

# Media Kit 2024

## THE ONLY JOURNAL IN SOUTHERN AFRICA DEDICATED TO OCCUPATIONAL HEALTH

A quarterly digital publication covering all aspects of occupational medicine, hygiene, nursing, workplace safety, primary healthcare, and relevant legislative updates. Circulated to members of the Societies that govern the occupational health disciplines in southern Africa: SASOM, SAIOH, MMPA, and SASOHN.

### OFFICIAL JOURNAL

**SASOM**  South African Society of Occupational Medicine – *Occupational Health Doctors*

**SAIOH**  Southern African Institute for Occupational Hygiene – *Occupational Hygienists*

**MMPA**  Mine Medical Professionals Association – *Doctors and Healthcare Professionals working in the Mining Industry*

### JOURNAL PARTNERSHIPS

**SASOHN**  South African Society of Occupational Health Nursing Practitioners – *Occupational Health Nurses*

**OCCUZONE**  National Institute for Occupational Health

### READERSHIP

Over 5 000 highly qualified OH practitioner visits per issue (2023)

#### • Occupational Health Doctors, Hygienists, and Nurses

- Audiologists
- Biokineticists
- Industrial Psychologists

- Human Resources Personnel
- Occupational Safety Managers
- Occupational Therapists and Physiotherapists
- Occupational Health Practitioners employed at Medical Centres, situated at Company Premises, or in the Public Sector



# Rates / Specs / Deadlines

## Choose your advert

Placement	Casual Insertion	2-3 Insertions	4 Insertions
<b>* Premium Placements (Per Placement Excl. VAT)</b>			
Inside-Front Cover (IFC) A4	R17 250	R15 970	R14 810
Inside-Back Cover (IBC) A4	R16 710	R15 455	R14 270
Outside-Back Cover (OBC) A4	R15 000	R13 875	R12 830
<b>* Traditional Placements (Per Placement Excl. VAT)</b>			
Double-Page Spread (DPS)	R25 470	R24 310	R23 030
Full Page (FP) A4	R15 520	R14 670	R14 050
Half Page (HP)	R10 220	R9 700	R9 250
Third Page (TP)	R7 620	R7 220	R6 920
Quarter Page (QP)	R7 410	R6 780	R6 480
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Double-Page Spread Advertorial	R18 590	R17 660	R16 790
Full-Page Advertorial	R12 430	R11 800	R11 220
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<b>* Website banners (Per Placement Excl. VAT)</b>			
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Large Banner	R2 820		
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## Size your advert

Placement	Type Area	Trim	Bleed
IFC, IBC & FP	287 x 200	297 x 210	303 x 216
DPS (x 2 A4)	287 x 410	297 x 420	303 x 426
HP (½ H A4)	134 x 200	144 x 210	150 x 216
HP (½ V A4)	287 x 90	297 x 100	303 x 106
TP (½ H A4)	89 x 200	99 x 210	105 x 216
TP (½ V A4)	287 x 57	297 x 67	303 x 73
QP (¼ H A4)	60 x 165	none	none
QP (¼ V A4)	120 x 85	none	none

All above measurements are in mm and (h) x (w)

Website banner advert	
Large Banner	340 x 176
Small Banner	170 x 176

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Barbara Spence

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## Submit your advert

**Issue No. 1 (2024)** - 30 January 2024

**Issue No. 2 (2024)** - 7 June 2024

**Issue No. 3 (2024)** - 26 August 2024

**Issue No. 4 (2024)** - 31 October 2024

## WOMEN work

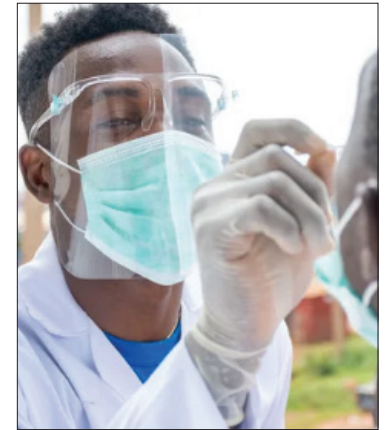
**2024 THEME:** Women working in male-dominated economic sectors such as **mining, engineering, agriculture, and transport** face specific challenges at work. How can stakeholders improve access and conditions for women in these sectors, safeguarding their health and promoting productivity? Of special interest is PPE and workwear that are appropriate for women, ergonomics monitoring that takes women's physiology into account, and psychosocial counselling programmes that support women in hostile work environments.



*February 2024*

## SAFETY work

Keeping people safe in the workplace is critical to their health. Occupational health programmes that prevent injury and promote risk awareness of exposure to hazardous substances, noise, and vibration are in the spotlight. **First aid** and the provision of safety equipment, including appropriate workwear, **PPE**, and on-person/on-site **monitoring devices** are all vital in **prevention programmes**. We also feature workplace health risk assessment service providers.



*May 2024*

## DIAGNOSTICS work

Monitoring and diagnosing health risks faced by workers are critical elements of occupational health programmes. We look at diagnostic services related to the workplace, including:

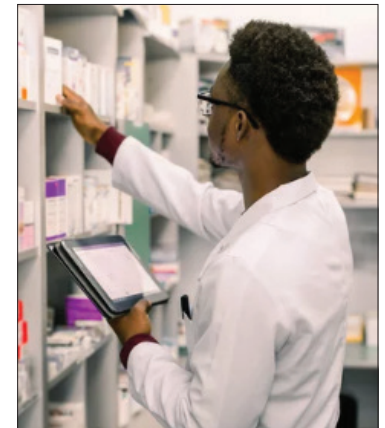
- **mobile occupational health clinics**
- **spirometry**
- **audiology**
- **optometry**
- **ergonomics**
- **whole-body vibration**
- **sound and light emittance and exposure**
- **radiography**
- **pathology laboratories**
- **chemical analytical laboratories**



*August 2024*

## THERAPEUTICS work

Beyond diagnostics, workers may require health treatments ranging from **pharmaceuticals** to **psychosocial counselling**. Of specific interest are pharmaceutical treatments for occupational illnesses, such as respiratory and skin diseases, and therapies for musculoskeletal and neurological disorders. We also focus on **rehabilitation programmes** as industry is increasingly called upon to take responsibility for workers' health beyond compensation for workplace injury or illness. This also includes responsibility for preventive measures, such as dispensation of malaria prophylaxis for work-related travel.



*October 2024*

# Rates / Specs / Deadlines

**WOMEN**  work

**SAFETY**  work

**DIAGNOSTICS**  work

**THERAPEUTICS**  work

www.occhealth.co.za

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<b>* Premium Placements (Per Placement Excl. VAT)</b>			
Outside-Front Cover (OFC) A4	R24 000	R22 200	R20 535
Inside-Front Cover (IFC) A4	R16 000	R14 800	R13 690
Inside-Back Cover (IBC) A4	R15 000	R13 875	R12 830
Outside-Back Cover (OBC) A4	R14 000	R12 950	R11 990
<b>* Traditional Placements (Per Placement Excl. VAT)</b>			
Double-Page Spread (DPS)	R22 000	R20 350	R18 825
Full Page (FP) A4	R13 000	R12 025	R11 125
Half Page (HP)	R9 000	R8 325	R7 700
Third Page (TP)	R6 500	R6 010	R5 560
Quarter Page (QP)	R6 250	R5 780	R5 345
<b>* Special Placements (Per Placement Excl. VAT)</b>			
Double-Page Spread Advertorial	R17 500	R16 190	R14 975
Full-Page Advertorial	R11 000	R10 175	R9 410

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 **MettaMedia**

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**Women at Work** - 16 February 2024

**Safety at Work** - 10 May 2024

**Diagnostics at Work** - 12 August 2024

**Therapeutics at Work** - 11 October 2024