

OSHMed Magazine

Occupational Safety & Health and Medical

by



MAHINDRA SCORPIO N FOR TOUGH REMOTE OUTREACH

DEMYSTIFYING THE HOSPITAL • HEALTH & SAFETY: BEYOND THE GLOVE BOX • FUN TIME - JOKE OF THE WEEK •
E.M.A. WEEKLY EMERGENCY STATISTICS

Platinum Supporter:



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

Mahindra Scorpio N for Tough Remote Outreach

WINDHOEK – In the world of emergency medical services, reaching a patient is often a race against time. In Namibia, that race is frequently complicated by some of the most unforgiving geography on earth. From corrugated gravel tracks in the interior highlands to deep sand riverbeds and shifting desert dunes, the "Golden Hour" of medical care hinges entirely on a team's ability to safely navigate the landscape.



To bridge this critical gap, ATA | OSH-Med international gives the platform for E.M.A. Rescue to officially integrated a formidable new asset into its emergency fleet: the **Mahindra Scorpio N** rapid response vehicle. This new acquisition was recently highlighted by **Motor Media Namibia** on their social media platforms, showcasing how the specialised vehicle is stepping up to assist E.M.A. personnel in executing heavy-duty patient outreach in previously inaccessible areas. The full feature on this vehicle's tactical deployment can be viewed

directly via the [Motor Media Namibia Video Release](#).

Engineering for Real Adventure: Why the Scorpio N Fits the Mission

An emergency vehicle in Namibia cannot rely on standard consumer automotive design. It demands extreme rigidity, smart traction, and uncompromising mechanical reliability. Built on a robust third-generation body-on-frame platform, the Scorpio N provides the exact class-leading structural stiffness required to absorb the punishing impacts of washboard gravel roads and rocky mountain tracks without compromising cabin safety or vehicle integrity.

Advertisement



SAF MED
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

**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



At the heart of E.M.A.'s new response car is the legendary **mHawk 2.2-litre turbo diesel engine**, delivering a powerful **128.6 kW to 130 kW** of output and a crushing **400 Nm of torque** at low RPMs. This low-end torque is crucial for emergency responders who must steadily haul heavy medical gear, extrication tools, and trauma kits up steep inclines or through thick sand without bogging down or overheating the engine.

Unstoppable Capabilities: The 4XPLORE Intelligent Terrain System

When responding to an emergency call in remote settlements or deep within mining exploration zones, road conditions change in a heartbeat. The standout feature enabling E.M.A. to handle these transitions seamlessly is Mahindra's **4XPLORE intelligent 4x4 management system**.

With an electronic shift-on-the-fly four-wheel-drive system, the driver can transform the vehicle instantly from an efficient highway cruiser into an off-road powerhouse. The system offers tailored

terrain modes designed to conquer specific obstacles:

- **Sand Mode:** Automatically adjusts throttle and torque delivery while dialing back traction control constraints, keeping the vehicle moving consistently through deep Namibian sand dunes and soft riverbeds without losing momentum.
- **Mud & Ruts Mode:** Optimizes wheel-slip management to pull the vehicle through slick, rain-soaked black cotton soils or heavy mud tracks during the flash-flood seasons.
- **Brake-Locking Differential:** If a wheel lifts off the ground while crossing deep ruts or rocky washouts, the mechanical and electronic differentials redirect power instantly to the wheels with traction, ensuring continuous forward progress.



A Shield of Safety for First Responders

A response car must not only protect the patient but also guarantee the safety of the crew pushing it to its limits. The Scorpio N brings a world-class safety suite to the E.M.A. fleet, backed by a **5-Star Global NCAP safety rating**.



When driving at high speeds under emergency conditions, the vehicle utilises an integrated Electronic Stability Control (ESC) suite, featuring advanced sub-systems such as **Roll Over Mitigation, Traction Control, and Hill Descent Control**. This ensures maximum stability during sudden evasive maneuvers on loose dirt surfaces. Furthermore, the vehicle's elevated "command seating" position drastically improves forward visibility, allowing drivers to spot hazards, stray livestock, or sudden washouts far earlier than in conventional sedans.

By adding the Mahindra Scorpio N to its frontline operations, E.M.A. Rescue reinforces its commitment to rural and deep-field patient outreach. No matter how remote the emergency, or how hostile the terrain, E.M.A. now has the wheels, the

power, and the technology to answer the call.

When every second counts, and the road ends, look out for the E.M.A. Mahindra Scorpio N. In any emergency across Namibia, dial 9112.

To see how this vehicle handles the extreme demands of the wilderness, you can check out this [Namibia Off-Road Expedition with the Mahindra Scorpio N](#), which showcases its capabilities in traversing real-world Namibian terrain similar to the remote environments E.M.A. Rescue operates in.

Photos by Francois Lottering, Motor Media Namibia

Advertisement

An advertisement for OSH-Med international First Aid Training. The background shows a person in a red first aid kit. The text 'OSH-Med international' is at the top left, with 'SERVICE • TRAINING • EXCELLENCE' below it. The main title 'FIRST AID TRAINING' is in large white letters. Below it, a list of courses is shown with diamond icons: 'First Aid - Level A', 'First Aid - LSM', 'Specialised First Aid', and 'and more'. At the bottom, the locations 'Windhoek • Ongwediva • Walvis Bay' and the website 'www.osh-med.pro' are listed.

OSH-Med
international
SERVICE • TRAINING • EXCELLENCE

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



Kings Highway

TOW-IN



Towing



**Vehicle
Recovery**



**Vehicle
transport**



Accident assistance



**Roadside
assistance**



**Truck
breakdown
assistance**



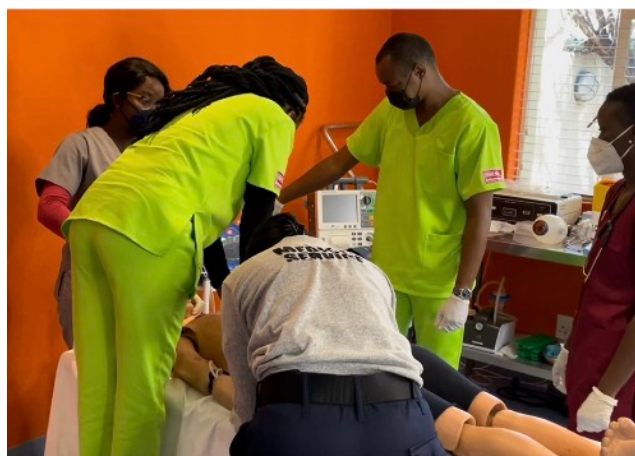
081-826-4886



Emergency Call: 9 1 1 2

Demystifying the Hospital: Overcoming Medical Anxiety

Stepping through the front doors of a major clinical centre can trigger a profound sense of vulnerability. The bright fluorescent lighting, long sterile corridors, unfamiliar smell of disinfectants, and constant hum of complex medical technology easily make patients feel powerless. This emotional response—often clinically referred to as nosocomophobia, or hospital anxiety—is incredibly common. Data indicates that roughly one in four individuals experiences significant dread regarding a hospital admission or an upcoming surgical procedure.



In Namibia, this anxiety is frequently intensified by unique logistical and cultural factors. For many patients living in rural communities or remote mining and agricultural districts, a hospital stay means traveling vast distances to centralised facilities in Windhoek or regional hubs.

Being cut off from familiar surroundings, navigating complex medical jargon, and worrying about family back home adds an immense layer of psychological stress to an already intimidating situation.

Recognising that emotional well-being directly dictates physiological recovery, understanding how to manage this fear is a critical component of modern patient-centred health care.

The Root Causes of Hospital Dread

Psychological evaluations show that medical anxiety is rarely irrational. Instead, it is typically fed by a few distinct triggers:

- **The Fear of the Unknown:** Facing unfamiliar hospital routines and complex medical terminology that feels impossible to decode.
- **Negative Past Experiences:** More than half of those suffering from hospital anxiety point to a previous traumatic medical event or a poorly managed recovery.
- **The "Rumor Mill":** A significant portion of patients develop anxiety based entirely on negative stories they have heard from others—such as the widespread, false belief that modern hospitals will not provide adequate pain management.
- **Internal Indecision:** Patients who enter the hospital still internally debating whether they should actually undergo a procedure experience much higher anxiety levels than those who have fully committed to the treatment plan.



Fortunately, open communication and proactive mental preparation have been proven to directly improve surgical outcomes. When a patient feels informed and emotionally supported, their physiological metrics reflect it: data shows that calm, confident patients experience lower heart rates, lower blood pressure, and smoother anaesthesia induction during surgery.

Four Proven Strategies to Combat Hospital Anxiety

Medical experts recommend four practical strategies to dismantle hospital-related fear and reclaim control over your clinical journey:

1. Speak the Anxiety by Name

The single most effective tool against medical fear is transparent communication. Do not hide your nervousness from the

clinical staff. Explicitly tell your pre-op nurse, anaesthetist, or doctor during admission that you are feeling anxious. When medical personnel are aware of your fears, they can alter their approach, explain their movements in real-time, and take extra steps to ensure your comfort.

2. Demystify the Unknown

Anxiety thrives in a vacuum of information. Combat this by gathering clear, accurate details about your upcoming treatment. Write down a list of questions before your consultation and ask your doctor to explain the procedure in plain language. Never hesitate to speak up out of fear of wasting the practitioner's time; clarifying your care pathway is a foundational part of a doctor's professional duty.

3. Lean on Your Social Support System

Namibian culture thrives on community, and this collective strength is highly therapeutic

Advertisements

9112

EVERY 1ST AND 15TH OF THE MONTH

youtube.com/@bokehstudiosnam



Emergency Call: 9 1 1 2

in a medical crisis. Bring a trusted family member, close friend, or partner along to your pre-operative appointments and admissions. Having a familiar face by your side during the waiting periods provides critical emotional anchoring. Additionally, a support person can actively listen to the doctor's instructions, ensuring important recovery details are not forgotten due to stress.

4. Practice Mindful Relaxation Techniques

Long before your scheduled admission date, test different relaxation methods to see what effectively lowers your stress levels. Deep diaphragmatic breathing exercises, mindfulness meditation, or simply creating a playlist of your favorite soothing music can drastically lower cortisol levels. Bringing noise-canceling headphones to block out the sterile noises of the ward can create an immediate sense of personal privacy and calm.

How E.M.A. Rescue Eases the Transition

The journey to the hospital begins long before you reach the ward doors; for emergency cases, it starts in the back of an ambulance. The pre-hospital environment is where the foundation of trust is laid.

The advanced emergency medical crews of E.M.A. Rescue are specifically trained to handle the psychological component of trauma and acute illness. By delivering calm, expert, and transparent care at the scene, E.M.A. paramedics work to de-escalate fear right from the start. They explain every intervention clearly, offer a reassuring presence, and smoothly hand

over care to hospital teams, transforming a chaotic medical emergency into a controlled, highly managed continuum of safety.

By actively shifting our mindset, seeking out clear information, and relying on professional support networks, we can strip hospitals of their intimidation factor and focus entirely on healing.

Your health journey deserves a foundation of trust, clarity, and safety. For reliable, expert medical response anywhere in Namibia, dial 9112.

Advertisement


Your Future in Healthcare.

**MEDICAL
CARE
FOR YOU**

**here &
everywhere**

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



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

FACE

Are their face swollen on one side? (Can 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**

Health & Safety - Beyond the Glove Box: Why Hand Safety Remains a Stubborn Workplace Challenge

Our hands are the ultimate universal tools, serving as the critical bridge between professional expertise and mechanical execution across all sectors of the Namibian economy. Whether it is a technician securing drilling machinery in the Erongo region, an agricultural worker managing processing equipment, or a welder completing heavy fabrication in Windhoek, hands are constantly in motion. Yet, despite decades of safety regulations and massive global investments in Personal Protective Equipment (PPE), hand and wrist injuries remain an incredibly stubborn operational challenge.

According to safety frameworks published in *Occupational Health & Safety* magazine by safety expert Ray Prest, treating hand safety as a mere matter of "wearing gloves" overlooks the complex human factors that drive workplace accidents. For industrial safety leaders, overcoming this challenge requires looking past physical gear and addressing the habits, compliance flaws, and psychological shortcuts that put workers at risk.

The True Cost of Hand Injuries

The data surrounding hand injuries reveals a massive impact on both operational

productivity and long-term quality of life. Safety professionals must consider these critical realities:

- Hands are the second most commonly injured body part across global industries, and when injuries to the wrists are included in the data, they move into first place.
- Approximately one in every hundred people will experience a hand injury over the course of a single year, split between incidents at work and at home.
- The medical repercussions are frequently permanent; clinical research reveals that 58.5 percent of hand injuries requiring an emergency department visit result in residual functional impairment.

Advertisement

OSH-Med
international
SERVICE • TRAINING • EXCELLENCE

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

For a Namibian worker, a lifelong hand impairment is a direct threat to their livelihood, their physical capability, and their ability to provide for their family.



The Glove Misconception: Why PPE Alone Fails

Many industrial operations in Namibia operate under the false assumption that distributing safety gloves completely solves the hand hazard problem. The reality is far more complex. A telling industry survey reported that 83 percent of safety professionals observed hand injuries occurring in their workplaces *despite* employees being actively provided with safety gloves.

Hand injuries are rarely caused by a total absence of equipment. Instead, they are the result of split-second human errors, such as

a worker removing their PPE for just a moment to perform a precise adjustment, or momentarily placing an unprotected hand in a mechanical line of fire.

The Core Driver: Human Factors

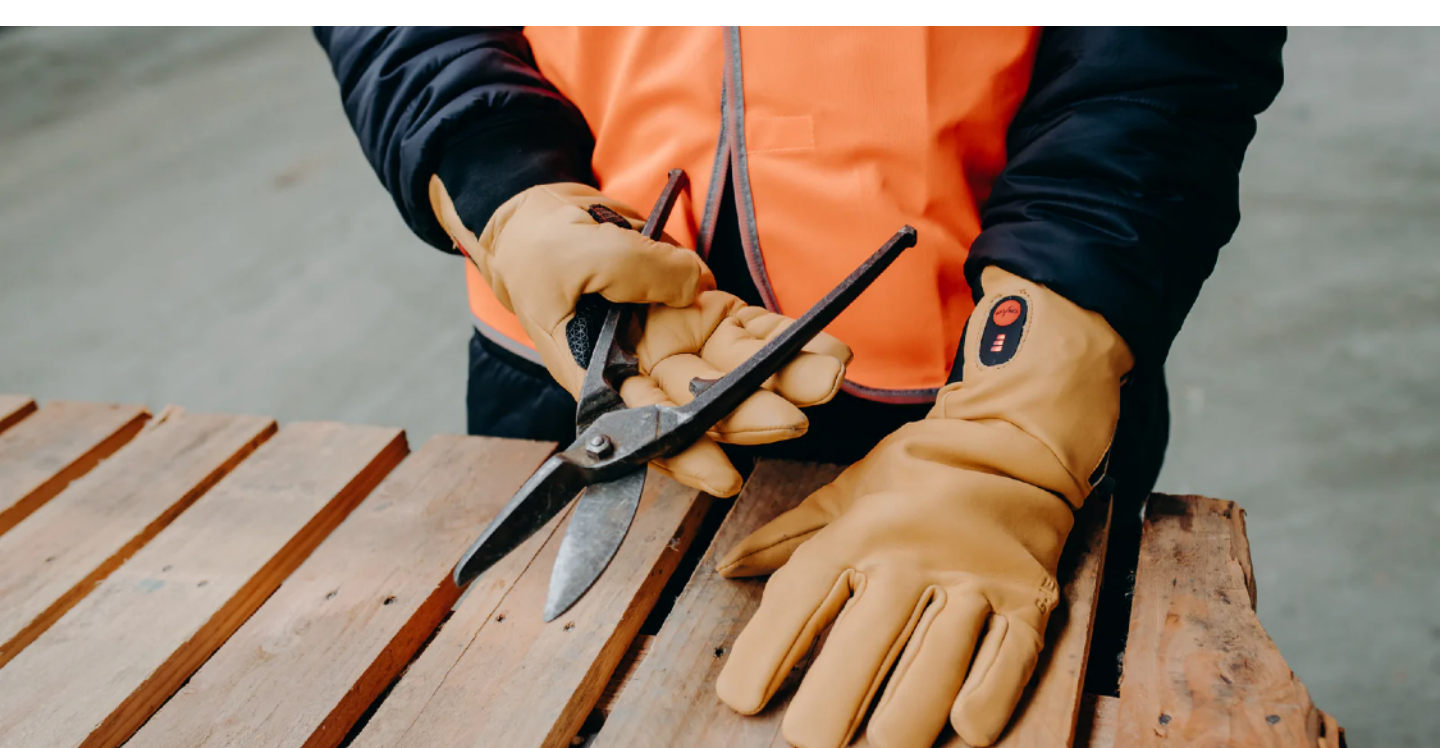
To effectively combat these incidents, supervisors must understand the human factors that compromise hand safety on a daily basis:

- **Complacency:** When a task becomes highly repetitive—such as operating a sorting line or handling heavy components—workers can develop a false sense of security, leading them to believe they can bypass their gloves safely for a quick task.
- **Rushing:** Under tight production deadlines or shifting project timelines, employees often feel pressure to move fast, making it seem like a waste of time to walk back to a locker or truck to fetch the correct pair of specialised gloves.
- **Fatigue and Distraction:** A tired or distracted mind lacks situational awareness. This makes it incredibly easy to inadvertently slip a hand into a machinery pinch point, misjudge a cutting tool, or drop a heavy object onto unprotected fingers.

Shifting from Penalties to Scientific Curiosity

Traditional safety management focuses heavily on strict policing, reprimanding workers the second they are caught bare-





handed. However, a far more effective approach encourages supervisors to adopt a researcher's curiosity and a scientific mindset.

Instead of jumping straight to disciplinary action, a safety leader should engage the worker to understand *why* the glove was removed or *why* the hand entered the line of

fire. Did the glove lack the necessary tactile precision for a specific adjustment? Was the correct PPE stored too far away from the active work zone? This dialogue builds trust, fosters an open safety climate, and helps management diagnose systemic workflow flaws before they result in an emergency.

Advertisement



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



Extending Safety Beyond the Front Gate

A major blind spot in corporate safety programs is the boundary of the job site. Workers are often significantly less mindful of injury risks when they are off the clock. At home, there are no supervisors looking over their shoulders, no regulatory guidelines, and no company-enforced safety protocols.

Lapses due to fatigue and distraction are even more prevalent in residential environments. By cultivating deep-seated, instinctive hand safety habits at work, employers can provide their workforce with a personal risk awareness that carries over to their personal lives, keeping them safe on and off the job.

Ultimately, hand safety cannot be solved with a simple box of gloves. It requires robust human factors training, an empathetic safety culture, and a healthy dose of habit-building so that wearing the correct protection becomes completely second nature.

In the event that an industrial accident or mechanical pinch-point failure occurs on

your site, rapid medical intervention is vital to prevent permanent functional loss.

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



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
- 📍 Avas Valley Shopping Mall, Upper
Ground 80, Opposite Safariden.



Emergency Call: 9 1 1 2

Fun Time - Joke of the week



What kind of room doesn't
have windows or a door?

A mushroom.

Advertisement



**ATA OSH-Med
International**

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

Would you like to advertise in our Health Magazine?

We offer an ideal advertisement platform with over 8,200 receivers of this magazine.

The OSHMed Health Magazine reports every Thursday about health and safety information as well as information about the nonprofit organisation E.M.A.
If you would like to advertise, please contact us for more information.

Email: healthmagazine@osh-med.pro
Telephone: 061 302 931 and ask for Fabian

Your advertisement will assist our nonprofit organisation to help patients in need.

To all supporters and future supporters we say
THANK YOU!



Advertisement

OUR SERVICES:

RESIDENTIAL SECURITY
CCTV MONITORING
COMMERCIAL SECURITY
CONSTRUCTION SECURITY
EVENT MANAGEMENT & SECURITY
VEHICLE TRACKING & RECOVERY
SECURITY & SAFETY AUDITS
NEIGHBOURHOOD WATCH
STREET PATROLS

**TRUSTED
SECURITY GUARDS**

Emergency Number:
0855454545

Office: 085 544 4444
Email: info@sec-med.com.na

In Windhoek West for Windhoek West

EMERGENCY NUMBERS

Sec-Med Security Emergency	085 545 4545
CERT (First Responder Medical & Rescue)	085 544 4444
EMA Rescue Services (Ambulance Service)	9112
MVA Fund Emergency Services	9682
Fire Brigade	211 111
City Police	302 302
Windhoek Police Station (NAMPOL)	209 4204
Water Leaks	290 3777
Electricity Power Failures	290 3777
SPCA Emergency	081 124 4520
WHK Animal Hospital:	081 124 9052

info@sec-med.com.na | 085 544 4444



Emergency Call: 9 1 1 2

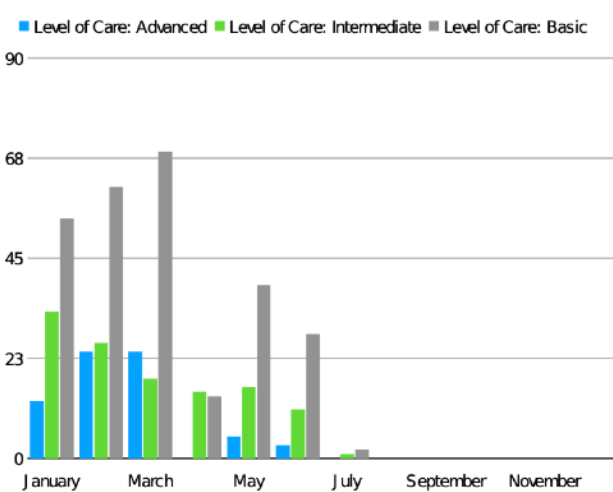
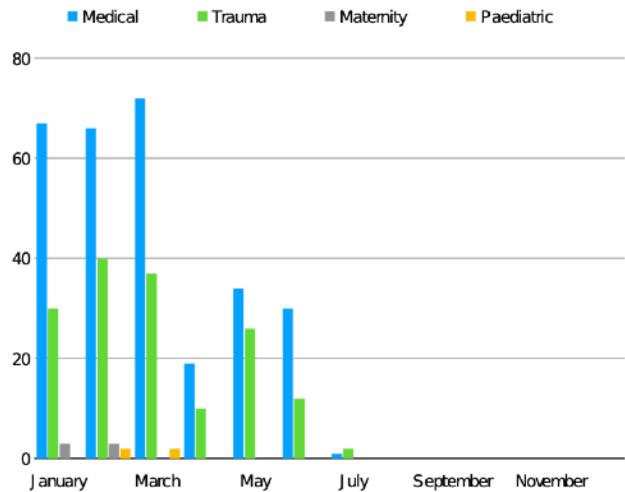
E.M.A. Emergency Statistics

updated 2.7.2026

In 2026

E.M.A. assisted the public with
Emergencies in the value of
NAD 783,000.00
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	1	2	0	0	0	1	2
August	0	0	0	0	0	0	0
September	0	0	0	0	0	0	0
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	289	157	6	4	69	120	267
Total	456				456		



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