

OSHMed Magazine

Occupational Safety & Health and Medical

by



THE RESTORATIVE SHIELD PRIORITISING SLEEP HYGIENE IS VITAL

STRONG BONES UNDER THE SUN • HEALTH & SAFETY: LITHIUM-ION AND BATTERY CHARGING HAZARDS • FUN
TIME - JOKE OF THE WEEK • E.M.A. WEEKLY EMERGENCY STATISTICS

Platinum Supporter:



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

FACE

Are their face tilted 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 see one of this signs

You could lose
everything to **STROKE**

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

9112

**STROKE
REACT
DON'T
REGRET.**



Emergency Call: **9 1 1 2**

The Restorative Shield: Prioritising Sleep Hygiene is Vital



In today's 24-hour industrial economy, chronic sleep deprivation is often dismissed as a badge of honour or an unavoidable consequence of hard work. Whether it is an artisan pulling consecutive 12-hour shifts at an open-pit mine in the Erongo region, a long-haul truck driver pushing freight through the night along the Trans-Kalahari Corridor, or an executive juggling deadlines in Windhoek, sacrificing sleep has become widespread.

Yet, scientific and occupational health research demonstrates that sleep is neither a passive state nor an unproductive pause. Sleep is an active, biochemically demanding process during which the brain cleanses neurotoxic metabolic waste, consolidates operational memory, and the body executes critical cellular and muscular repairs.

When sleep hygiene is neglected, cognitive acuity deteriorates rapidly. In high-risk operational environments, a worker operating on four hours of sleep presents an impairment profile comparable to a person under the influence of alcohol. For Namibian industry, recognizing restorative sleep as a non-negotiable safety barrier is essential for preventing catastrophic workplace incidents and preserving long-term workforce health.

The Dual Architecture of Rest: Mind and Muscle Repair

High-quality rest operates through synchronised cycles of Non-Rapid Eye Movement (NREM) and Rapid Eye

Advertisement



SAFMED
PHARMACY

"Your health is in our hands."





MEDICATION

**DRIVE-THRU PICK UP SERVICE
IN THE COMFORT OF YOUR CAR**



Order your
meds on
WhatsApp for
collection or
delivery

**FREE
DELIVERY**

**OPEN
TILL LATE**

Mon-Fri: 08:00-21:00
Fri Closed: 13:00-14:00
Sat: 08:30- 13:00
Sun: 10:00-12:00

Services Offered:

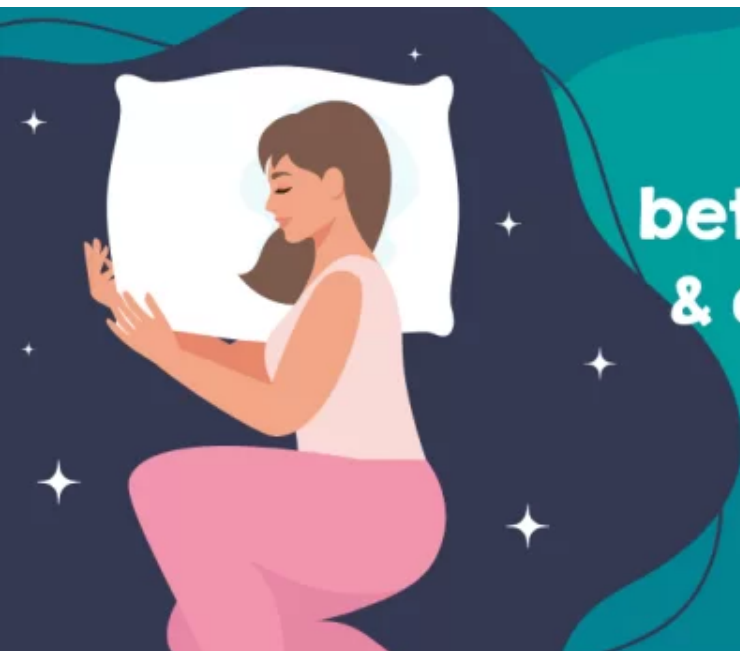
- Prescription & over the counter medication
- Free health advice
- Blood sugar tests
- Free blood pressure monitoring
- First Aid kits supplied
- Herbal & homeopathic medication, Health products, Baby products, Large range of incense sticks

For inquiries:
061-402786 / Whatsapp: 0816039466
safmedphy@gmail.com

Shop 3 Hidas Centre
Nelson Mandela Avenue, Klein Windhoek



Emergency Call: 9 1 1 2



**more energy,
better concentration,
& a clearer sense of
wellbeing**

Movement (REM) sleep, each serving distinct biological functions essential for duty-ready performance:

1. Physical Restoration (Slow-Wave NREM Sleep)

During deep, slow-wave sleep, physiological demands drop: arterial blood pressure declines, breathing slows, and blood flow shifts heavily into skeletal muscle.

- **Tissue Repair and Protein Synthesis:** The pituitary gland releases human growth hormone (HGH), facilitating cellular repair, tendon strengthening, and micro-tear healing sustained during heavy physical labor.
- **Immunological Defence:** The immune system synthesises and releases protective cytokines and antibodies, reducing systemic inflammation and strengthening resistance to airborne and chronic infections.

- **Cardiovascular Recalibration:** Deep sleep offers a mandatory nightly "reset" for the vascular tree. Prolonged sleep deficit maintains elevated sympathetic nervous tone, directly driving chronic hypertension and vascular stiffening.

2. Cognitive Restoration (REM and Light Sleep)

The brain relies on lighter sleep stages and REM sleep for neuro-cognitive recalibration:

- **Neurotoxin Cleansing:** The brain's glymphatic system expands, flushing out metabolic waste products (including beta-amyloid proteins) that accumulate during waking hours.
- **Executive Function and Reaction Times:** Adequate REM sleep sharpens spatial awareness, hand-eye coordination, emotional stability, and the brain's ability to assess subtle dynamic hazards on the job site.



- **Memory Consolidation:** Technical skills, safety procedures, and procedural training reviewed during the day are organised and permanently embedded into long-term memory.

The Cost of Fatigue in the Namibian Operating Context

When sleep hygiene collapses, fatigue quickly transforms into an operational hazard. Across Namibia, specific industrial and environmental conditions magnify these risks:

- **Long-Haul Logistics & Transport Corridors:** Driving along vast, unlit highways like the B1 trunk road or the Trans-Caprivi and Trans-Kalahari arteries induces highway hypnosis. Fatigued drivers frequently experience "micro-sleeps"—fleeting blackouts lasting two to three seconds. At a cruising speed of 100 km/h, a three-second micro-sleep means a 30-tonne articulated truck travels over 80 meters completely unguided, frequently ending in devastating rollovers or head-on collisions.
- **Heavy Mining & Continuous Operations:** Operating haul trucks, heavy excavators, or overhead gantry cranes in round-the-clock mining environments requires split-second spatial judgment. Fatigue slows perception-response times, increases blind-spot errors, and leads

operators to miscalculate stopping distances.

- **Daytime Heat Challenges for Shift Workers:** In Namibia's central, southern, and northern regions, ambient daytime temperatures frequently exceed 35°C during hot seasons. Night-shift personnel returning home to rest during the day often face poorly insulated, hot sleeping quarters with high ambient noise, fracturing slow-wave sleep and leaving them chronically exhausted.

Evidence-Based Sleep Hygiene: Practical Strategies for Quality Rest

Improving sleep hygiene requires deliberate

Advertisement

OSH-Med
international

FIRST AID TRAINING

- ◆ First Aid - Level A
- ◆ First Aid - LSM
- ◆ Specialised First Aid
- ◆ and more

Windhoek • Ongwediva • Walvis Bay
www.osh-med.pro



Emergency Call: 9 1 1 2

personal discipline and environmental control:

- **Protect Circadian Consistency:** Go to bed and wake up at the exact same time every day—including on weekends and off-days. Predictable rhythms anchor the body's internal biological clock, accelerating sleep onset.
- **Optimise the Sleeping Environment:** Create a sleep space that is dark, quiet, and cool. Use blackout curtains or eye masks to block intense Namibian sunlight, especially for daytime sleepers. Utilise fans or ventilation to lower bedroom temperatures, as cooler ambient air is physiologically necessary for deep sleep induction.
- **Implement a Digital Curfew:** The blue light emitted by smartphones, laptops, and television screens suppresses the pineal gland's secretion of melatonin, the hormone

that signals nighttime rest. Switch off digital screens at least 45 to 60 minutes before bed.

- **Manage Stimulants and Hydration:** Avoid relying on energy drinks or high-dose caffeine during the second half of a shift; caffeine possesses a half-life of 5 to 7 hours and severely fragments deep slow-wave cycles. Similarly, avoid using alcohol as a sleep aid; while it may induce sedation, it prevents the brain from entering restorative REM stages.

Organisational Fatigue Management with OSH-Med International

Combating industrial fatigue requires structured organisational frameworks rather than leaving sleep solely to individual willpower.

Advertisemen



XUV 3XO
DISCOVER THE X

STARTING FROM
N\$254 999



Emergency Call: 9 1 1 2

As Namibia’s leading Occupational Safety and Health authority, **OSH-Med International** (www.osh-med.pro) assists employers in designing and executing comprehensive **Fatigue Risk Management Systems (FRMS)**:

- **Shift-Roster & Ergonomic Auditing:** Structuring shift patterns, rotational cycles, and rest periods to minimise circadian disruption, backed by legal compliance verifications through their Approved Inspection Authority (A.I.A. Certificate 22/110).
- **Occupational Health Surveillance:** Through **ATA | OSH-Med International**, organisations can deploy qualified Occupational Health Practitioners and nurses directly to

project sites to conduct fit-for-duty medicals and screen high-risk operators for underlying disorders, such as obstructive sleep apnea (OSA).

- **Workforce Wellness Workshops:** Delivering practical sleep hygiene, nutrition, and fatigue mitigation training tailored to shift workers and fleet drivers across accredited academies in **Windhoek, Walvis Bay, and Ongwediva.**
- **Onsite Clinical Management:** Operating turnkey on-site medical clinics that monitor chronic health conditions, manage workplace hydration, and evaluate employee fitness before shifts commence.

TIPS FOR BETTER SLEEP



SET A CONSISTENT SLEEP SCHEDULE



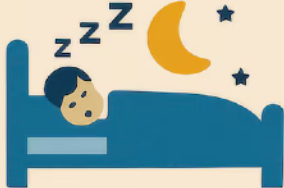
EXERCISE REGULARLY



AVOID CAFFEINE & NICOTINE



LIMIT SCREEN TIME



CREATE A RELAXING BEDTIME ROUTINE

AVOID ALCOHOL CONSUMPTION



MAKE YOUR ROOM DARK

REDUCE ALCOHOL CONSUMPTION



AVOID LARGE MEALS LATE



Emergency Call: 9 1 1 2

When Fatigue Leads to Crisis

Even with proactive risk management, sudden fatigue-induced lapses can result in severe trauma, machinery entanglements, or catastrophic highway collisions. In an acute emergency, advanced medical stabilisation is paramount.

E.M.A. Rescue Service operates around the clock with Advanced Life Support (ALS) paramedics, mobile intensive care

ambulances, and rapid extrication capabilities to deliver immediate trauma care and patient stabilisation anywhere in Namibia.

- **For accredited OSH consulting, fatigue risk management, and certified workplace training, visit www.osh-med.pro.**
- **For 24/7 rapid emergency medical response and critical accident rescue across Namibia, dial E.M.A. at 9112.**

Advertisemen



YOUR HEALTH OUR PRIORITY

At Stirling Medical Centre, we provide wholistic care with our head, heart and hands in a safe environment.

Our Services

- General Medical Consultations
- Women's Health
- Pap smear
- Men's Health
- Children and Adolescent Health
- General Body Check Up
- Travel Medicine
- Employment screening
- Wound Care
- Immunization



Why Choose Us?

- One stop location
- Friendly Staff
- Stirling Medical Aid
- 32 years of Experience

Contact Us:

- ☎ (+264) 0813891904;
0813242855; 0815591919.
- ✉ drcorneliandifon15@gmail.com
stirlingmedicalcentre4@gmail.com

Opening Hours:

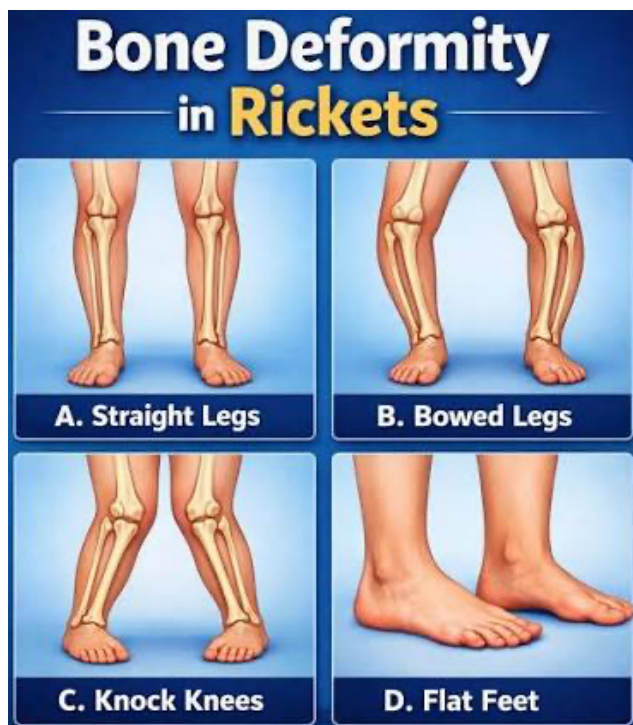
- 🕒 Monday to Friday, 08:00 to 17:00 Hours
Saturdays, 09:00 to 15:00 Hours
Sundays and Public Holidays: Closed
- 📍 Auas Valley Shopping Mall, Upper Ground 80, Opposite Safariden.



Emergency Call: 9 1 1 2

Strong Bones Under the Sun: Understanding Paediatric Rickets, Hidden Calcium Gaps, and Prevention

*Boasting more than 300 days of sunshine each year, Namibia seems an unlikely environment for a disease caused by a lack of the "sunshine vitamin." Yet, paediatric clinics across the country continue to diagnose infants and young children with **rickets (rachitis)**—a metabolic bone condition characterised by softening, weakening, and deformation of the growing skeleton.*



As examined in a clinical overview, rickets is not a relic of the industrial past; it remains an active global and regional health concern. While prolonged lack of sunlight is the primary culprit in colder climates, rickets in Southern Africa often arises from a dual

challenge: the natural protective barrier of pigmented skin coupled with severe dietary calcium deficits during infant weaning.

Understanding how rickets develops, recognising its subtle early warning signs, and implementing early nutritional interventions is critical to ensuring every Namibian child builds a strong, healthy musculoskeletal foundation.

The Biological Breakdown: How Rickets Compromises Bone

During early childhood, bones grow rapidly through the constant formation of a protein framework called osteoid, which must be hardened by calcium and phosphate crystals through a process known as mineralization.

Vitamin D plays the central role in this process:

- **Intestinal Absorption:** Vitamin D acts as the biochemical key that allows the small intestine to absorb dietary calcium into the bloodstream.
- **The Mineralization Deficit:** Without sufficient active Vitamin D—or if the child's diet contains almost no calcium—the body cannot maintain adequate blood calcium levels.
- **Structural Softening:** To keep blood calcium within a safe range for heart and muscle function, the body borrows calcium from bones. The newly formed growth plates remain soft and unmineralised, bowing and deforming under the physical forces of gravity and body weight.



Early Indicators and Skeletal Deformities

Rickets does not happen overnight. It develops gradually, often presenting with subtle non-skeletal signs long before obvious bone bowing appears:

1. Early Systemic Warning Signs

- **Excessive Head Sweating:** Heavy perspiration, particularly on the back of the scalp during sleep or breastfeeding.
- **Muscular Weakness and Floppiness (Hypotonia):** Infants exhibit poor muscle tone, protruding "potbellies" due to weak abdominal walls, and general lethargy.
- **Delayed Motor Development:** Delays in reaching physical milestones such as rolling over, sitting unassisted, crawling, and walking.
- **Irritability and Restlessness:** Chronic bone tenderness and muscle aches make infants fussy and uncomfortable when handled.
- **Delayed Dentition:** Late eruption of baby teeth, accompanied by weak or defective dental enamel prone to early cavities.

2. Progressive Skeletal Changes

- **Craniotabes:** Softening of the cranial bones, where pressing gently on the infant's skull feels springy, like a ping-pong ball, alongside delayed closure of the soft spot (fontanelle).
- **The "Rachitic Rosary":** Noticeable, bead-like swelling at the costochondral junctions where the ribs meet the breastbone cartilage.
- **Widened Wrists and Ankles:** Distinct swelling and thickening at the

ends of the long bones, especially noticeable around the wrists and ankles.

- **Deformed Extremities:** Once a toddler begins standing and walking, the soft leg bones bend under body weight, resulting in pronounced bowlegs (*genu varum*) or knock-knees (*genu valgum*).
- **Thoracic and Spinal Curvature:** Advanced cases can lead to a protruding pigeon chest (*pectus carinatum*) or curvature of the spine.

The Namibian Paradox: Sun Exposure vs. Nutritional Reality

Why do children in sun-drenched Namibia still develop rickets? Medical experts point

Advertisements

Kings Highway
TOW-IN

- ✓ Towing
- ✓ Accident assistance
- ✓ Vehicle Recovery
- ✓ Roadside assistance
- ✓ Vehicle transport
- ✓ Truck breakdown assistance

081-826-4886



Emergency Call: 9 1 1 2

to several intersecting environmental and cultural factors:

- **The Melanin Factor:** Melanin is a natural sunscreen. While it protects dark skin against intense ultraviolet radiation and burns, it also slows down Vitamin D synthesis. A child with deeply pigmented skin requires up to three to six times more sun exposure than a light-skinned child to produce the exact same amount of Vitamin D.
- **Protective Shading in Desert Climates:** Because Namibian daytime temperatures often exceed 35°C, caregivers naturally protect

babies by keeping them indoors, heavily swaddled in blankets, or seated under deep shade, unintentionally blocking essential UV-B exposure.

- **The Post-Weaning "Porridge Trap":** In many rural and peri-urban communities, infants transition directly from exclusive breastfeeding to unfortified cereal porridges made from maize meal or pearl millet (*mahangu*). While filling, these unsupplemented grains contain virtually no calcium and are high in phytates—compounds that actively bind to calcium in the gut and prevent its absorption. Without dairy, fish, or fortified foods, diet-induced calcium rickets develops even in children who receive daily sunshine.

Advertisement

ATA OSH-Med International
Your Future in Healthcare

MEDICAL CARE FOR YOU

here & everywhere

www.osh-med.pro/medical-services
+264 61 302 931 ata@osh-med.pro

Prevention and Treatment: Building Resilience Early

Rickets is completely preventable and, when caught early, largely reversible with targeted clinical and dietary care:

- **Routine Infant Vitamin D Drops:** International paediatric standards recommend daily Vitamin D supplementation (typically 400 IU per day) for all infants from the first weeks of life throughout their first year, regardless of feeding method.
- **Safe, Measured Sun Exposure:** Exposing an infant's arms and legs to gentle morning sunlight (before 09:00, avoiding harsh midday rays) for 15 to 30 minutes several times a week helps boost natural cutaneous synthesis safely.
- **Calcium-Rich Weaning Diets:** Complement traditional staple porridges with calcium-dense local foods, such as milk, maas (sour milk), crushed dried fish, eggs, and fortified baby flours once solid foods



Emergency Call: 9 1 1 2

are introduced at six months.

- **Maternal Wellness During Pregnancy:** Expectant mothers must receive adequate nutrition and antenatal vitamins; an infant's Vitamin D stores at birth depend entirely on the mother's nutritional status.

Community Health and Clinical Care

Preventing developmental disorders like rickets begins with strong primary healthcare and accessible community screening.

- Conducting routine paediatric and maternal health screenings to detect early signs of nutritional deficiencies and growth stunting.
- Delivering structured community education on balanced weaning, micronutrient fortification, and infant care.

Emergency Protocol: Recognising Hypocalcemic Crises

While rickets primarily damages bone over time, a severe, sudden drop in blood calcium (hypocalcemia) triggers acute neurological emergencies in infants.

When calcium levels fall dangerously low, a child may develop **tetany**—characterised by muscle twitching, involuntary carpedal spasms (cramping of hands and feet), vocal cord spasms causing a high-pitched crowing sound (stridor), or full-blown epileptic-like seizures.

Hypocalcemic seizures and respiratory spasms are acute, life-threatening medical

crises requiring immediate emergency intervention and intravenous calcium administration.

In any acute paediatric seizure, breathing distress, or severe physical collapse:

- **Call the E.M.A. Emergency Number immediately at 9112.**

Advertisement

OSH-Med
international

**INDUSTRIAL
FIRE
FIGHTING
TRAINING**

- ★ Basic Industrial Fire Fighting
- ★ Industrial Fire Fighting
- ★ Evacuation Planning
- ★ and more

Windhoek • Ongwediva • Walvis Bay
www.osh-med.pro



Emergency Call: 9 1 1 2

Advertisement



WEST CARE TRAVELING NURSES



We offer services such as traveling nurses and occupational health practitioners.

We travel to the lodge and perform tests for foodhandlers certificates.

Get in-touch today for a free quote and more information.

WFC WESTCARE CC
PO Box 97486 Maerua Mall



frontoffice@westcarenam.com



061 238 203
061 228 203



C/o Sam Nujoma Drive and
Beethoven street, Windhoek West



www.westcarenam.com



West Care Medical Centre



@westcaremedicalcentre



Emergency Call: 9 1 1 2

Health & Safety - Fire Prevention Week Sets Sights on Lithium-Ion and Battery Charging Hazards

However, this energy density carries an often-underestimated risk—**battery charging hazards** have emerged as one of the fastest-growing causes of catastrophic industrial and residential fires globally.

From heavy industrial mining plants in the Namib Desert to busy logistics depots in Walvis Bay, modern corporate offices in Windhoek, and solar-powered agricultural estates across the northern regions, batteries power modern productivity. The rapid proliferation of rechargeable lithium-ion technology has revolutionised daily operations, driving everything from handheld cordless power tools and warehouse forklifts to enterprise solar-inverter banks, laptops, and mobile communication grids.

Lithium-ion batteries store immense amounts of electrical energy in compact enclosures. When subjected to physical impact, improper charging voltages, manufacturing defects, or high ambient temperatures, they can experience rapid internal short-circuits. In Namibia's uniquely demanding operating climate, understanding how to handle, charge, and store batteries safely is essential to protecting physical infrastructure and human life.



Emergency Call: 9 1 1 2

Anatomy of a Battery Blaze: Understanding Thermal Runaway

Unlike conventional fires fuelled by wood, paper, or standard textiles, a battery fire is fundamentally a self-sustaining chemical reaction known as **thermal runaway**.

Thermal runaway occurs when an internal failure generates heat faster than the battery can dissipate it into the surrounding air:

- **The Chain Reaction:** Elevated temperatures cause internal cell membranes to disintegrate, releasing combustible electrolytes. This generates further internal heat, creating an accelerating, unstoppable chemical loop.
- **Violent Venting and Explosions:** As pressure builds inside the battery casing, it ruptures violently, shooting out jets of intense, blowtorch-like flames and molten metallic debris.
- **Toxic Gas Discharge:** Burning lithium-ion cells discharge dense clouds of hazardous gases—including hydrogen fluoride, carbon monoxide, and hydrogen cyanide—which can overcome workers or building occupants within breaths.
- **Re-ignition Hazard:** Lithium-ion batteries produce their own oxygen as internal compounds break down, meaning they can reignite hours or even days after initial suppression if cells remain thermally unstable.

High-Risk Charging Scenarios in the Namibian Operating Context

Certain operational and environmental factors across Namibia significantly increase the likelihood of battery charging failures:

- **Extreme Ambient Temperatures:** In central, northern, and desert regions of Namibia, workshop temperatures regularly exceed 35°C to 40°C during warmer months. Charging high-draw batteries in direct sunlight, hot metal containers, or poorly ventilated plant rooms limits heat dissipation, pushing cells beyond safe operating thresholds.
- **Widespread Solar Inverter and Backup Battery Banks:** With

Advertisement

OSH-Med
international

OCCUPATIONAL
**SAFETY
& HEALTH
TRAINING**

- ◆ OSH Officer
- ◆ OSH Supervisor
- ◆ OSH Representative
- ◆ and more

Windhoek • Ongwediva • Walvis Bay
www.osh-med.pro



Emergency Call: 9 1 1 2



PUSH-TO-TALK OVER CELLULAR RADIOS (POC)

FEATURES:

- GPS/Location Tracking
- Unlimited Range (Globally)*
- Voice Recording
- Lone Worker
- Web Dispatch Application
- 2-Way Voice
- Geo-Fence
- Panic/SOS Button
- Group Calls
- iOS/Android App

NO INFRASTRUCTURE REQUIRED

*Dependent on cellular network coverage

CALL FOR DEMO

**GPS
TRACKING**

**UNLIMITED
COVERAGE**

**EMERGENCY
DISPATCH**

15 Liszt Street, Windhoek

+264 61 237 533/4

www.teltech.com.na

businesses, lodges, and farms relying heavily on off-grid photovoltaic (PV) setups and battery energy storage systems (BESS), large banks of lithium iron phosphate (LiFePO₄) or lithium-ion cells are common. Storing and charging these systems without dedicated temperature controls, certified battery management systems (BMS), or adequate fire separation poses substantial structural fire risks.

- **Mismatched or Unregulated Aftermarket Chargers:** Sourcing cheap, non-original replacement chargers or modified power supplies from informal markets is common practice when original chargers fail. Chargers lacking built-in overcharge protection or correct voltage regulation will pump excessive current into battery packs, rapidly triggering thermal runaway.
- **Charging in High-Risk Escape Paths:** Charging portable tools, two-

way radios, and personal devices in shared corridors, near emergency exits, or on flammable surfaces (such as wooden benches, cardboard boxes, or bedding) ensures that a sudden battery fire immediately blocks primary evacuation routes.

- **Mechanical Abuse on Job sites:** In construction and mining, power tool batteries are routinely dropped, knocked off scaffolding, or exposed to heavy vibration. Internal separators can be fractured while the exterior casing appears intact, turning a damaged battery into a volatile hazard the moment it is plugged into a charger.

Best-Practice Protocols: Safe Charging and Storage

Eliminating battery fire risks requires enforcing strict operational discipline across commercial workshops, construction sites,



Emergency Call: 9 1 1 2

and homes:

1. **Use Manufacturer-Certified Chargers Only:** Always pair batteries with original equipment manufacturer (OEM) chargers and cables designed specifically for that battery model. Never use makeshift wiring or unverified universal chargers.
2. **Charge on Non-Combustible Surfaces:** Establish designated charging stations positioned on concrete, metal, or fire-rated surfaces away from combustible chemicals, timber, and packaging materials.
3. **Keep Escape Corridors Clear:** Never charge batteries in stairwells, doorways, primary hallways, or designated emergency egress routes. A battery fire produces blinding toxic smoke within seconds.
4. **Avoid Unsupervised and Over-Charging:** Disconnect battery packs

once they reach full charge. Avoid leaving large tool packs or high-output equipment charging unattended overnight unless equipped with verified automatic thermal cutoff circuitry.

5. **Recognise the Warning Signals:** Immediately isolate and stop using any battery that exhibits swelling or bulging, unusually high surface temperatures while charging, discolouration, whistling/popping noises, or a distinctive pungent, sweet chemical odour.

Upgrading Fire Risk Management with OSH-Med International

Preventing electrical and chemical fires demands robust technical audits, functional

Advertisements

9112

EVERY 1ST AND 15TH OF THE MONTH

youtube.com/@bokehstudiosnam



Emergency Call: 9 1 1 2

early-warning systems, and accredited workforce training.

As the proud **Platinum Supporter of the E.M.A. non-profit organisation, OSH-Med International** (www.osh-med.pro) assists Namibian enterprises in developing end-to-end fire safety management systems:

- **Approved Inspection Authority:** Registered with the Ministry of Labour to conduct comprehensive legal compliance audits, hazardous installation assessments, and workplace fire risk profiles—ensuring battery storage bays, workshop charging benches, and solar installations comply with statutory standards.
- **Accredited Firefighting & First Aid Training:** Equipping designated fire marshals and safety teams with practical, accredited Basic and Advanced Firefighting certifications, as well as First Aid (Levels 1–3) to manage burn trauma and toxic smoke inhalation. Training is hosted at dedicated academies in **Windhoek, Walvis Bay, and Ongwediva**, or conducted directly at client premises nationwide.
- **Turnkey HSE & Emergency Staffing:** Through **ATA | OSH-Med International**, industrial operators can deploy qualified Safety Officers and on-site occupational health staff to monitor hazardous operations, enforce charging protocols, and maintain pre-incident emergency plans.

Responding to Battery Emergencies

When a battery pack enters thermal runaway, standard domestic fire extinguishers (such as basic dry chemical powder) are often insufficient to cool the internal core of the cells. Workers must prioritise immediate evacuation and isolate the area from a safe distance while breathing apparatus-equipped emergency personnel handle suppression.

If a battery begins smoking, catches fire, or causes burns and smoke inhalation:

- **Evacuate the area immediately and ensure all personnel are accounted for.**
- **Call your local Fire Brigade**



Fun Time - *Joke of the week*



Why don't eggs tell jokes?

They might crack up

Advertisement



Your Future in Healthcare.

**We offer the
Healthcare Turnkey Solution
for you**

- ☒ Medical onsite staffing & clinics
(Paramedics, Nurses, Doctors)
- ☒ Medical project advisory
(Building clinics, hospitals, mobile units)
- ☒ TeleMed Health Centre
(Telemedicine available across Africa)
- ☒ Emergency & Rescue Projects
(Training, equipment, staffing)
- ☒ Ambulance, Medical Vehicle, Fire &
Rescue Vehicle conversion

Service Hotline: 061 302 931

Email: ata@osh-med.pro



Emergency Call: 9 1 1 2

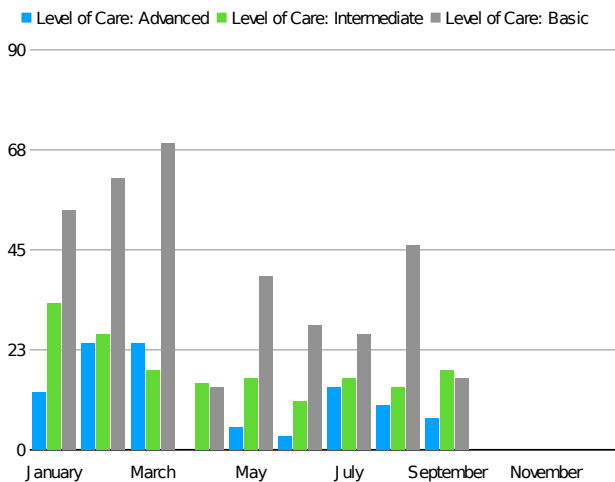
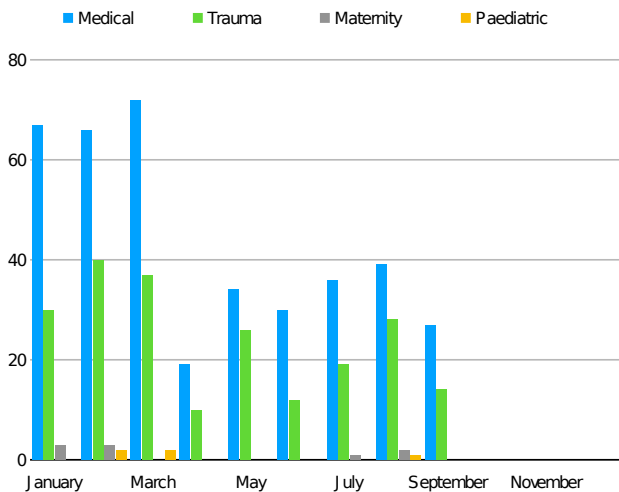
E.M.A. Emergency Statistics

updated 24.9.2026

In 2026

E.M.A. assisted the public with
Emergencies in the value of
NAD 1,087,000.00
up till now

	Medical	Trauma	Maternity	Paediatric	Level of Care: Advanced	Level of Care: Intermediate	Level of Care: Basic
January	67	30	3	0	13	33	54
February	66	40	3	2	24	26	61
March	72	37	0	2	24	18	69
April	19	10	0	0	0	15	14
May	34	26	0	0	5	16	39
June	30	12	0	0	3	11	28
July	36	19	1	0	14	16	26
August	39	28	2	1	10	14	46
September	27	14	0	0	7	18	16
October	0	0	0	0	0	0	0
November	0	0	0	0	0	0	0
December	0	0	0	0	0	0	0
Total per annum	390	216	9	5	100	167	353
Total	620				620		



You can assist E.M.A. to help others by becoming a supporting member
more information on www.ema-organisation.pro



Emergency Call: 9 1 1 2

E.M.A. nonprofit organisation say THANK YOU to our supporters:

Platinum Supporter



www.osh-med.pro



www.westcarenam.com



www.metjeziegler.org



Your Future in Healthcare.

www.osh-med.pro/medical-services

Gold Supporter



Silver Supporter



Bronze Supporter



Become a supporter

It is easy to become a supporter as private person or as company.
Apply with us to become a supporting member that we can fulfil our objectives.

Contact us:

Email: ema-organisation@osh-med.pro

Website: www.ema-organisation.pro

Telephone: +264 (0) 61 302 931



Emergency Call: 9 1 1 2



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
085 - 9112

OSH-Med International and Emergency & Medical Assistance Service Hotline: 061 – 302 931



Emergency Call: 9 1 1 2