

# Media Kit 2026

## 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

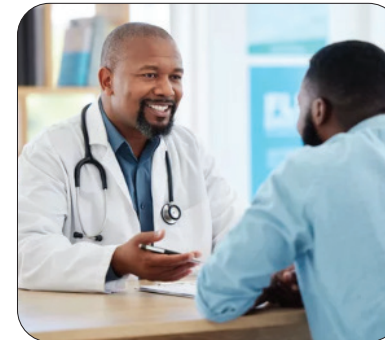
### READERSHIP

An average of 9 152 highly qualified OH practitioner visits per month (Jan - Mar 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
<b>* Premium Placements (Per Placement Excl. VAT)</b>			
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
<b>* Traditional Placements (Per Placement Excl. VAT)</b>			
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
<b>* Special Placements (Per Placement Excl. VAT)</b>			
Double-Page Spread Advertorial	R20 115	R19 105	R18 160
Full-Page Advertorial	R13 415	R12 760	R12 135
<b>ALL JOURNAL PLACEMENTS INCLUDE A FREE WEBSITE BANNER ADVERT</b>			
<b>* Website banners (Per Placement Excl. VAT)</b>			
Placement	Single Insertion Valid for 3 Months		
Large Banner	R3 015		
Medium Banner	R2 340		
Small Banner	R 1900		

## 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

All above measurements are in pixels at 72 dpi and (h) x (w)

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Call us for a quotation**

## Place your advert

### ADVERTISING

Thando Mlindazwe

Cell: +27 (0)67 648 1497

e-mail: thando@mettamedia.co.za

## Submit your advert

**Issue No. 1 – 9 March 2026**

**Issue No. 2 – 5 June 2026**

**Issue No. 3 – 4 September 2026**

**Issue No. 4 – 16 November 2026**

## DIAGNOSTICS **at** work

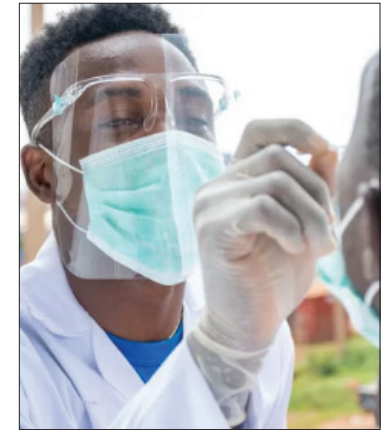
Monitoring and diagnosing health risks faced by workers are critical elements of occupational health programmes. We look at diagnostic services related to the workplace, including:

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



## SAFETY **at** 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.



## WOMEN **at** work

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.



## THERAPEUTICS **at** 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.

