

# OSHMed Health Magazine

by



## HEALTH CHECKS IN THE LOCATIONS OF WINDHOEK

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

## Health Checks in the locations of Windhoek

The medical teams of E.M.A. and OSH-Med international joined the Soup Kitchen of Ongos Valley on Saturday, 19.08.2023.

The soup Kitchen of Ongos Valley supports the community at Katutura. The focus is mainly on elderly, and you doing children with their mothers.



Good Health is important. Therefore the medical teams checked up on the community members who came to the Ongos Soup Kitchen. Especially the elderly were screened and recommendations were given. The medics of E.M.A. checked around 70 community members at the Nama location and at Okahandja Park.

It was observed that many community members have a low fluid intake and with that risk dehydration. For a good health it

is vital important the the fluid intake of 2 litres (8-10 glasses of Water, juice) is maintained.

Watch the video to see the rescue 🙌  
<https://youtube.com/shorts/szPPys6b29c?feature=share>

This is one of many samples how the nonprofit organisation E.M.A. is involved with their Community Service on a daily base. E.M.A. nonprofit organisation is "There when you need us"

If your company would like to support our E.M.A. community service please contact us.

Telephone: 061 302 931E

mail: [ema-support@osh-med.pro](mailto:ema-support@osh-med.pro)

Website: [www.ema-organisation.pro](http://www.ema-organisation.pro)

Our medical staff is dedicated to professionalism and passion to assist all patients.



## Emergency Call



dial 9 1 1 2

A great thanks goes to our platinum supporters, to make part of this service possible:

[www.osh-med.pro](http://www.osh-med.pro)

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## Traumatic Brain Injury Hazards on Construction Sites

*How do companies prevent TBIs on the job and what are the steps to take should an accident occur on a construction site?*

According to US statistics, 176 Americans die from traumatic brain injuries (TBIs) daily. As many as 64,000 TBI-related deaths occurred in the United States in 2020.

While workers across various trades may be at risk for TBIs on job sites, the construction industry is one of the most at-risk occupations for this injury. According to [NICOSH](#), from 2003-2010, over 2,000 construction workers died as a result of a TBI. During that time period, TBIs represented a quarter of all construction-related deaths and 24 percent of all TBI fatalities across all occupational sectors.

### Risks of TBIs on Construction Sites

According to the CDC, the leading cause of TBIs is falls, which account for half of all TBI-related hospitalizations. Construction workers risk falls from ladders, scaffolds, and roofs when working at elevated heights. In addition, these workers risk being struck by falling or flying objects on construction sites.

Some construction workers are more likely to suffer from TBIs than others. According to an Injury Prevention study

[published in 2015](#), those who worked for small construction companies with less than 20 employees were 2.5 times more likely to suffer a fatal TBI injury than those that worked in larger companies. Workers in the steel, structural iron or roofing construction subindustries were most at risk for these deaths due to TBIs and falls led to most of these incidents.



### Preventing TBIs On the Job

While accidents are common on construction sites, many injuries can be prevented with proper safety precautions, risk mitigation, and training. Under labour act No.7, 2007, employers are obligated to provide a safe work environment for employees. For this reason, employers and safety site managers should take the lead in implementing safety initiatives on construction sites.

A worker's first line of defence against head injuries is their hard hat. Hard hats protect the head from falling or flying



objects, collision impact, debris, and shock, among other jobsite hazards. Workers who do not wear them while performing job tasks or wear damaged ones may be at greater risk for injury. Employers and safety site managers should provide workers with safety training and needed safety equipment like hard hats and safety harnesses. In addition, they should ensure that safety structures such as guardrails and safety nets are properly installed on sites where there is a risk of falls or falling objects.

### Steps to Take Should An Accident Occur on a Construction Site

Should a TBI-related accident occur on the jobsite, it is important for both employers and workers to know what steps to take, as immediate medical intervention could be life-saving for these types of injuries. Even TBIs that appear initially mild should be considered serious injuries, so it's important to call 9112 right away so the individual can be evaluated by a medical professional and receive treatment.



**Prevention is the best treatment**

TBIs are serious, sometimes even life-altering or fatal, injuries. The construction industry is one of the most at-risk occupations for TBIs, so it's important to take proactive measures to prevent these accidents where possible. Employers and safety site managers should lead the charge in implementing risk-mitigation strategies on worksites and ensuring workers have the proper equipment and training to perform their duties safely.

### TikTok's NPC Streaming: Implications for Mental Health

Weird trends are nothing new on the internet. But the new TikTok trend of NPC live streaming might be the quirkiest one yet. NPCs have their roots in video games, serving as supporting cast members with no discernible plots. While Pinkydoll, a TikTok influencer, did not actually start the trend she has certainly made it go viral, quickly amassing 216,000 followers after her mainstream media success. There are

advantages to NPC streaming, including increased self-expression and community building.



## What is NPC?

NPCs, short for non-playable characters, serve as side characters within video games. The trend's roots are attributed to Natuecoco, a Japanese TikTok creator who initiated NPC live streams in 2021 drawing inspiration from cosplay and art. Although the player cannot influence them, these characters are crucial to the game's plot.

Let's use the character "Navi" from "The Legend of Zelda: Ocarina of Time" as an example. Navi, who is Link's fairy companion, plays a vital role in guiding players and enhancing their gaming experience. Her signature phrase "Hey, listen!" often precedes valuable tips about puzzles and adversaries. Navi's presence not only provides advice but also adds depth to the game world.

This highlights how non-player characters like Navi contribute significantly to creating an immersive gaming experience that extends beyond controlling the main protagonist.

## Why is TikTok NPC trending?

TikTok NPC streaming is a viral craze in which people chat like robots on TikTok live streams, responding in real time to digital gifts sent to them by their followers. Content creators known for their lively catchphrases, delivered with an unchanging cheerful expression and tone, repeat phrases like. "Yes yes yes. Mmm, ice cream so good. Ooh, you got me feeling like a cowgirl. Gang gang. Yes yes yes."

These "ice cream so good" instances have captivated the online realm, representing a widespread trend among content creators. Their real-time interactions involve responding to gifts from their dedicated followers, who present them with digital ice cream cones, roses, doughnuts, and affection, all dynamically transformed into animated images on the screen. Although the contributions range in value, spanning from a fraction of a cent to a few dollars, the cumulative effect from a substantial audience can amount to a significant sum. It's reported that some creators have earned more than USD 7,000 in a single day through such interactive broadcasting.

## Potential dangers of NPC streaming

NPC streaming can be very entertaining, but it is wise to be aware of potential dangers that can affect the experience for streamers and followers alike.

Here are the possible dangers for streamers:

- Potential for addiction. NPC streaming can sometimes take hours of nonstop streaming. This might take the focus off real-life duties while disturbing sleep patterns. Extended online engagement could compromise overall health and personal relationships.
- Bullying. Some people may encounter negative interactions, contending with trolls, haters, or bullies.



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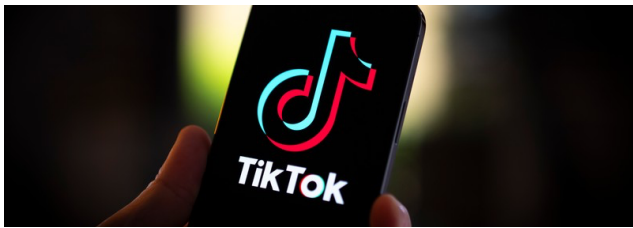


**Info Hotline: 061-302 931**

### Balancing safety and creativity on TikTok

A key question arises: do NPC live streams truly belong on a platform predominantly frequented by under-18s like TikTok?

TikTok's community guidelines emphasise a commitment to creating a safe and welcoming space. They explicitly prohibit nudity, pornography, sexually explicit content, non-consensual sexual acts, sharing non-consensual intimate imagery, and adult sexual solicitation. This is where the complexity emerges. While NPC live streams might carry sexual undertones, **they remain distinct from sexually explicit content.**



In 2022, TikTok reinforced its efforts to curtail sexually suggestive content within the "For You" feeds. Yet, this statement appears not to extend to live streaming. The TikTok Live feature's random nature exposes users to a diverse range of content, possibly unrelated to their preferences. This opens the door for minors to stumble upon an NPC livestream.

Although occasional exposure may not pose significant harm, **prolonged engagement could potentially yield negative effects.** As this type of content is relatively new, its long-term impact remains uncertain. TikTok faces the intricate task of striking a balance

between creator freedom and safeguarding minors.

### Strategies for parents

The NPC streaming phenomenon presents new challenges for parents, requiring thoughtful strategies to ensure their children's safe and enriching experience in the world of streaming.

Here are some [tips for parents to guide their children](#):

- **Educate about sexualized content.** Explain that sometimes online content can have sexual undertones. Encourage your child to recognize and report any content that makes them uncomfortable. Teach them the importance of setting personal boundaries and how to navigate streams with respect to their values.
- **Talk about making money.** Discuss the allure of making money through NPC streaming. Teach your child the value of setting realistic goals and understanding that financial success often requires time and effort. Emphasize that while some streamers do earn money, it is more important to focus on the fun of streaming rather than the money they can make.
- **Discuss time management.** Help your child understand that while streaming can be fun, it is important to balance it with other interests and responsibilities. Share examples of hobbies or activities they enjoy and how they can manage their time to enjoy both streaming and other pursuits.



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Contact us:

Email: [ema-organisation@osh-med.pro](mailto:ema-organisation@osh-med.pro)

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## *Advanced care specialists*

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### Our vision

To be the leader in providing quality medical and clinical care enhancing the well-being of patients.

### Our mission

- To provide competent, quality medical care;
- To provide appropriate, relevant and affordable medical support services;
- To contribute to the health of all Namibians;
- To provide an environment that enables all staff to develop their full potential;
- To maintain efficient and cost-effective processes and procedures; and
- To apply the highest ethical standards

Thank you to allow us PROUDLY INTRODUCE OUR SMALL FACILITY.

We are a 100% Namibian owned private entity with Namibian stakeholders and Namibian employees.

To emphasize: We are one of the few fully registered subacute and stepdown facilities in Namibia.

Newly developed wing for Frail care and Hospice care

### BACKGROUND

West Care is an established Step-down and Rehabilitation facility providing short and long-term care for patients, enabling them to regain functional independence through skilled nursing care and rehabilitative services. West Care is a health care provider founded in 2016 and

is registered with the Namibia Ministry of Health and Social Services. The group has grown to include West Care Step-down and rehabilitation facility, Frail Care, Palliative Care as well as hospice and clinics. West Care provides a comprehensive range of medical services to the people of Namibia.

West Care has extensive experience in caring for sub-acute patients who are medically stable and no longer require high intensity acute care services. West Care's group of dynamic professionals have proven their commitment and compassion for caring and assisting patients on their journey to recovery.

As a private facility we focus on professional service and the quality of life of our patients. Our clients consist of



specialist physicians, medical practitioners, hospitals, all private medical aids, MVA, mines, insurance agencies, private patients referred directly from a medical hospital or patients transferred to our frail care facilities.



## **CORE VALUES**

At West Care we embrace and promote the following values:

- **Integrity** - All activities will be conducted honestly and ethically.
- **Respect** - The Company recognises the value of all stakeholders, employees, customers and suppliers.
- **Teamwork** - The Company encourages each employee to be a team player.
- **Knowledge** - The Company strives to keep updated with the latest developments and technology.
- **Service Excellence** - The Company seeks to provide the best possible care and service to our patients and customers.
- **Continuous Improvement** - The Company aims to continually improve all aspects of its operation.

## **SERVICES**

### **Sub-acute and rehabilitation**

We offer an equipped isolation unit plus 10 private en-suite rooms meeting all our patients' needs. We offer:

- short-term post-surgical care,
- infections and specialized wound care,
- pain management,
- IV therapy,
- cardiac monitoring,
- nutritional counselling,
- restorative rehabilitation
- doctors-on-call (24-hour service)

**We care for patients recovering from orthopedic surgery, strokes and respiratory and pulmonary failure. Our patients are cared for by specialized nursing staff and physician monitoring.**

### **Frail Care/Palliative Care and Hospice services**

Our long-term frail, palliative and hospice care patients receive the best of care. 24/7 nursing staff are here to attend to their every need.

### **Clinics**

Highly-trained nursing staff perform primary health care services at our clinics.

A travel nurse is available every week day performing special services for insurance companies





# Emergency Call



Important information to give:

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

## Emergency Numbers:

**Ambulance services:**

**E.M.A. Rescue Service**

**9112**

**Fire Brigade:**

Windhoek

061-21 1111

**Police:**

NamPol

10 111

City Police (Whk)

061-302 302

MVA Fund

9682

(all numbers are from GRN or non-profit organisations)



d.o.c.  
**Service Hotline**  
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OSH-Med International and Emergency & Medical Assistance Service Hotline: 061 – 302 931



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