

OSHMed Magazine

Occupational Safety & Health and Medical

by



THE WINTER BLUEPRINT NAVIGATING THE DRY COLD AND SEASONAL HEALTH RISKS

MAXIMUM EFFORT, MINIMUM TIME • HEALTH & SAFETY: BEYOND THE CHECKLIST • FUN TIME - JOKE OF THE WEEK • E.M.A. WEEKLY EMERGENCY STATISTICS

Platinum Supporter:








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

The Winter Blueprint: Navigating the Dry Cold and Seasonal Health Risks

WINDHOEK – As winter tightens its grip across Namibia, Windhoek and the surrounding interior are feeling the bite of the seasonal shift. With brisk, dry air dominating the daytime and overnight lows plunging to a chilly 4°C to 7°C, health and safety officers nationwide are raising the flag.

Winter in Namibia is unique: it isn't just the drop in temperature that challenges our well-being, but the aggressive drop in humidity. This combination creates a specific set of physiological stressors that can compromise both workplace productivity and personal health if left unchecked.

Here is a breakdown of the two major seasonal health hazards currently facing Namibians and how to manage them effectively.

1. The Respiratory Battleground: Cold Air and Viral Triggers

The crisp morning air might feel refreshing, but your respiratory system views it as a significant challenge. Cold, dry air acts as a physical irritant to the upper airways. When we inhale freezing air, it can cause rapid cooling and drying of the mucosal linings in our respiratory tract.

The Immediate Risks

- **Asthma Exacerbation:** For individuals living with chronic respiratory conditions like asthma, breathing in cold air can trigger immediate bronchospasm (sudden constriction of the muscles in the walls of the bronchioles), leading to coughing, wheezing, and shortness of breath.
- **Flu and Common Cold Spikes:** Contrary to the popular myth, cold weather itself doesn't cause the flu—but it creates the perfect environment for it. Viruses survive longer and transmit more easily in cold, dry air. Furthermore, because people tend to congregate indoors with closed windows to escape the chill, localised transmission risks skyrocket.

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



Health Challenge	Practical Mitigation Strategy
Asthma & Viral Triggers	Wear face coverings outdoors; ensure indoor spaces have managed ventilation.
Dry, Chapped Skin	Switch to heavy, oil-based creams; avoid excessively hot showers that strip oils.

Safety Protocol: Encourage a "layer up" policy for workers arriving during early morning commutes. If you are exercising or working outdoors in the early hours, breathing through your nose rather than your mouth helps warm and humidify the air before it hits your lungs. Employers should maintain indoor ventilation without creating drafts to keep fresh air circulating.

2. Shielding the Barrier: Combatting Low Humidity and Skin Damage

The second front of Namibia's winter is invisible but universally felt: exceptionally low humidity. The arid winter climate saps moisture directly from the environment, and unfortunately, from your body's largest organ—your skin.

The Immediate Risks

- **Dry, Chapped Skin:** Without adequate atmospheric moisture, the skin's natural lipid barrier breaks down. This leads to transepidermal water loss (evaporation of moisture from the skin), resulting in tight, flaky, and ash-coloured skin.
- **Fissures and Infection:** When skin becomes severely dry, it loses its elasticity and cracks, particularly around the knuckles, heels, and lips.

These micro-cracks (fissures) are not just painful; they serve as open entry points for bacteria, increasing the risk of secondary localised skin infections.

Skin Safety Protocol: Hydration is a two-step process in a Namibian winter. First, stay internally hydrated by drinking water, even if you don't feel as thirsty as you do in January. Second, ditch light summer lotions in favour of thick, emollient creams or ointments that lock in moisture immediately after washing.

A Proactive Winter Approach

Health and safety is an ongoing practice of adaptation. By acknowledging that a Namibian winter brings a distinct combination of single-digit night temperatures and drying desert winds, individuals and workplaces can get ahead of the curve. Keep the immune system supported, protect your respiratory tract, and give your skin the barrier protection it needs to thrive until the spring thaw arrives.



Advertisement

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

9112 **STROKE
REACT
DON'T
REGRET.**



Emergency Call: 9 1 1 2

Maximum Effort, Minimum Time: Is HIT the Ultimate Solution for Workplace Wellness?

WINDHOEK – In today's fast-paced corporate and industrial sectors across Namibia, finding the time to maintain physical fitness is a constant challenge. Employees often juggle long shifts and demanding commutes, leaving little room for hours spent in the gym. However, a scientifically backed fitness approach known as High-Intensity Training (HIT) promises to deliver maximum muscle-building results in just a fraction of the time.

Understanding HIT: It's Not What You Think

Many fitness enthusiasts confuse HIT with HIIT, but they serve entirely different purposes. High-Intensity Interval Training (HIIT) focuses on cardiovascular endurance through alternating intense bursts of cardio exercises like sprints, burpees, or cycling intervals to train the cardiovascular system. In contrast, High-Intensity Training (HIT) is a dedicated form of strength and resistance training aimed at muscle growth and strength.

The "intensity" in HIT does not inherently mean lifting dangerously heavy weights, but rather refers to the level of exertion or effort intensity. As sports scientist Prof. Dr. Jürgen Gießing explains, the goal of HIT is to move a weight until muscle fatigue is reached—meaning you perform the exercise until a single additional, clean repetition is

Advertisemen

Season 2 coming
Soon

youtube.com/@bokehstudiosnam

EVERY 1ST AND 15TH OF THE MONTH



Emergency Call: 9 1 1 2

physically impossible.

The Science of Efficiency: One Set is Enough

Traditional gym routines often require three to four sets per exercise. HIT turns this approach on its head by focusing on a maximum stimulus through just one or two sets per exercise.



This maximum load forces the muscle to recruit as many muscle fibres as possible to cope with the physical stress. Prof. Dr. Gießing points out that the efficiency of a workout actually decreases with each subsequent set. The first set triggers the most significant adaptation response for muscle growth and strength, while a second or third set provides very little additional benefit. This makes it an incredibly time-efficient strategy, allowing for an effective full-body workout in just 20 to 30 minutes, twice a week. While HIT can be done using bodyweight exercises like squats or push-ups, fitness equipment is often better for older individuals or beginners as it guides the movement and allows for precise weight adjustments.

Key Health Benefits for the Namibian Workforce

As occupational health and safety officers look for ways to combat lifestyle diseases and physical degradation in the workplace, HIT offers several distinct health advantages:

- **Combating Muscle Loss:** From around the age of 30, the human body naturally begins to lose muscle mass continuously, which can eventually impact everyday tasks like lifting heavy objects, climbing stairs, and maintaining independent mobility. Aerobic exercises like jogging or swimming build endurance but do not trigger muscle growth; anaerobic resistance training against a localised weight is required to stimulate muscle preservation.
- **Metabolic Protection:** Building and maintaining muscle mass directly stabilises blood sugar levels, serving as an important preventative measure against conditions like Type 2 diabetes.
- **Bone Density Support:** Muscles do not just move bones—they support them. The mechanical pull generated during intense resistance training helps protect against bone degradation and osteoporosis.

Safety First: Occupational Health Precautions

Because HIT demands training to the point of temporary muscle failure, safety and proper execution are paramount to prevent injury:





- **Warm-Up is Non-Negotiable:** A comprehensive full-body warm-up must precede every session to prevent injuries.
- **Form Over Weight:** Beginners must prioritise practicing the movement perfectly before focusing on heavy training. Seeking guidance from qualified professionals is highly recommended during the initial weeks to avoid mistakes.
- **Control the Motion:** Avoid using momentum or making jerky movements. The eccentric phase—such as lowering a weight—should be consciously slowed and controlled.
- **Avoid Overtraining:** Once a set is executed cleanly to maximum intensity, the growth stimulus is set; endless repetitions of the same exercise are unnecessary and can cause harm.
- **Use a Repetition Corridor:** A standard target is 10 to 15 repetitions. If you can reliably complete more than 15

Advertisement

The advertisement features a background image of a person's face and a red first aid kit. The text is overlaid on this image. At the top left, it says 'OSH-Med international' in blue and red. The main title 'FIRST AID TRAINING' is in large, bold, white letters. Below the title, there are four bullet points with diamond symbols: 'First Aid - Level A', 'First Aid - LSM', 'Specialised First Aid', and 'and more'. At the bottom, it lists 'Windhoek • Ongwediva • Walvis Bay' and the website 'www.osh-med.pro'.



clean repetitions, it is time to increase the weight. If you wish to expand your training, it is better to add a completely new exercise rather than repeating the same one.

Medical Warning: Who Should Avoid HIT?

Despite its benefits, HIT is not a one-size-fits-all solution. Sports cardiologist Dr. Susanne Berrisch-Rahmel warns that individuals with no prior sports experience should not abruptly start high-intensity training, as the sudden exertion can cause blood pressure spikes or heart rhythm irregularities.

Furthermore, anyone with pre-existing conditions such as cardiovascular disease, uncontrolled high blood pressure, or orthopaedic issues must seek medical clearance before attempting HIT. If cleared by a doctor, individuals with chronic health

conditions should distribute their training sessions across the week and ensure they allow ample time for regeneration.

Nutrition and Recovery

Occupational health professionals emphasise that safety and progress do not end when you leave the fitness floor. Muscles do not grow during the workout itself; they develop during the subsequent recovery phase. To support this process, workers practicing HIT must ensure they consume enough protein for muscle repair, sufficient carbohydrates as an energy source, and get plenty of restorative sleep. Taking an adequate pause between sessions—targeting roughly two strength sessions per week—is a great baseline for safe recovery. By incorporating safe, time-efficient HIT principles into workplace wellness guidelines, Namibian employers can help cultivate a stronger, healthier, and more resilient workforce.

Advertisement



Teltech
Thompson 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



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.



Health & Safety - Beyond the Checklist: How a Strong Safety Culture Drives Infrastructure Success

As Namibia continues to expand its national infrastructure landscape—ranging from major transport logistics networks to key energy and utility upgrades—the domestic engineering and construction sectors face critical choices regarding risk management. While meeting rigid deadlines and managing project costs remain top priorities for local firms, safety experts emphasise that the true differentiator for high-performing infrastructure companies lies in the depth of their internal workplace safety culture.

A strong safety culture protects employees while simultaneously driving long-term productivity. Organisations leading the sector are shifting their focus away from merely treating safety as a regulatory compliance checklist. Instead, they are actively embedding safety principles into every daily decision, field interaction, and routine job briefing. This foundational shift sends a clear signal to the workforce that their personal health and well-being are central to daily operations.

Compliance is Only the Foundation

For many operations, adhering strictly to baseline legal regulations is viewed as the final destination. However, proactive risk managers argue that true site resilience

requires a much more comprehensive stance. Michelle Marsh, senior vice president of environmental, health, and safety at AWP Safety, points out that transforming industry perspective is the initial step toward advancing workplace protection. According to Marsh, safety should not exist solely as an isolated set of rules, but must function as a shared organisational mindset that guides how teams communicate and identify risks while on the job.

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

Building a strong Safety Culture

OSH-Med
international
SERVICE • TRAINING • EXCELLENCE

www.osh-med.pro



While compliance serves as a necessary baseline, the most resilient organisations ensure that employees actively evaluate risks and make safe choices long before an incident ever occurs.

Leadership Commitment and Frontline Empowerment

Building a resilient safety culture requires a dual approach that relies heavily on consistent leadership combined with the active participation of frontline staff. Management holds the clear responsibility to establish operational expectations, deliver robust training programs, and eliminate any operational barriers that stand in the way of safe execution.

Concurrently, field crews and manual labourers must be completely integrated into this protective ecosystem. To achieve maximum safety on high-risk worksites, frontline teams must feel fully empowered to report occupational hazards and halt field operations immediately when necessary, entirely without fear of reprisal or disciplinary action from management.

The Role of Modern Technology

Advancements in digital technology are playing an increasingly large role in reshaping field safety across modern worksites. These innovations offer crews:

- Enhanced information access on-site.
- Streamlined communication channels across different teams.
- Greater operational visibility across complex worksites.

However, safety experts caution that digital tools remain entirely ineffective without proper training, worker accountability, and a deep organisational commitment to continuous improvement. While technology is excellent at highlighting potential hazards, it is an organisation's internal culture that ultimately dictates how workers respond to that data. When safety is thoroughly integrated into daily habits, it naturally dictates how teams plan and execute their tasks from start to finish.

The Competitive Advantage

For Namibian infrastructure firms aiming to



Emergency Call: 9 1 1 2

secure major public tenders or international private partnerships, a robust safety culture offers a distinct business advantage. Modern clients actively seek out contracting partners who can reliably deliver safe, efficient, and consistent results. Furthermore, prospective employees heavily favour organisations that visibly prioritise workforce well-being, making talent acquisition smoother.

From a financial perspective, maintaining an exemplary safety record significantly reduces the substantial costs linked to workplace injuries, operational downtime, and high staff turnover. Ultimate success in the infrastructure sector centers on establishing the daily habits, expectations, and systemic support necessary to make

safe practices the baseline standard for every single project.



Advertisement

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

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

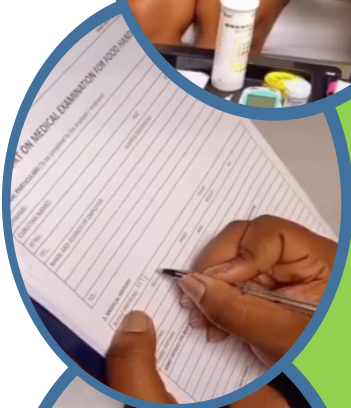


Emergency Call: 9 1 1 2

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

Fun Time - *Joke of the week*



Why are skeletons so calm?

Because nothing gets under their skin.

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

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 3.6.2026

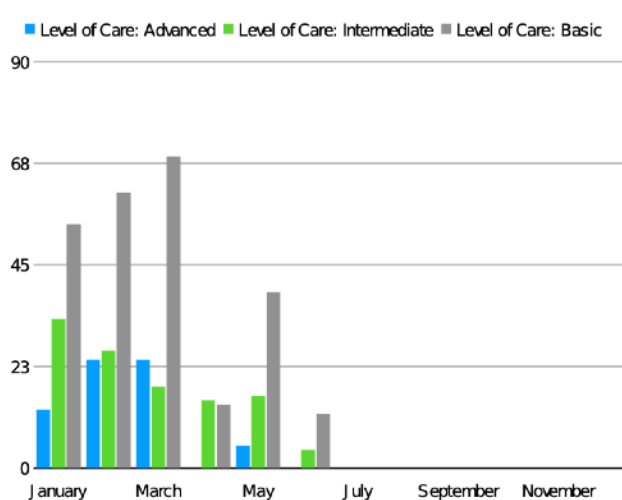
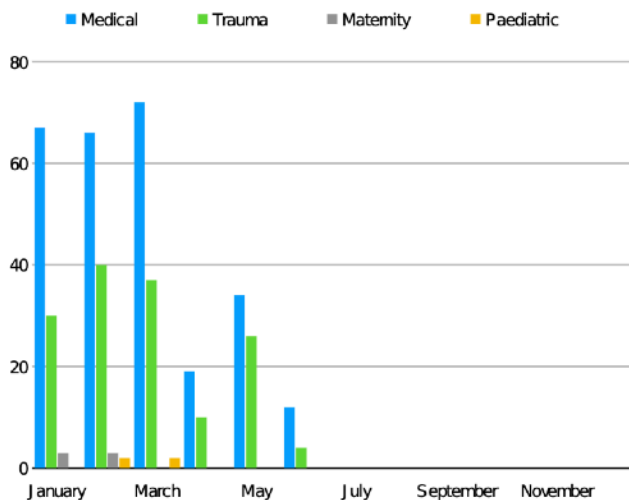
In 2026

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

NAD 737,000.00

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	12	4	0	0	0	4	12
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	270	147	6	4	66	112	249
Total	427				427		



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