

Media Kit 2026

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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 and Doctors in Industry**
- 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

An average of 18 703 highly qualified OH practitioner visits per month (Apr - Jun 2026).

• 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
* Premium Placements (Per Placement Excl. VAT)			
Inside-Front Cover (IFC) A4	R18 655	R17 275	R16 015
Inside-Back Cover (IBC) A4	R18 075	R16 710	R15 400
Outside-Back Cover (OBC) A4	R16 225	R15 010	R13 875
* Traditional Placements (Per Placement Excl. VAT)			
Double-Page Spread (DPS)	R27 550	R26 290	R24 910
Full Page (FP) A4	R16 785	R15 870	R15 195
Half Page (HP)	R11 055	R10 495	R10 005
Third Page (TP)	R8 235	R7 810	R7 490
Quarter Page (QP)	R7 705	R7 050	R6 740
* Special Placements (Per Placement Excl. VAT)			
Sponsored Article - DPS	R20 115	R19 105	R18 160
Sponsored Article - Full Page	R13 415	R12 760	R12 135
ALL JOURNAL PLACEMENTS INCLUDE A FREE WEBSITE BANNER ADVERT			
* Website banners (Per Placement Excl. VAT)			
Placement	Single Insertion Valid for 3 Months		
Large Banner	R3 015		
Medium Banner	R2 340		
Small Banner	R1 900		

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 (⅓ H A4)	89 x 200	99 x 210	105 x 216
TP (⅓ 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
Medium Banner	170 x 176
Small Banner	110 x 176

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ADVERTISING

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Issue No. 1 – 9 March 2026

Issue No. 2 – 5 June 2026

Issue No. 3 – 4 September 2026

Issue No. 4 – 16 November 2026