

OSHMed Magazine

Occupational Safety & Health and Medical

by



SOCCER

HOW YOU CAN PREVENT INJURIES

SPORTS BETTING • HEALTH & SAFETY: RIGHT LADDER FOR THE JOB • FUN TIME - JOKE OF THE WEEK • E.M.A. WEEKLY EMERGENCY STATISTICS

Platinum Supporter:  **WEST CARE**

OSH-Med international
SERVICE • TRAINING • EXCELLENCE



 **ATA OSH-Med International**
Your Future in Healthcare

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

FACE

Can their face droop on one side? (as they smile)

ARMS

Can they raise both arms & keep them up?

SPEECH

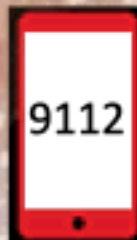
Is there a slurred speech?

TIME

Time to call 9112 if you are one of the three

You could lose
everything to **STROKE**

But you have nothing
to lose calling 9112



**STROKE
REACT
DON'T
REGRET.**



SOCCKER - how you can prevent injuries

WINDHOEK – With the World Cup electrifying screens across Namibia, football buzz is at an all-time high. From the dusty community pitches in Katutura and the coastal fields of Walvis Bay to the highly competitive corporate social leagues in Windhoek, everyone is lacing up their boots to emulate their favourite global stars.



But while football is an incredible way to boost cardiovascular health and foster teamwork, it also carries a significant downside. According to sports insurance data, football accounts for roughly one in three of all sports-related injuries. As health and safety officers, team managers, or weekend players, understanding these risks can mean the difference between hoisting a trophy and spending a month on crutches.

The Pitch Danger Zones

Football is an incredibly dynamic contact sport, requiring explosive acceleration, sharp cuts, and sudden deceleration. This

intense combination exposes the lower extremities to distinct injury hotspots:

- **The Hamstrings:** Strains or tears to the muscles at the back of the thigh are the single most common injury in the sport, usually occurring during full-effort sprints.
- **The Knees:** While muscle pulls are frequent, knee joint injuries—particularly an Anterior Cruciate Ligament (ACL) tear—cause the longest and most frustrating layout times.
- **The Ankles & Achilles Tendon:** Twisting an ankle or tearing the Achilles tendon typically happens when a player lands awkwardly from a header or catches their boots in uneven turf.

Advertisement

SAFMED PHARMACY
"Your health is in our hands".

FREE DELIVERY

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

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

Order your meds on WhatsApp for collection or delivery

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

Shop 3 Hidas Centre
Nelson Mandela Avenue, Klein Windhoek



Emergency Call: 9 1 1 2

- **The Groin:** Fast changes of direction place severe strain on the adductor muscles (inner thighs).

To mitigate this, teams should step away from outdated static stretching (holding a stretch while sitting still) and embrace a structured, 20-minute dynamic routine.

The Anatomy of the Women's Game

An essential insight for Health and Safety managers overseeing mixed or women's teams is that female players face a vastly different injury profile than men.

Sports medicine studies show that women are significantly more prone to serious ACL tears. This comes down to basic biomechanics: a wider pelvic structure creates a slight knock-knee (or X-leg) alignment. When a female player plants her foot firmly in the turf and twists her torso, it places much higher mechanical stress on the knee ligaments than it would for a male counterpart.

Furthermore, women generally possess less neck and upper-body muscle mass to absorb impacts, leading to higher concussion rates during aerial challenges. Hormonal shifts during the menstrual cycle also play a minor role, as fluctuations in oestrogen can temporarily increase joint and ligament laxity.

The 20-Minute Shield: Your Pre-Match Blueprint

With Namibia's winter weather bringing brisk morning and evening temperatures, running onto the pitch with cold, stiff muscles is an absolute recipe for disaster. Launching into a full-power shot or an immediate sprint without preparing your body makes a muscle tear almost inevitable.



A structured 20-minute dynamic warm-up shields muscles from severe tears.

Loose Jogging - 5 Minutes

Begin with a gentle run, first in a straight line, then adding light zig-zag patterns. This slowly elevates your heart rate and increases blood circulation to the limbs.

Dynamic Stretching - 4 Minutes

Keep moving. Use active motions like walking lunges, controlled front-and-side leg swings, and high-knee skips to activate and warm up the hamstrings and quadriceps.

Balance & Stability - 4 Minutes

Perform single-leg balance holds or shallow single-leg squats. For long-term prevention, introducing proprioceptive training (balancing on unstable surfaces or wobble boards) helps build the deep stabiliser muscles that protect the knee joints.



Game-Simulation Movements - 4 Minutes

Prepare the nervous system for match realities. Execute short acceleration bursts, quick side-shuffles, lateral running, sudden stops, and small vertical jumps.

Progressive Ball Work - 3 Minutes

Finish with the ball. Start with simple static passing, advance to passing while running, and conclude with a few shots on goal at a gradually increasing intensity.

Smarter Recovery and a Warning for Veterans


When players experience muscle soreness, there is a frequent temptation to pop over-the-counter anti-inflammatory medications like Ibuprofen to mask the pain and push through the next game. However, medical experts emphasise that while painkillers dull discomfort, they do not speed up actual healing. Football causes microscopic tears in the muscle fibres that require 2 to 3 days of recovery. What the body truly needs to repair itself is rest, plenty of fluids, and a clean intake of carbohydrates and proteins.

Finally, a critical note on cardiovascular health: while regular football keeps you fit, competitive matches pose an intense spike in heart strain. Sudden cardiac events, though rare, are tragic milestones often triggered when an individual with an undetected underlying heart condition undergoes extreme physical exhaustion.

This risk climbs temporarily for "weekend warriors"—individuals greater than 35 years of age who jump straight into high-intensity, competitive tournaments after months or years of inactivity. If your workplace is organising a World Cup corporate cup, ensure older or out-of-practice players undergo a basic medical clearance first. For those wanting to keep playing with dramatically lower cardiac and joint strain, "Walking Football" (where running is strictly prohibited) is an excellent, fast-growing alternative for senior sports enthusiasts.

Let's keep the World Cup spirit alive across our beautiful country, but let's make sure every player walks off the pitch healthy, safe, and under their own power!

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





YOUR HEALTH OUR PRIORITY

At Stirling Medical Centre, we provide holistic 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.



Sports betting, when they become an addiction

WINDHOEK – Walk into any shebeen, lounge, or office canteen in Windhoek, Walvis Bay, or Oshakati on a Saturday afternoon, and the energy is unmistakable. Namibians love sports. Whether it is backing the Brave Warriors, debating the English Premier League, or rallying around the World Cup, sports are woven into our social fabric.

But alongside this passion, a quieter, much more aggressive phenomenon has taken root across our country: the explosive rise of mobile sports betting. What used to require a physical trip to a specific betting shop is now sitting directly in the pockets of our workforce, accessible 24/7. For

occupational health and safety (H&S) professionals, this is no longer just a personal lifestyle choice—it has rapidly evolved into a psychological safety hazard that directly impacts workplace productivity, mental health, and physical safety.



The ease of smartphone apps has transformed sports betting from a weekend

Advertisemen

A promotional poster for the TV show '9112'. It features three main characters: a woman in a blue uniform on the left, a man in a red uniform in the center, and another woman in a blue uniform on the right. They are standing in front of two yellow ambulances with 'AMBULANCE' written on them. In the background, there are city lights and a South African flag. A yellow speech bubble in the top left corner says 'Season 2 coming Soon'. At the bottom, there are icons for YouTube, a play button, and the South African flag, followed by the text 'youtube.com/@bokehstudiosnam'. A large '9112' logo is in the bottom right, with the text 'EVERY 1ST AND 15TH OF THE MONTH' below it.

Season 2 coming
Soon

9112

EVERY 1ST AND 15TH OF THE MONTH

youtube.com/@bokehstudiosnam

Emergency Call: 9 1 1 2





hobby into a constant temptation.

The "Expert" Trap: The Illusion of Control

Psychologists who study behavioural addictions point out that sports betting possesses a unique psychological trap that sets it apart from traditional casino gambling like roulette or slot machines. It relies heavily on what is called the **illusion of control**.

When someone plays a slot machine, they know it is pure luck. But when a football fan places a bet on a match, they feel like an expert. They know the team's lineup, the coach's recent tactical failures, and the striker's injury status. This sports knowledge tricks the brain into believing the outcome is highly predictable.

In reality, no matter how much data you have, a red card in the fifth minute, a referee's controversial decision, or an unexpected hamstring tear throws all analysis out the window. The line between an "informed sports fan" and someone trapped in a compulsive gambling cycle is

Sports gambling addiction starts with occasional betting that becomes more frequent. The excitement and potential rewards drive obsession. After losses, players continue betting to recover.

razor-thin, often developing across distinct stages.

The Winning Phase - The Initial Rush

A worker places a casual N\$50 bet on a weekend match and wins. The brain receives a massive spike of dopamine—the feel-good chemical. They attribute the win to their superior sports knowledge, building dangerous overconfidence.

Chasing Losses - The Turning Point

Inevitably, predictable streaks end. To win back the lost money, the individual increases the size and frequency of their bets. Betting shifts from a fun sports enhancement to an stressful financial necessity.

The Preoccupation Phase - The Danger Zone

The individual is now betting on leagues they know nothing about, in the middle of the night or during working hours. Financial secrecy, borrowing money from colleagues, and severe mood swings based on match results become common.



Why This is an Occupational Health & Safety Issue

As safety managers, our traditional focus has always been on visible physical hazards —slippery floors, faulty scaffolding, or unserviced machinery. But psychological hazards can be just as devastating to an operation's safety record.

Sports betting addiction creates a perfect storm for two major workplace issues:

- **Presenteeism:** This occurs when an employee is physically at their station but mentally completely checked out. An individual who has rolled their entire month's rent into a live, mid-week match in Europe is not focusing on the forklift they are driving or the high-voltage panel they are wiring. Their eyes are constantly darting to their phone beneath the desk, waiting for a live score update.
- **Severe Sleep Deprivation:** Because sports betting markets operate globally across every timezone, addicted individuals often stay up until the early hours of the morning monitoring live games. Extreme fatigue drastically slows reaction times, mimicking the cognitive impairment of alcohol consumption.
- **The Erosion of Trust:** In severe cases, the desperate need to fund losses leads to workplace theft, fraud, or high-interest borrowing among coworkers, completely shattering team morale and psychological safety.

Taking Action: The Workplace Response

We cannot simply ban smartphones from the workplace; in the modern Namibian economy, digital connectivity is vital. Instead, organisations must treat gambling addiction with the same health-first approach used for substance abuse.

First, train supervisors to look for the warning signs: sudden, uncharacteristic drops in performance, frequent requests for salary advances, borrowing money from peers, or high anxiety during match days. Second, expand Employee Assistance Programs (EAPs) to include financial counselling and behavioural addiction support, ensuring workers know they can seek help confidentially without facing immediate termination.

Advertisement

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

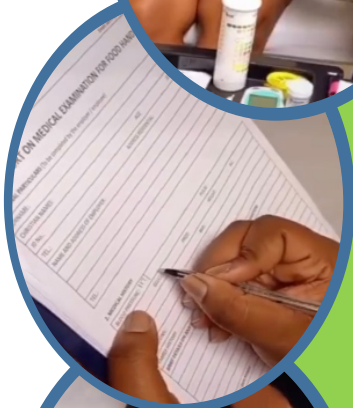


Emergency Call: 9 1 1 2

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



@westcaredmedicalcentre



Emergency Call: 9 1 1 2

Health & Safety - Right Ladder for the Job

Whether walking through a busy construction site in Windhoek, conducting maintenance at a uranium mine in the Erongo region, or setting up scaffolding in the port of Walvis Bay, one tool remains absolutely universal: the ladder. Because it is so commonplace, it is frequently treated with a casual lack of respect.

Yet, data from global occupational health and safety bodies indicates that falls from ladders remain one of the leading causes of severe workplace injuries and fatalities. Most of these incidents do not happen because of structural ladder failure, but rather because someone chose the wrong type of ladder for the job or used it incorrectly.

To ensure your workforce remains safe, safety officers and supervisors must treat ladder selection as a precise, multi-step risk assessment.

The 4-Step Selection Process

Choosing a ladder requires looking past whatever happens to be lying around the tool shed. Supervisors and team leaders should train their workers to evaluate their equipment using this systematic sequence before their feet ever leave the ground:

Select the Right Style - Step 1

Match the ladder design to the physical environment. If there is a solid wall or

structure to lean against, a standard extension ladder is appropriate. If working in an open area, an A-frame stepladder is required. For prolonged tasks where a worker needs both hands free for tools, a platform ladder with an integrated guardrail provides far superior stability and reduces fatigue.

Calculate the Working Height - Step 2

Never choose a ladder that forces a worker to stand on the very top rungs. For A-frame stepladders, the highest safe standing level is the second step down from the top cap.

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

For extension ladders, the ladder must extend at least 1 meter (or three rungs) past the roofline or support point if the worker is transitioning to an elevated surface.

Assess the Material Risks - Step 3

This step is highly environment-dependent. Aluminium ladders are incredibly lightweight and highly resistant to corrosion, making them excellent for typical coastal environments like Lüderitz. However, aluminium conducts electricity perfectly. If a worker is anywhere near overhead NamPower lines, electrical panels, or live wiring, fibreglass is mandatory because it is non-conductive.

Verify the Duty Rating - Step 4

Every industrial ladder features a duty rating—the maximum weight capacity it can safely support. Workers must remember that this calculation is not just their body weight. It

must include the combined weight of their heavy clothing, safety gear, and any tools, toolboxes, or materials they will be carrying up with them. Overloading causes structural buckling.

The Namibian Environment Factor

Operating in Namibia introduces specific climate challenges that safety officers must factor into their regular equipment inspections. Our exceptionally high UV (ultraviolet) index and intense solar radiation can take a heavy toll on equipment left outdoors or transported on the back of open bakkies (pickup trucks).

Over prolonged exposure, harsh sunlight can cause fibreglass ladders to undergo "fibreglass bloom"—a process where the protective outer resin degrades, exposing the underlying glass fibres. This not only causes painful skin irritation for the handler but significantly compromises the structural integrity of the ladder and reduces its

Advertisement



Teltech
Thompson's Electronics & Technology

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



Emergency Call: 9 1 1 2

electrical resistance.

Inspection Tip: If a fibreglass ladder looks faded, cracks when lightly flexed, or leaves a prickly residue on your hands, it has suffered severe UV damage and must be taken out of service immediately.

Aluminium

- Lightweight, won't crack in dry heat, corrosion-resistant
- Highly conductive; dangerous near electricity
- General construction, painting, non-electrical warehouse work

Fibreglass

- Non-conductive when clean; highly durable and rigid
- Heavy; susceptible to UV degradation under intense sun
- Electrical utility work, near power lines, heavy industrial mining

Wood

- Non-conductive when dry; low initial cost
- Heavy, rots in moisture, splits in extreme dry heat
- Short-term interior residential use; generally discouraged for heavy industry

Implementing the 4:1 Rule for Extension Ladders

Once the correct ladder is selected, the final line of defence is proper setup. For extension ladders, this means strictly adhering to the 4:1 ratio rule: for every 4 meters of vertical height to the point where the ladder rests against the wall, the base of the ladder must be placed exactly 1 meter away from that wall. This creates a safe 75-degree climbing angle.

By taking the guesswork out of ladder selection and treating height access as a formal safety procedure, Namibian operations can significantly drive down their workplace injury statistics and ensure every worker returns home safely at the end of their shift.

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




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

Fun Time - *Joke of the week*



What school supply is the king of the classroom?

The ruler.

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



SEC-MED SECURITY

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 24.6.2026

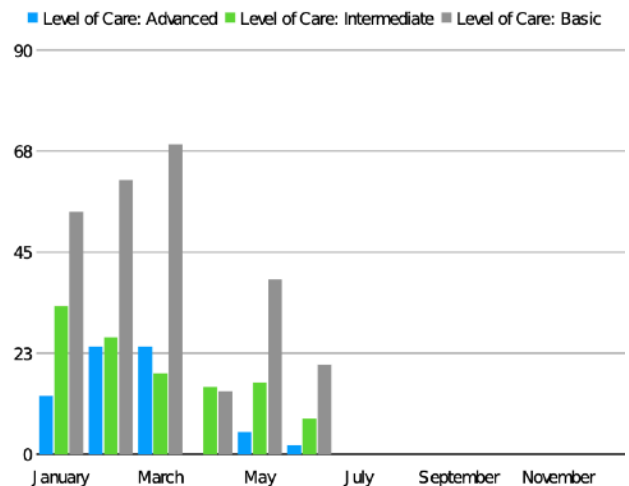
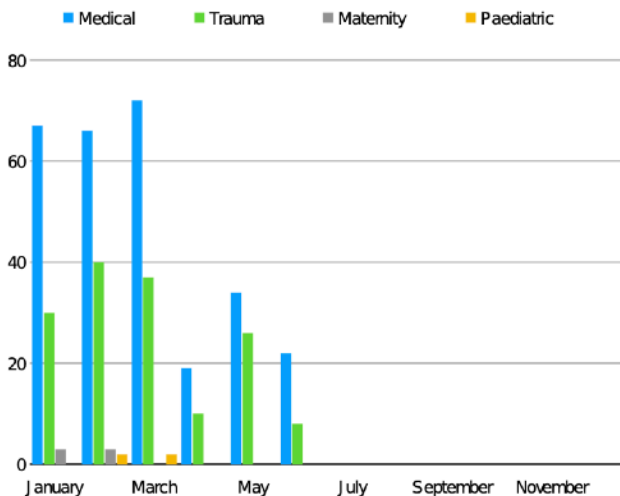
In 2026

E.M.A. assisted the public with
Emergencies in the value of

NAD 761,000.00

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	22	8	0	0	2	8	20
July	0	0	0	0	0	0	0
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	280	151	6	4	68	116	257
Total	441				441		



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