

OSHMed Magazine

Occupational Safety & Health and Medical

by



9112 NAMIBIA LAUNCHES GRIPPING NEW SEASON

UNDERSTANDING ACNE • HEALTH & SAFETY: MAXIMISING THE SAFETY DOLLAR • FUN TIME - JOKE OF THE WEEK
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9112 Namibia Launches Gripping New Season

Namibia's premier emergency response docu-series, 9112 Namibia, made its highly anticipated return yesterday with a high-octane season premiere that places viewers directly in the passenger seat of life-or-death decision-making. Highlighting the grit, skill, and rapid coordination of frontline paramedics and rescue teams, the opening episode delivers an unvarnished look at what it takes to protect and stabilise patients across demanding local terrains.



Inside the Season Premiere

The premiere episode plunges straight into high-stakes responses, balancing tactical urgency with deep empathy. Beyond the adrenaline of sirens and rapid transports, the episode emphasises the indispensable role of bystander action before advanced life support arrives on scene.

This video, the season 2 premiere of *9112*, follows the *E.M.A. Rescue* team in *Namibia* as they respond to medical

emergencies. The episode features two primary case studies:

Birthday Celebration Emergency

The team assists a young man who fell ill after consuming a spiked or contaminated drink at a birthday gathering. The crew provides medical support, transports him to the hospital, and advises viewers to never accept open, pre-mixed drinks or substances from others.

Heroic Rescue Incident

The team treats a man who was struck by a car while saving two young girls from being hit. Despite the impact, he sustained only

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soft tissue injuries. The responders commend his bravery and transport him for further care.

The episode concludes with important safety advice, emphasising that if someone has a traumatic injury, they should not be moved, and bystanders should call for professional help. Viewers are reminded to use 9682 specifically for car accidents and 9112 for other medical emergencies in Namibia.

Catch the full season premiere now on YouTube: [Watch 9112 Namibia New Episode](#). Be sure to subscribe to the channel and turn on notifications to follow the brave responders throughout the season.

Critical First Aid Insights From the Episode

The opening call demonstrates foundational interventions that anyone can apply in an emergency:

- **Ensure Scene Safety First:** Never enter an active hazard zone. Scan for traffic, unstable structures, electricity, or hazardous materials before approaching a casualty.
- **Rapid Bleeding Control:** Direct, firm pressure is the gold standard for severe haemorrhaging. Use a clean cloth or trauma dressing directly over the wound and maintain continuous pressure without lifting the bandage to check.
- **Airway Management & Recovery Position:** If a patient is unresponsive but breathing normally, carefully roll



them onto their side in the recovery position to keep the airway open and prevent aspiration.

- **Clear, Precise Dispatch Calling:** Convey accurate landmarks, the exact number of victims, and their conscious state immediately so dispatchers can send the correct tier of medical support.

Master Real-World Lifesaving Skills

Observing first aid on screen highlights a fundamental truth: during a medical crisis, minutes matter. To gain the hands-on competence and confidence required to handle real emergencies, professional certification is essential.

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FACE

Are their face tilted 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 see one of the signs

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9112

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Understanding Acne Pathophysiology, Modern Treatments, and Skin Health



*Acne is frequently dismissed as a minor, temporary nuisance of adolescence—a cosmetic rite of passage that will simply disappear with time. In reality, **Acne vulgaris** is a complex, chronic inflammatory disease of the pilosebaceous unit (the hair follicle and its attached sebaceous gland). It affects millions of adolescents and adults worldwide, often leaving lasting physical scars and inflicting a significant psychological toll on self-esteem and mental health.*

As detailed in a clinical overview, effective acne management requires looking beyond quick cosmetic fixes to understand the

underlying biological processes. In Namibia, where intense sunlight, dry heat, airborne dust, and industrial workplace environments present distinct dermatological challenges, understanding what causes acne—and what genuinely treats it—is vital for personal well-being and occupational health.

The Four Stages of Acne Development

Acne is not caused by poor personal hygiene or dirty skin. Rather, it develops through an interplay of four distinct physiological factors:

- **Excess Sebum Production (Seborrhoea):** Under the influence of androgen hormones, sebaceous glands produce an excess of sebum (skin oil). While sebum normally keeps the skin supple and waterproof, an oversupply creates an oily environment inside the pore.
- **Follicular Hyperkeratosis:** Skin cells lining the follicle canal shed irregularly and over-produce keratin, clumping together to form a microscopic plug that blocks the pore opening. Trapped sebum creates a **comedo**—either a closed "whitehead" beneath the skin or an open "blackhead" that darkens upon contact with oxygen.
- **Bacterial Proliferation:** The blocked, oxygen-deprived follicle creates an ideal breeding ground for *Cutibacterium acnes* (formerly *Propionibacterium acnes*), a normal skin bacterium that feeds on trapped



sebum.

- **Inflammation and Tissue Damage:** As bacteria multiply, the immune system responds with acute inflammation. Surrounding tissue breaks down, transforming simple comedones into tender red bumps (**papules**), pus-filled lesions (**pustules**), or deep, painful **nodules and cysts** that risk permanent scarring.

The Namibian Context: Sun, Dust, and Workplace Hazards

Managing acne in Namibia requires addressing specific environmental and occupational triggers:

- **The Dangerous "Sun Cures Acne" Myth:** A widespread misconception in Namibia is that spending hours under the harsh sun "dries out" pimples. While ultraviolet radiation may temporarily suppress superficial inflammation, it damages skin cells, accelerates follicular clogging (hyperkeratosis), and triggers rebound oil production. Furthermore, sun exposure significantly worsens **post-inflammatory hyperpigmentation**—dark, long-lasting marks left behind on pigmented skin after a breakout heals.
- **Mineral Dust and Environmental Exposure:** Agricultural workers, construction crews, and mining personnel across Khomas and

Erongo are constantly exposed to airborne mineral dust and sand. When combined with natural sweat, these particles settle into pores, exacerbating blockage.

- **Acne Mechanica from Industrial PPE:** Tight-fitting Personal Protective Equipment—including full-face respirators, dust masks, welding shields, and chin straps on hard hats—creates friction, heat, and moisture against the skin. This mechanical friction irritates follicles, triggering occupational breakout flare-ups known as *acne mechanica*.
- **The Hazard of Counterfeit and Bleaching Creams:** Frustrated individuals often turn to informal street markets for fast fixes,

Advertisements



The advertisement features a blue and white color scheme. At the top, a photograph shows a white car being towed by a red tow truck. Below this, the text "Kings Highway" is written in a small, sans-serif font, followed by "TOW-IN" in a large, bold, blue font. To the right of the text, there are four circular inset images: the first shows a person's hands working on a car's engine, the second shows a tire being inflated, the third shows a car being towed, and the fourth shows a car being pushed. Below these images, there are six checkmarks arranged in two columns. The left column contains "Towing", "Vehicle Recovery", and "Vehicle transport". The right column contains "Accident assistance", "Roadside assistance", and "Truck breakdown assistance". At the bottom of the advertisement, there is a black bar with a white telephone icon and the number "081-826-4886".



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inadvertently using unregistered skin-lightening creams containing potent topical corticosteroids or hydroquinone. Unmonitored steroid creams can induce severe, aggressive steroid-acne and cause permanent skin thinning.



Evidence - Based Treatments: What Actually Works

Effective acne treatment is guided by severity and requires consistency, as clinical therapies often take **6 to 12 weeks** to show noticeable improvement:

1. Topical Therapies (Mild to Moderate Acne)

- **Benzoyl Peroxide (BPO):** An antibacterial agent that reduces *C. acnes* bacteria and unclogs pores without causing bacterial antibiotic resistance.
- **Topical Retinoids (e.g., Adapalene, Tretinoin):** Vitamin A derivatives that normalise skin cell shedding, prevent pore blockages, and promote skin renewal.
- **Azelaic Acid:** Combines antibacterial and anti-inflammatory properties, making it especially effective for sensitive skin and reducing post-inflammatory hyperpigmentation.
- **Topical Antibiotics:** Used in targeted combinations to curb localised inflammatory flare-ups.

2. Systemic Medical Therapies (Moderate to Severe Acne)

- **Oral Antibiotics:** Systemic treatments (such as doxycycline) prescribed for limited periods to suppress widespread inflammatory pustules.
- **Hormonal Therapies:** Specific oral contraceptives or anti-androgen medications for women whose breakouts fluctuate with hormonal cycles.
- **Oral Isotretinoin:** A powerful oral retinoid reserved for severe, nodulocystic, or treatment-resistant acne prone to scarring. Isotretinoin requires strict medical supervision



and regular blood monitoring due to potential side effects and severe teratogenic risks during pregnancy.

Practical Daily Skin Care Guidelines

Support clinical treatment with sensible, daily skincare routines:

- **Cleanse Gently:** Wash the face twice daily with lukewarm water and a mild, fragrance-free, pH-skin-neutral cleanser (around pH 5.5). Avoid aggressive scrubbing, abrasive brushes, or harsh alcohol-based astringents, which strip the skin barrier and worsen inflammation.
- **Use Non-Comedogenic Hydration:** Choose lightweight, water-based, non-comedogenic moisturisers that hydrate the skin without clogging pores.
- **Apply Daily Broad-Spectrum Sunscreen:** Protect the skin daily with a light, fluid SPF 30 or SPF 50 sunscreen formulated for acne-prone skin, particularly when using sun-sensitising acne medications.
- **Do Not Squeeze or Pop:** Squeezing pimples forces bacteria and debris deeper into surrounding dermis tissue, dramatically increasing inflammation, infection risk, and permanent scar tissue formation.

Workplace Health Surveillance and Clinical Support

Healthy skin is a key component of general physical wellness and worker comfort. Employers can support skin health by providing breathable, well-maintained PPE, ensuring access to clean washing facilities on industrial sites, and facilitating early dermatological consultations.

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The advertisement features a background image of a mountain range under a blue sky. At the top, the ATA OSH-Med International logo is displayed, consisting of a red cross icon and the text 'ATA OSH-Med International' in white and red. Below the logo, the tagline 'Your Future in Healthcare.' is written in a smaller font. The main text of the advertisement reads 'MEDICAL CARE FOR YOU' in large, bold, white capital letters, followed by 'here & everywhere' in a similar but slightly smaller font. At the bottom, the website 'www.osh-med.pro/medical-services' and the phone number '+264 61 302 931' are listed, along with the email address 'ata@osh-med.pro'.

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Health & Safety - Maximising the Safety Dollar: Where Safety Budgets Make the Biggest Difference

During annual budget planning, Health, Safety, and Environment (HSE) managers and financial directors frequently face tough trade-offs. New equipment, routine certifications, personal protective equipment (PPE), hazard inspections, emergency infrastructure, and safety training all compete for the same pool of capital. In an uncertain economic climate, the temptation can be to distribute funds thinly across departments or default to the lowest-priced compliance options.

However, as examined in a safety analysis published by *Occupational Health & Safety*, a larger safety budget does not automatically translate into a safer job site. The organisations achieving the lowest injury rates and greatest operational continuity are those that direct capital where it creates the highest practical impact.

Across Namibia's primary industries—from open-pit uranium and diamond extraction in the Erongo and Karas regions to logistics terminals in Walvis Bay and commercial construction in Windhoek—allocating safety expenditure strategically is the key to preventing catastrophic incidents while safeguarding operational profitability.

Strategic Principles for High-Impact Safety Budgeting

To ensure every Namibian Dollar invested in workplace health and safety yields real protection, organisations should anchor their financial plans around five foundational strategies:

- **Target the Highest-Consequence Risks First:** A common budgeting pitfall is spending money on cosmetic facility upgrades or low-level hazards while critical risks remain underfunded. Allocating capital should begin with a rigorous analysis of high-consequence hazards—such as working at height, confined space entries, heavy machinery entanglement, electrical isolation,

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and vehicle-pedestrian interactions. Funds must be prioritised where hazards have the potential to cause fatal or life-altering harm.

- **Look Far Beyond the Initial Purchase Price:** Choosing the cheapest PPE or safety hardware often proves costly over time. In Namibia's unforgiving operating environments—marked by intense UV solar radiation, abrasive desert dust, and corrosive coastal salt air—budget equipment deteriorates prematurely. A comprehensive budget calculates the **total cost of ownership**, including installation, maintenance cycles, replacement frequency, training requirements, equipment lifespan, and the financial cost of operational downtime. High-quality, durable equipment consistently delivers superior long-term value.

- **Let Incident and Near-Miss Data Direct Spending:** Historical incident logs and near-miss reports provide an empirical roadmap for budget allocation. If data shows recurring soft-tissue injuries or strains in a warehousing depot, capital is best directed toward mechanical lifting aids and ergonomic redesigns. Similarly, an uninjured worker slipping on an elevated catwalk reveals a friction hazard that demands immediate engineering remediation before a severe fall occurs.
- **Harness Frontline Worker Feedback:** Frontline machine operators, artisans, and maintenance technicians interact with workplace hazards every single day. They know which guards are awkward to reset, which tools cause excessive strain, and where lighting is inadequate during night shifts. Incorporating worker feedback through short



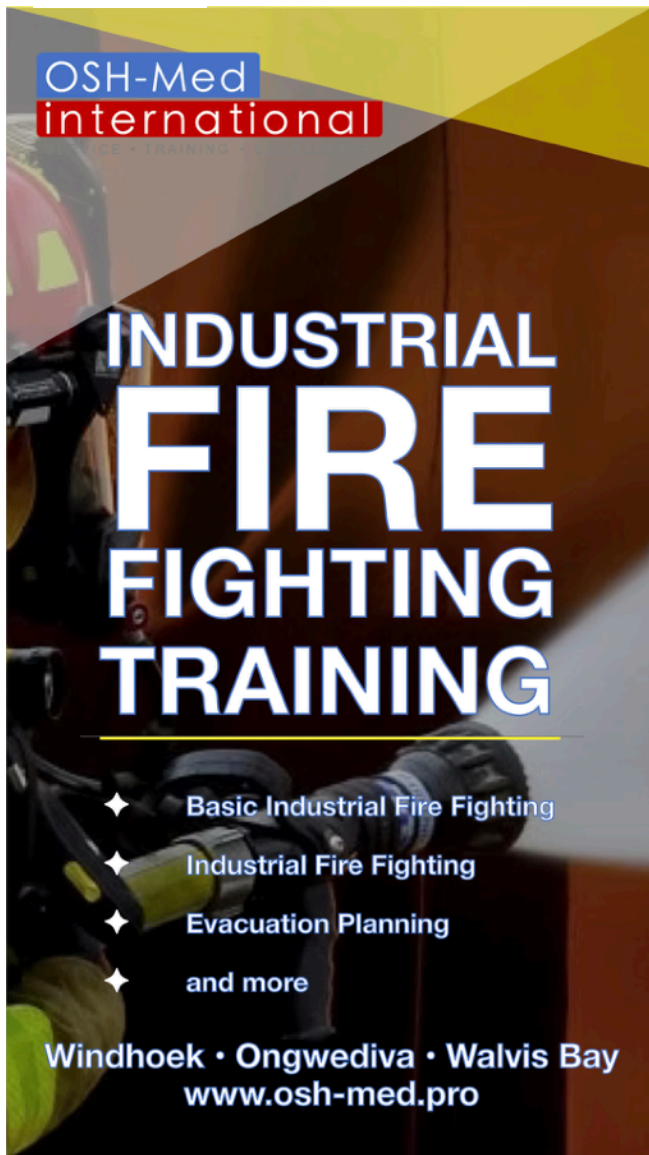
- surveys, safety committee meetings, and direct walkthroughs ensures funds are channeled into practical, widely adopted solutions rather than theoretical boardroom fixes.
- **Fund Prevention Over Reaction:** Reactive spending is inherently volatile and exorbitant. A serious workplace incident triggers immediate production halts, statutory investigations by the Ministry of Labour, equipment replacement costs, legal liabilities, elevated insurance premiums, and damaged

company morale. Proactive capital investments—such as retrofitting interlocked machine guarding or upgrading ventilation systems—cost a fraction of managing a single catastrophic failure.

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Even the most meticulously budgeted preventative systems cannot entirely eliminate the unexpected nature of industrial operations. When mechanical trauma, chemical exposure, or acute medical crises strike, rapid pre-hospital care is your ultimate safety net.



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Fun Time - *Joke of the week*



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No body nose

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E.M.A. Emergency Statistics

updated 16.9.2026

In 2026

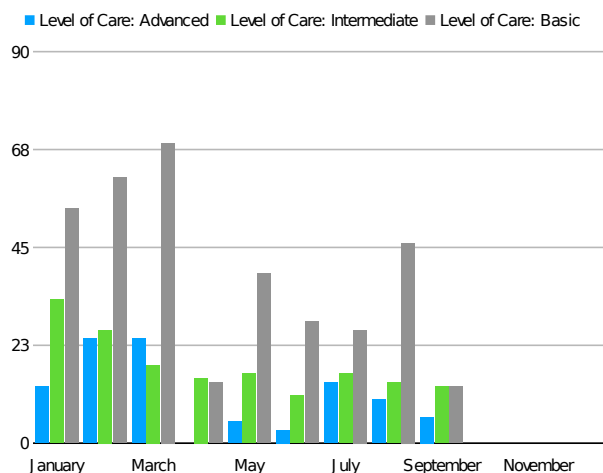
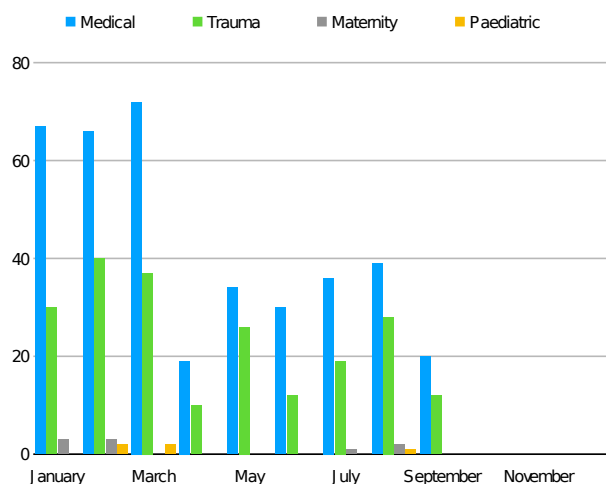
E.M.A. assisted the public with
Emergencies in the value of

NAD 1,070,000.00

up till now

Emergency Statistics 2026

	Medical	Trauma	Maternity	Paediatric	Level of Care: Advanced	Level of Care: Intermediate	Level of Care: Basic
January	67	30	3	0	13	33	54
February	66	40	3	2	24	26	61
March	72	37	0	2	24	18	69
April	19	10	0	0	0	15	14
May	34	26	0	0	5	16	39
June	30	12	0	0	3	11	28
July	36	19	1	0	14	16	26
August	39	28	2	1	10	14	46
September	20	12	0	0	6	13	13
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	383	214	9	5	99	162	350
Total	611				611		



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- **Where** is the emergency?
- **What** happened?
- **What** kind of injuries?
- **How many** injured person
- **Waiting** for further question

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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)



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