

OSHMed Health Magazine

by



1,000 TIMES
“THERE WHEN YOU
NEED US”

**Health Magazine for the Health of your Family and Employees,
Occupational Safety, Occupational Health, Emergency & Medical Care
and much more**

1,000x Emergency Assistance in 2023 = 1,000 x "there when you need us"

This numbers shows our commitment that we are „There when you need us“ for the community.

„There when you need us“ is the slogan of the nonprofit organisation E.M.A.

Earlier of this years number of emergencies exceeds the number of 2022 already. On the 01. November we reached another milestone: 1,000 emergency calls.

E.M.A. is a community service and the only nonprofit organisation for Emergency & Medical Care in Namibia. To fulfil our work, we depend on your support and donations towards our nonprofit organisation.

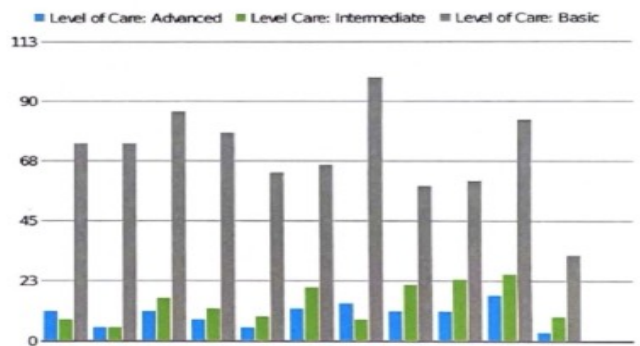
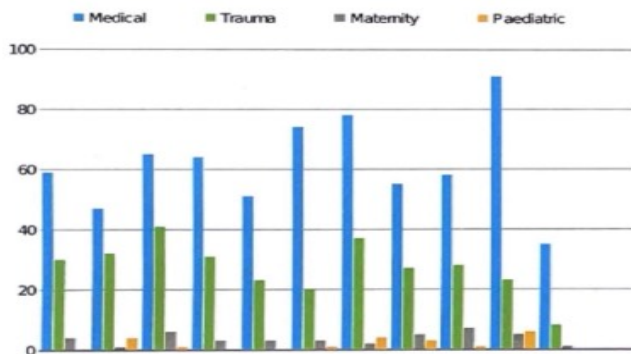
On a daily base our medical team of E.M.A. saves life's and make difficult rescues possible.

See here a the short annual statistics *start November 2019

in 2019 we had 124 emergencies
 in 2020 we had 539 emergencies
 in 2021 we had 646 emergencies
 in 2022 we had 740 emergencies



	Medical	Trauma	Maternity	Paediatric	Level of Care: Advanced	Level Care: Intermediate	Level of Care: Basic
January	59	30	4	0	11	8	74
February	47	32	1	4	5	5	74
March	65	41	6	1	11	16	86
April	64	31	3	0	8	12	78
May	51	23	3	0	5	9	63
June	74	20	3	1	12	20	66
July	78	37	2	4	14	8	99
August	55	27	5	3	11	21	58
September	58	28	7	1	11	23	60
October	91	23	5	6	17	25	83
November	35	8	1	0	3	9	32
December							
Total per annum	677	300	40	20	108	156	773
Total	1037				1037		



E.M.A. is “there when you need us”. The team of E.M.A. and our emergency ambulance is on duty for you 24/7.

E.M.A.  Emergency Call

 dial 9112

Every day the organisation assists many patients in need of a Rescue Service, free of charge for those who don't have medical aid. E.M.A. provides high standard care for all their patients.

Your support is needed. Please support this unique Namibian Community Service

If you would like to become a Supporting Member, please contact us

Email: ema-organisation@osh-med.pro

Website: www.ema-organisation.pro

Or you can do a direct donation to us.

Account details:

Account Name: EMA-Organisation

Bank Windhoek

Branch: Maerua Mall

Branch Code: 483 872

Account No: 8015 827 019

Swift Code: BWLINANX

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Join the 1st Chairman of the nonprofit organisation E.M.A. on his MOVEMBER journey, to create awareness of prostate



November

Prostate Cancer Awareness Month

Tribute to the worldwide fallen medics

On the 12.11.2023 in Windhoek E.M.A., national and international organisations and embassies celebrated Remembrance Sunday. This day is to remember all fallen soldiers and public servants who lost their life in the line of duty.

E.M.A. together with OSH-Med international had the honour to represent the Medical Services to remember all medics and combat paramedics who lost their life to be there

for Life. The team of E.M.A. thanks everyone who is there for their patients and puts the life of other above their own life. We thank each and everyone who is there for life.



Changing Culture Through Changing Minds

To improve safety culture, help employees find their motivation to stay safe.

Applying a bit of psychology can help increase employee support for safety and improve your safety culture. Safety professionals should understand why some employees ignore safety rules and why others consistently follow them. Getting all workers to choose safety makes the safety professional's job easier. Rather than trying to force employees to follow safety rules, help them find their own motivation for choosing safety.



To help employees make the right choice, demonstrate how safety benefits them. Give them action items to follow and point out that you all share the goal of preventing injuries. Explain that although the company pays the costs of injuries, employees pay the price, and serious injuries could prevent them from enjoying life outside work. The following

offers ideas for encouraging more safety involvement.

Joining Walkarounds

Taking employees along on walkaround hazard assessments helps them understand the “why” behind safety rules. Show them what kind of hazards you look for, what kind of hazards you find, and how those hazards put them at risk. This shows them why safety matters and how it affects them.

For example, if you see a blocked fire exit, point out how it could cost lives during an evacuation. Seeing real-world situations helps employees understand that unsafe behaviors and safety violations could affect their lives.

Giving Action Items

To encourage more employee involvement, give them more “to do” items. Safety rules often include a lot of “do not” instructions, but that doesn’t tell employees how to participate. In one sense, this is like telling them, “Don’t get hurt,” which isn’t helpful.

Increase their “to do” list by changing how you deliver information. For example, instead of saying, “Do not block the exit” you might say, “Make sure the exit is always clear. If something is blocking the aisle, remove it and report it.” This provides a specific action item while teaching them to identify and address hazards. They can then begin





(CC/2016/09040)

Advanced care specialists

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Our vision

To be the leader in providing quality medical and clinical care enhancing the well-being of patients.

Our mission

- To provide competent, quality medical care;
- To provide appropriate, relevant and affordable medical support services;
- To contribute to the health of all Namibians;
- To provide an environment that enables all staff to develop their full potential;
- To maintain efficient and cost-effective processes and procedures; and
- To apply the highest ethical standards

SERVICES

Sub-acute and rehabilitation

We offer an equipped isolation unit plus 10 private en-suite rooms meeting all our patients' needs. We offer:

- short-term post-surgical care,
- infections and specialized wound care,
- pain management,
- IV therapy,
- cardiac monitoring,
- nutritional counselling,
- restorative rehabilitation
- doctors-on-call (24-hour service)

We care for patients recovering from orthopedic surgery, strokes and respiratory and pulmonary failure. Our patients are cared for by specialized nursing staff and physician monitoring.

Frail Care/Palliative Care and Hospice services

Our long-term frail, palliative and hospice care patients receive the best of care. 24/7 nursing staff are here to attend to their every need.

Clinics

Highly-trained nursing staff perform primary health care services at our clinics.

A travel nurse is available every week day performing special services for insurance companies



taking responsibility for their own safety.

Addressing Complacency

Many safety professionals struggle with complacency, which often manifests as a “nothing bad will happen” attitude. To address this, make risks “real” rather than hypothetical. Safety professionals know that risk is a function of probability and severity. A potentially severe outcome (like an amputation) demands greater precautions even if the probability is low.

Workers who never experienced a serious incident may focus on probability. They might work for years without injury even while ignoring safety rules. However, equipment failures or distractions can happen. Every worker who got injured thought nothing bad would happen. If a serious injury or fatality occurs, everyone suddenly understands the reality, but the tragedy already happened. Explain that you want to avoid this.

If an employee never got hurt and doesn't know anyone who got injured, the risk seems low. Also, the longer

employees engage in risky behavior without consequence, the more likely they are to underestimate the risk. This is why experienced workers often take the most risks. Explain that a low probability does not equal low risk.

Making Risks Real

If you ask employees to make a list of people they don't want to see injured, they probably won't include themselves. They'll take risks that they don't want friends or family to take. Help them understand that their friends and family don't want them taking risks. To help employees understand the potential consequences, try these suggestions from safety professionals who developed creative and low-cost approaches.

- Ask workers to write letters to their families describing what they'd say if they were hospitalized or killed on the job. The professional who suggested this worked in construction and said the exercise helped employees understand that when they take risks, they aren't the only ones who suffer the consequences.
- Ask everyone to bring in a family photo



**TEAMWORK
KEEPS YOU
SAFE AND SOUND**

OSH-Med
international



Emergency Call: 9 1 1 2

and add the caption, “This is why you stay safe,” then post the photos in their work areas. The professional who suggested this noted that employees report that looking at the photo every morning makes them think about safety. The photos help remind them that their children don’t want mom or dad getting hurt. If posting at workstations isn’t feasible, post the photos in the break room.

As another option, hold a safety meeting with simulated injuries to drive home the impacts, like making some employees wear an eye patch or taping fingers together. Let them experience the frustration of performing simple tasks with these limitations. Ask if they’re willing to spend weeks, months, or the rest of their lives with those limitations. Then ask if taking a risk (even one with low probability) is worth the potential consequences. Remind employees that nobody – not the company, their families, or their coworkers – wants them to pay that price.

Identifying safety advocates

Most employees never suffer serious injuries, but your company likely has some employees who got injured, experienced a frightening near-miss, or know someone who got seriously injured. If you can identify these employees and encourage them to share their experiences, they could become powerful safety advocates. Employees

are usually more open to feedback from coworkers than managers. Also, a personal story of a one-in-a-million event can have more impact than a statistic showing a one-in-a-thousand risk of injury.



Ask these advocates to share their experiences during meetings and encourage them to approach coworkers if they observe unsafe behaviors. They’ll remind coworkers to follow the rules, but do so by offering encouragement, not by threatening to report violations.

Some employees regularly disregard the rules, but you can probably think of others who consistently work safely and report hazards. Ask what motivates them and encourage them to share their reasons. Responses like, “I wear hearing protection because my dad needs a hearing aid and I don’t want to end up like that” can encourage other employees to make the safe choice. Safety advocates lead from the middle by



inspiring others.

Addressing Negative Attitudes

If you ever thought that someone needed an “attitude adjustment” toward safety, remember that attitude is a symptom of a deeper motive. Negative attitudes occur for many reasons like rebelling against authority or believing that safety slows production. Until you find and address the motivation, you can’t change the attitude.

For example, some employees choose not to wear personal protective equipment (PPE). Demanding that they wear it may address the immediate situation, but it won’t make them choose to wear PPE in the future. Conversely, you might acknowledge that the injury probability is low, then describe the potential injuries that could occur. Ask employees to consider the impacts of those injuries. If everyone shares a goal of avoiding injuries, using prevention measures should also be a shared objective.

Explaining Who Pays the Price

The company pays the costs of safety compliance, but employees pay the price for injuries. Hearing loss, amputations, serious back injuries, or eye injuries are all life-changing events, but they are all avoidable.

Employees need to recognize how safety benefits them and how ignoring safety hurts them. They should also understand the concept of risk, and why low probability does not equal low risk. Finally, they should understand that they can choose to keep themselves safe.

You could try to force employees to comply, but if you help them find their own motivation to stay safe, they’ll choose to work safely for their own benefit. Better yet, they’ll start looking out for each other. If keeping them safe is your goal, and avoiding injuries is their goal, you can work together to build a stronger safety culture.



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Contact us:

Email: ema-organisation@osh-med.pro

Telephone: +264 (0) 61 302 931





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