40°C) and even 122°F (50°C) in some regions.

“Occupational heat stress has become a global societal challenge, which is no longer confined to countries located close to the equator — as highlighted by the recent heatwave in Europe,” said WMO Deputy Secretary-General Ko Barrett. “Protection of workers from extreme heat is not just a health imperative but an economic necessity.”

Key Findings

- Extreme heat events are more frequent and intense, threatening both outdoor and indoor workers.
- Roughly half the world’s population faces adverse consequences from high temperatures.
- An estimated 2.4 billion workers are exposed to excessive heat globally, leading to more than 22.8 million occupational injuries annually, according to the International Labour Organization.

Recommended Actions

The guidance urges governments, employers and health authorities to:

- Develop occupational heat-health policies tailored to local weather and job conditions.
- Focus protections on vulnerable groups, including older workers and those with chronic conditions.
- Raise awareness among health



professionals, employers and workers to recognize and treat heat stress.

- Engage unions, workers, experts and local authorities in co-creating heat-health strategies.
- Promote practical, affordable, sustainable solutions and embrace new technology.
- Support further research to improve prevention and protection measures.

ILO safety chief Joaquim Pintado Nunes said the WHO-WMO report marks a “critical milestone” in global efforts to confront climate-driven workplace hazards. “Together with WHO and WMO, we call for urgent, coordinated action to safeguard the health, safety and dignity of the more than 2.4 billion workers exposed to excessive heat worldwide,” he said.



The report aligns with the U.N.’s Sustainable Development Goals, calling for immediate policies to shield workers and ensure sustainable economic growth as climate risks accelerate.

If you would like to get more information for comprehensive Health & Safety at the work place or at home, contact the E.M.A. platinum supporter OSH-Med International. For more information, please visit www.osh-med.pro

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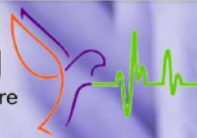
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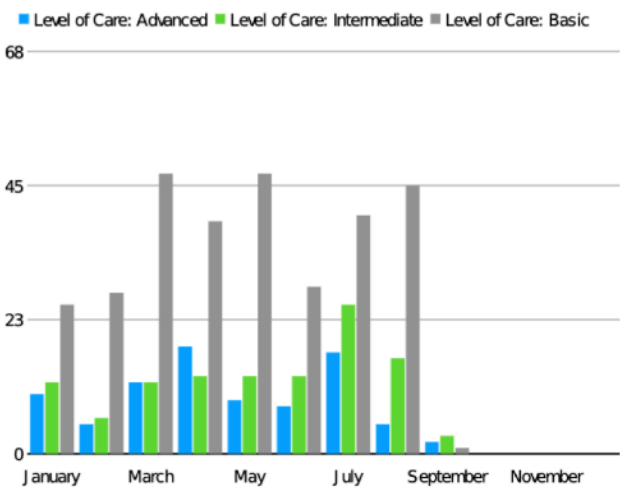
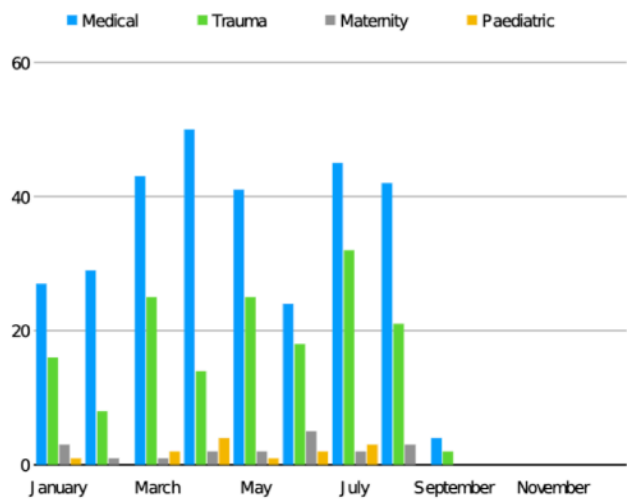
updated 3.9.2025

In 2025

E.M.A. assisted the public with
Emergencies in the value of
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up till now

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	Medical	Trauma	Maternity	Paediatric	Level of Care: Advanced	Level of Care: Intermediate	Level of Care: Basic
January	27	16	3	1	10	12	25
February	29	8	1	0	5	6	27
March	43	25	1	2	12	12	47
April	50	14	2	4	18	13	39
May	41	25	2	1	9	13	47
June	24	18	5	2	8	13	28
July	45	32	2	3	17	25	40
August	42	21	3	0	5	16	45
September	4	2	0	0	2	3	1
October							
November							
December							
Total per annum	305	161	19	13	86	113	299
Total	498				498		



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Emergency Call



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

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9112

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