

OSHMed Health Magazine

by



BEFORE THE MARATHON GET YOUR HEART CHECKED

ADDITIONAL:

HEALTH SERIES - PREGNANCY CALENDAR WEEK 11 • HEALTH & SAFETY: THE HIDDEN DANGERS OF WAREHOUSE AIR QUALITY • FUN TIME - JOKE OF THE WEEK • E.M.A. WEEKLY EMERGENCY STATISTICS

Platinum Supporter:





WE ARE HERE FOR YOU 24/7.

CALL 116 OR 106

In light of the recent tragic events in **OKAHANDJA** and the ongoing heartbreak surrounding **MISSING CHILDREN IN NAMIBIA**, we would like to encourage all community members to reach out and make use of our **TOLL FREE HELPLINES**. We are here to listen, support, and help.

You are not alone.



Emergency Call: 9 1 1 2

Before the Marathon: Get Your Heart Checked

Marathon running is becoming more popular every year. However, the long distance is extremely stressful for the heart. Beginners, in particular, should have a health check-up before starting training. This is the best way to minimize the risk of cardiac arrest.



It's a tough 42.192 kilometers. Even a half marathon, at half that distance, isn't something you can manage on the sidelines without training. But it's a dream for many people to cross the finish line one day, with family and friends cheering them on from the sidelines. And the fan base is steadily growing: According to statistics from the German Athletics Association (DLV), around 1.72 million men and women participated in such running events in Germany in 2024 – around 610,000 more than two years previously.

Even though it's extremely rare, if one of them suffers a cardiac arrest mid-course, the shock is great for everyone involved.

The number of such cases has increased slightly in relative terms over the past 15 years – especially during the pandemic. This is shown by new long-term US data: In 2023, one in 100,000 participants suffered a cardiac arrest, compared to one in 200,000 marathon runners 15 years ago. However, this increase only affected men.

How high is the risk of cardiac arrest during a marathon?

First of all: exercise, running, and sports are healthy and help prevent diseases like arteriosclerosis. However, a marathon, which can last for many hours depending on your pace, is an extreme endurance challenge – especially for the cardiovascular system. Good preparation and a health check beforehand are therefore particularly important, advises sports physician Dr. Katrin Esefeld, herself a successful triathlete. This way, the risk is truly minimal.

"The data from the US study should by no means be overestimated," says Cologne sports cardiologist Dr. Thomas Schramm, Vice President of the Society for Sports Medicine and Prevention. Running events are now extremely well organized, and there is sufficient first aid available on site. In recent decades, intensive work has been done on emergency plans for major running events, including more emergency medical personnel and defibrillators along the courses. This could save more people.



The figures from the American study also show this: Of the 29 million participants in marathons in the USA between 2010 and 2023, a total of 173 died with a diagnosis of "sudden cardiac death." However, this is only half as many deaths as in the previous decade.

How can someone be saved from sudden cardiac death during a marathon?

Cardiac arrest often occurs without warning. Ventricular fibrillation initially sets in, leading to circulatory collapse within a few seconds: The heart stops beating, and blood pressure drops to zero. "But it can be survived with quick help," says sports cardiologist Schramm. With the help of chest compressions or a defibrillator, the heart can start beating again. Defibrillators can be found in many public places.

Therefore, if you experience chest pain, "shortness of breath, or dizziness, you should stop immediately," says Prof. Dr. Isabel Deisenhofer, head of the Department of Electrophysiology at the German Heart Center at the Technical University of Munich. Likewise, if you feel like you're about to collapse, pull over to the side of the road and alert spectators or first responders.

What causes cardiac arrest during a marathon?

"Usually, those affected already had heart problems before the race that they weren't aware of," says Deisenhofer. In

young marathon runners, for example, the cause may be a previously undetected heart defect. Sometimes there is an unusual thickening of the heart muscle or an enlargement of the heart.

In general, the risk of sudden cardiac death increases with age because many cardiovascular diseases also occur more frequently. Older people often have coronary artery disease without knowing it. This reduces the blood supply to the heart muscle. A disease of the heart valves can also lead to cardiac arrest or sudden cardiac death during a marathon. It's also possible that an infection such as the flu or coronavirus can cause

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

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

FACE

Has their face fallen 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

myocarditis. The Heart Foundation recommends taking a break of at least three months. Only after a heart examination with a resting and stress ECG, and after the sports cardiologist has given the green light, can you resume training.

Why do men suffer cardiac arrest more often during marathons?

They are six times more likely to suffer cardiac arrest during marathons than women. One of the reasons: "Men are often more ambitious and listen less to their bodies than women," explains sports physician Esefeld. According to the Heart Foundation, men are also more often affected for hormonal reasons.

Should you have your heart checked before a marathon?

If you're planning to run a marathon for the first time, you should have a thorough medical checkup before starting your running training. The first port of call is your family doctor, who can refer you to other specialists, such as a sports medicine specialist or cardiologist. During the consultation, you should mention any family history of heart problems or diseases.

"To examine your heart, you should have a resting and stress ECG," says Deisenhofer. A cardiac ultrasound can detect possible cardiac abnormalities. Not every finding automatically leads to a stoppage of running. "If the arteries are only slightly calcified or your blood

pressure is slightly elevated, running training is actually the right treatment," says Esefeld.



Even heart surgery, for example, to insert a stent, doesn't necessarily mean you can't run a marathon. "If such surgery is necessary, those affected should prepare for a marathon a year later, if possible, with appropriate medication," says Schramm. It's important to only participate in the race after consulting your doctor.

What's the pre-marathon preventative care plan?

- Fill out the organizer's questionnaire.
- Get a health check and determine whether you can start training.
- Consult a sports physician, if necessary.



- Train regularly and well in advance of a marathon.
- Always drink plenty of fluids!
- Be sure to listen to your body and avoid developing dangerous ambition. If you don't feel fit, you should probably avoid the marathon.
- If you experience dizziness, unexplained shortness of breath, heart palpitations, cold sweats, paleness, nausea, restlessness, anxiety, chest pain, pain behind the breastbone, back pain between the shoulder blades, or upper abdominal pain that also radiates to the arm, neck, or jaw, stop running immediately and seek first aid!

Even if it turns out later that it was a false alarm, health comes first. A marathon can be repeated.



Advertisement

OSH-Med
international
 SERVICE ▪ TRAINING ▪ EXCELLENCE

www.osh-med.pro

+264 (0)61 302 931



Emergency &
Medical Care



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 Series - Calendar: All 40 Weeks of Pregnancy - week 11

Your baby is no longer an embryo, but a fetus. By the end of the first trimester, all organs are formed.

Weeks 11 of Pregnancy

Baby's Development

In the 11th week of pregnancy, the fetal period begins: Your little one is no longer referred to as an embryo, but as a fetus. This is because all of its organs are now formed. However, they still need to grow in size and reach their full function. From now on, your baby's body will grow faster than its head, and its neck will be clearly visible.

Looking at the unborn child from the front, its face will be broad, with its ears set low on its head. Its eyes will gradually

close, and its eyelids will still be glued shut. Its arms will become longer and are typically bent at the elbows. The fetus still has plenty of room in the uterus.

If you would like to have your baby's risk of certain chromosomal abnormalities assessed, you can make an appointment for a first-trimester screening between weeks 12 and 14. During an ultrasound, the doctor will measure the size of the nuchal translucency, a temporary collection of fluid under the skin on the neck of the unborn child. They will also determine two hormone levels in the mother's blood. From these factors, he can estimate the risk of various chromosomal abnormalities. "If there are major malformations, for example, of the skeleton, brain, or heart, the doctor may be able to detect them on an ultrasound," says Dr. Mirja Pagenkemper, who researches prenatal imprinting at



the University Medical Center Hamburg-Eppendorf.

Each pregnant woman has to decide for herself whether to undergo the first-trimester screening – and usually has to pay for it herself. She should carefully consider the options. The result is not a diagnosis, but rather a risk calculation in percentages. If the risk of a chromosomal abnormality is increased, further decisions will be necessary – and possibly further tests, such as a chorionic villus sampling.

The Mother's Health

You are now in the 11th week and may have already noticed an annoying side effect of pregnancy: the frequent urge to urinate. It's annoying, but completely normal for expectant mothers to have to go to the bathroom more often than usual. This is because the growing uterus puts pressure on your bladder.

Important to know: Very frequent urination can sometimes be a sign of a bladder infection. It is particularly common during pregnancy and must be treated immediately. There is a risk that the bacteria responsible for the infection will travel up to the amniotic sac. Burning or stinging when urinating are other possible symptoms of a bladder infection – but these may also be absent. If in doubt, pregnant women should consult their doctor immediately. If necessary, they will prescribe medication that is also suitable for pregnancy.

Tip: This helps with constipation

A very unpleasant complaint that bothers many pregnant women is constipation. This occurs when you have infrequent bowel movements – for example, less than three times a week – and the stool is hard and requires straining. Because the intestinal muscles are less active during pregnancy, expectant mothers are particularly prone to it. These tricks will help get your digestion back on track:

Get exercise. Make a walk in the fresh air part of your daily routine.

Eat plenty of fiber. Whole-grain bread, fresh vegetables, and fruit are ideal.

Drink plenty of fluids. Water is best. Diluted fruit or vegetable juices are also acceptable occasionally.

Laxatives – like other medications – should only be taken after consulting your doctor.

Advertisement

OSH-Med
international
SERVICE • TRAINING • EXCELLENCE

Set new Standards

**Train
with the
Elite**

First Aid

Training Courses offered:
First Aid - LSM
First Aid - Level A
specialist First Aid
and more

more information on
www.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 **8,400** 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



Trust CarTech for Top-notch Auto Body Repair & more!

Your Reliable Partner - **Competent, Flexible, Affordable.**

At CarTech, we understand the importance of reliable vehicles, especially when it comes to deployment in medical services.

Our highly skilled technicians ensure that your vehicles are in top shape, ready for any mission.

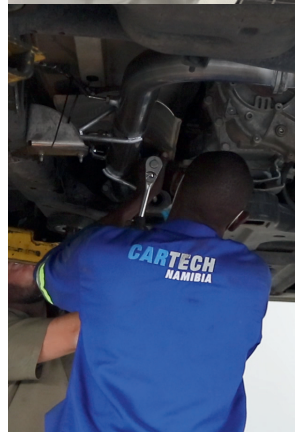
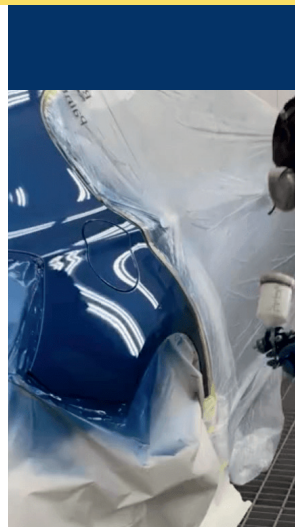
Our Services Include:

- Paintwork and body repairs
- Mechanical repairs
- Complete vehicle inspections
- Eco Tuning for optimized performance

Why Choose CarTech?

- Experienced team with expertise
- State-of-the-art equipment and technologies
- Fast and reliable service
- Dedicated partnership for long-term reliability

Trust us so you can focus on what matters - **your mission.**



www.carttech-namibia.com

**Auto
Body
and
more Repair**



061 377 230

36 Joule Street - Southern Industrial Area - Windhoek



Health & Safety - The Hidden Dangers of Warehouse Air Quality: How It Affects Your Health

Clean air is an overlooked but essential part of warehouse safety, with direct impacts on worker health and productivity.

Warehouse air quality is something many people don't think about, but it can affect worker health every single day. With heavy machinery, dust, fumes, and poor airflow, the air inside a warehouse can quickly become unsafe to breathe. Workers often spend long hours in these environments without realizing how much the air they breathe could be harming them.



Poor air quality doesn't always show signs right away. It can slowly lead to headaches, coughing, breathing

problems, or even serious long-term health issues. That's why it's important to look closely at what's really floating in the air inside these spaces. Clean, healthy air is just as important as hard hats or safety shoes. Ignoring this issue puts workers at risk and could also affect productivity. It's time to start treating air quality as a key part of workplace safety.

What's in the Air? Common Pollutants Found in Warehouses

The air inside a warehouse might look clear, but it can hold many harmful particles that are not easy to see. These pollutants often come from daily operations, equipment, and materials stored or moved around. Over time, breathing in this air can cause health problems, especially for workers who spend hours on the floor.

Warehouses often lack fresh air flow, which means these harmful elements stay trapped. This can lead to headaches, breathing trouble, and even long-term lung damage. Knowing what is in the air is the first step to making it safer for everyone.

Common Pollutants Found in Warehouses:

- Dust from cardboard, packaging, and products
- Diesel fumes from forklifts or delivery trucks
- Chemical vapors from cleaning agents, paints, or glues
- Mold spores from moisture buildup in



storage areas

- Carbon monoxide from fuel-powered machines
- Fine particles from wood, plastic, or metal work
- Pollen and outside pollutants that enter through open doors

These hidden dangers are often ignored until they cause real health issues. That's why it's important to identify them early and take steps to reduce their presence in the workplace.

Short-Term Health Effects: What Workers Might Feel Right Away



When warehouse air is filled with dust, fumes, or chemicals, the effects on health can show up quickly. Workers may not always realize that the way they feel is linked to the air they're breathing. Even short exposure to poor air can cause discomfort during the same shift. Warehouses contribute to a 17.9% increase in nitrogen dioxide (NO₂) levels

in surrounding communities, a pollutant linked to asthma onset, respiratory disease, and premature death.

Some of the most common signs include coughing, sneezing, or a dry throat. Others may feel headaches, dizziness, or eye irritation while working. In some cases, workers feel tired or out of breath even after light physical tasks. People with asthma or allergies may have stronger reactions, like chest tightness or wheezing. Over half [53.1%](#) of workers exposed to dust report at least one respiratory symptom such as ocular irritation 23.2%, nasal symptoms 32.4%, or coughing fits 23.2%.

These symptoms are often brushed off as something small, but they can get worse over time if ignored. The body's response to polluted air may seem minor at first, but it's a warning sign that something is not right. Listening to these early signs is important because clean air helps people stay active, alert, and safe during the

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

15 Liszt Street, Windhoek



UNLIMITED COVERAGE

+264 61 237 533/4



EMERGENCY DISPATCH

www.teltech.com.na



Emergency Call: 9 1 1 2



workday.

In Amazon warehouses, [49%](#) of workers reported moderate or severe pain in legs, knees, or feet, and 49% experienced moderate or severe physical exhaustion, which can be exacerbated by poor air quality and work condition.

Long-Term Health Risks: The Invisible Impact Over Time

Breathing unhealthy air in a warehouse day after day can lead to serious health problems over time. These effects are not always easy to notice at first, but they slowly build up and harm the body in many ways.

Workers exposed to dust, fumes, and chemicals for long periods may develop asthma, lung disease, or other breathing problems. Some may also face skin issues or eye damage from chemical exposure. In more severe cases, harmful air can even increase the risk of heart disease or

cancer, especially if toxic substances are involved.

On average, workers in warehouses are exposed to these harmful conditions for around 9 years, with nearly half 47% working for over 10 years in such environments. The biggest concern is that these long-term effects often go unnoticed until they become a major health issue. Many workers may think their job is safe just because they feel fine now, but the damage is happening silently. That's why clean air is not just about comfort, it's about protecting workers from slow, hidden harm that could change their lives in the future.

Indoor vs. Outdoor Air: Why Warehouses Trap More Pollution

Indoor air in warehouses is often worse than outdoor air because it gets trapped inside. Unlike outdoor spaces, which have fresh air and natural ventilation, warehouses can have limited airflow. This allows pollutants to build up quickly.



The constant use of machines, forklifts, and heavy equipment adds to the problem by releasing fumes that stay in the air. Poor ventilation systems don't help in moving these pollutants out. The materials stored inside, like cardboard, chemicals, and dust, also contribute to poor air quality.

Warehouse-related activities contribute to a 17.9% average increase in nitrogen dioxide (NO₂) pollution in nearby outdoor air, which is linked to asthma and cardiovascular risks. Additionally, communities near warehouses experience about 20% more traffic-related air pollution due to increased truck traffic, exacerbating outdoor air quality problems.

Without proper airflow and ventilation, pollutants remain inside the building,

creating an unhealthy environment. Even though the outdoor air might seem clean, the inside of a warehouse can be filled with harmful particles that are harder to escape. This makes workers more likely to breathe in dangerous substances over time.

Ventilation Problems: Is Your Warehouse Breathing Properly?

Proper ventilation is crucial for keeping air quality safe in warehouses. When a warehouse doesn't have enough fresh air circulating, harmful particles like dust, fumes, and chemicals get trapped inside. This can make the air unhealthy to breathe.

Many warehouses rely on fans or air conditioning, but these systems often don't move enough air to remove pollutants. In some cases, older buildings

Advertisement

OSH-Med
international

SERVICE • TRAINING • EXCELLENCE

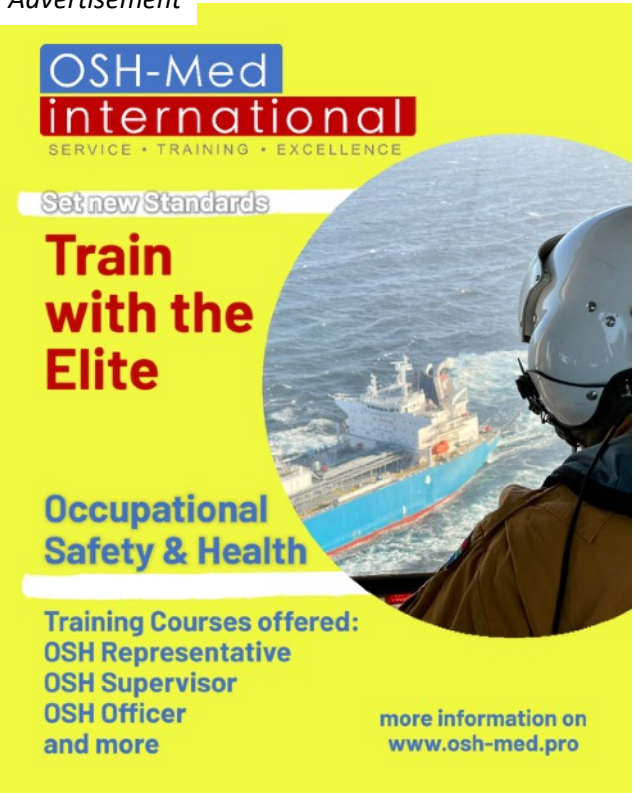
Set new Standards

Train
with the
Elite

Occupational
Safety & Health

Training Courses offered:
OSH Representative
OSH Supervisor
OSH Officer
and more

more information on
www.osh-med.pro



Advertisement

OSH-Med
international

SERVICE • TRAINING • EXCELLENCE

Set new Standards

Train
with the
Elite

Industrial
Fire Fighting

Training Courses offered:
Basic Industrial Fire Fighting
Industrial Fire Fighting
Evacuation Planning
and more

more information on
www.osh-med.pro



Emergency Call: 9 1 1 2



have poor ventilation systems that don't work as well. Without proper airflow, pollutants build up, affecting the health of workers.

Checking the ventilation system regularly is important. If it's not working right, the air in the warehouse will only get worse. Healthy air quality starts with a properly functioning ventilation system that brings in fresh air and removes harmful particles.

Regulations & Standards: What Does OSHA Say About It?

OSHA (Occupational Safety and Health Administration) sets rules to keep workers safe from harmful air in warehouses. They require businesses to control air quality by improving ventilation and reducing harmful exposure to chemicals and dust. Employers must monitor air quality and take action if it's unsafe.

OSHA also has guidelines for using protective equipment, like masks or respirators, if needed. Businesses that don't meet these standards can face fines or legal issues. In addition to federal rules, local air districts are also stepping in. For example, the South Coast Air Quality Management District in California now requires warehouses over 100,000 sq ft to cut down emissions, and similar steps are being considered in places like New York and Colorado. By following these rules, companies help protect workers from the health risks linked to poor air quality, keeping the warehouse environment safer for everyone.

Improving Air Quality: Practical Steps Employers Can Take

Improve ventilation by installing or upgrading fans, vents, or air conditioning systems to increase airflow.

- Regularly clean warehouse floors and surfaces to reduce dust and dirt buildup.
- Use air purifiers or filters to remove



- harmful particles from the air.
- Monitor air quality with sensors to check for dangerous levels of chemicals or pollutants.
- Replace harmful chemicals with safer alternatives when possible.
- Limit vehicle emissions by maintaining machines and forklifts properly to reduce fumes.
- Provide personal protective equipment (PPE) like masks or respirators when necessary.
- Create designated smoking areas outside the warehouse to reduce indoor air contamination.

Conclusion: Why Clean Air is Just as Important as Safety Gear

Clean air in a warehouse is just as important as wearing hard hats or gloves. Poor air quality can lead to serious health issues over time, just like any physical hazard. Workers need fresh, clean air to

stay healthy, focused, and productive. Without it, their well-being is at risk, even if other safety measures are in place. By focusing on air quality, employers are not only following regulations but also taking care of their workers. Clean air should be part of every warehouse safety plan, protecting everyone for the long term.

E.M.A. recommends to contact our platinum supporter OSH-Med international and their partners. They can assist you with all your questions, requests, training and services in their expertise of Occupational Safety & Health, as well as Emergency & Medical Care.

Contact details:

Website: www.osh-med.pro

Service Hotline: 061 302 931

Email: info@osh-med.pro



Emergency Call: 9 1 1 2



What kind of computer is Snow White most afraid of?

An apple.

Advertisement



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

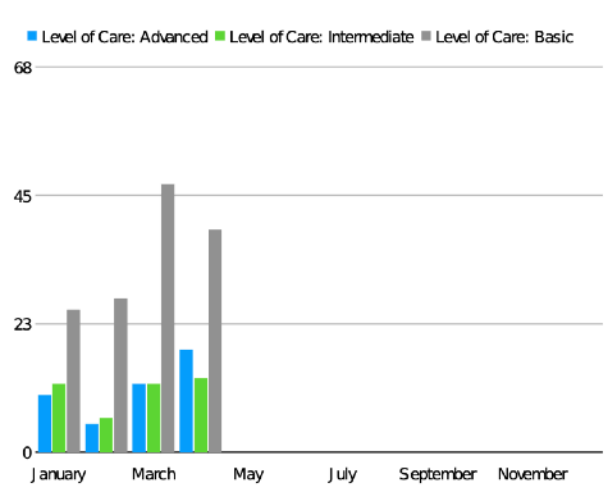
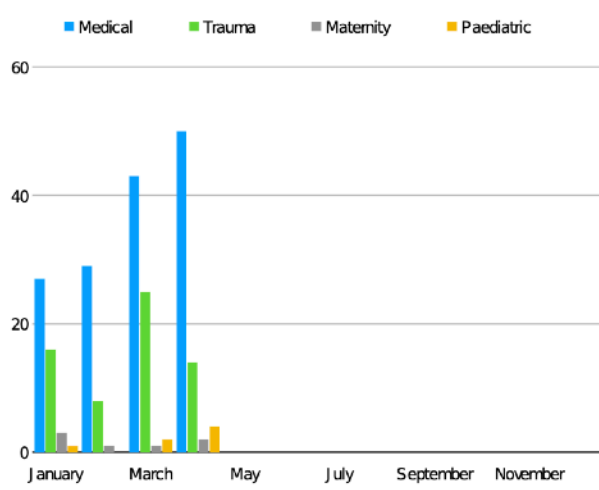
E.M.A. Emergency Statistics

updated 30.4.2025

In 2025
we assisted the public with
Emergencies in the value of
NAD 325,500.00
up till now

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

	Medical	Trauma	Maternity	Paediatric	Level of Care: Advanced	Level of Care: Intermediate	Level of Care: Basic
January	27	16	3	1	10	12	25
February	29	8	1	0	5	6	27
March	43	25	1	2	12	12	47
April	50	14	2	4	18	13	39
May							
June							
July							
August							
September							
October							
November							
December							
Total per annum	149	63	7	7	45	43	138
Total	226				226		



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



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