

# OSHMed Health Magazine

by



## FIRE DESTROYS HOMES AT THE HOMELESS SHELTER

ADDITIONAL:

E.M.A. NEW YEARS GREETINGS • PANIC ATTACK - HOW CAN I HELP AS AN OUTSIDER? • THE DANGERS OF HYDRAULIC FLUID LEAKS: THINGS TO WATCH FOR

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



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# 2024

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## Fire destroys homes at the homeless shelter

*In the early morning of the 25.12.2023 a tragic fire destroyed the „homes“ of nearly 20 families.*

The nonprofit organisation E.M.A. continues to call for support and donations from the public for the families with young children.

E.M.A. was able to deliver 3 times donations packages for the families already. This assisted the families to start again. We say a big thank you to everyone who supported this initiative.



The families are in need of the following still:

- Children school items
- clothes
- Children toys
- Tents
- Bedding
- and other daily needs

If you can, please assist us and bring your donation to:

**EMA Rescue Service**  
at 40 Beethoven Street,  
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and we will come to you to pick up your donations.  
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**“There when you need us”**





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## New Years greeting from the 1st Chairman of the E.M.A. nonprofit organisation

*“May this year bring new happiness, new goals, new achievements, and a lot of new inspirations on your life. Wishing you a year fully loaded with health and happiness. Wishing every day of the new year to be filled with success, happiness, and prosperity for you and your family. Happy New Year.” - Fabian Martens, 1st Chairman, E.M.A.*



As the nonprofit organisation faced a new record of medical emergencies and assistances, we faced with that a high costing. Thanks to our supporters in the public and especially in the corporate field, we could manage this difficult task.

A special Thank you goes to our platinum supporters of

- OSH-Med international
- WFC West Care - Stepdown Hospital

Their contribution was more than generous and assisted us very well.

In addition we would like to say thank you to all our other supporters who sponsored material and items to the organisation.

A Thank you goes to:

- NHRS
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- SafMed Pharmacy
- CarTech Namibia
- Style G
- Motor Media Namibia
- ATA | OSH-Med international
- YouTrack Fleet Management
- Securitas Insurance
- Vivo Energy
- Media Solution Group

A big thank you goes to the Shoprite / Checkers group who assisted us through out the year with our project “food for all”. Shoprite / Checkers supported us with various of food items, which we distributed to projects and families in need.

For every help, support and donation we are thankful.

Your support is needed. Please support this unique Namibian Community Service. Every day the organisation assists many patients in need of a Rescue Service, free of charge for those who don't have medical aid. With our free assistance we put a smile in the faces of the patient and their family, as E.M.A. provides high standard care for all their patients.



The E.M.A. nonprofit organisation is only able to make this possible thanks to donations. As a Supporting Member, you can assist us with our community.

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## PANIC ATTACK - How can I help as an outsider?

*Fear comes out of nowhere – and how! What do you do if you, as a work colleague, friend or even a stranger, notice that someone is having a panic attack?*

The heart beats faster and faster. The breath stops. The body sweats and trembles: a panic attack comes with force. And for those affected it often feels like: “I have to die - now.”

Anyone who experiences a panic attack as a work colleague, friend or good acquaintance often doesn't know what is best to do. Two psychologists reveal what is important.

### What are signs of a panic attack?

One thing in advance: Since panic attacks can have different symptoms, it is sometimes difficult for outsiders to recognize whether one is actually happening. “Those affected have the feeling of fainting, going crazy or even dying,” describes doctor and therapist Mirriam Prieß.

If someone reports severe heart palpitations or racing or a feeling of tightness in the chest with shortness of breath, it could be a panic attack. Nausea, tremors, numbness and/or tingling sensations and feelings of weakness in the limbs may also occur. In

addition, dizziness and the associated feeling of fainting, as Lisa Naab, mental health first responders says. This is an organization that educates about first aid for mental health problems.



Because the symptoms of a panic attack are similar to those of a heart attack, MHFA's advice to first responders is: If the person has never had a panic attack and does not believe they are having a panic attack, the procedure applies to physical emergencies. This means that outsiders dial the emergency number 9112.

Panic attacks can occur in response to a specific trigger, a so-called trigger, for example an exam situation. But there is not always such a conscious trigger, says Lisa Naab. That's why a panic attack can happen completely unexpectedly - both for outsiders and for the person affected.

### What can I do now as an outsider?

Is there a suspicion that fear has overwhelmed the other person? Then it is important to stay calm, not to panic



yourself and not to leave the person alone, advises Lisa Naab. It's best to first ask whether the person actually wants help and support.

Even if the symptoms seem threatening, they are usually harmless and the duration of the attack is limited. It can help to make the person concerned aware of this.

Sentences like "A panic attack goes exactly the way it came – it's finally" leads to initial relaxation, says doctor and therapist Mirriam Prieß. This way, as an outsider, you can make it clear that the scenarios associated with the panic attack are just fears.

### **Why does it help to build a conversation?**

According to Mirriam Prieß, it is important to approach the affected person with openness and compassion. In many cases, those affected are already familiar with panic attacks. They know what is best for them at that moment. So outsiders can ask whether something like this has happened before, what has helped so far and how you can help yourself.

Such a dialogue can enable the affected person to regain a sense of themselves. According to Prieß, panic occurs when the affected person no longer has access to their own self.

You should approach the conversation calmly and patiently. "Repeating questions and speaking in short, slow sentences helps the person maintain the





conversation, which in turn distracts from the physical symptoms,” says Lisa Naab.


**Why is it important to establish a connection to reality?**

The affected person's panic increases the more they get involved in the situation or try to fight it. According to Prieß, during the conversation you should give the person concerned an awareness of reality, which creates distance from panic. «Distance means: I feel panic within myself, but I realize that I am not the panic. The panic is in me, not me in the panic. I look at them, allow them and but don't get involved in them,” says Mirriam Prieß. To create distance, it can also be helpful to leave the room and the situation and accompany the person concerned to a quieter place.

**And when the panic is over?**

According to Lisa Naab, you can then talk to the person about the fact that panic attacks are very common and easy to treat. If you are close to the person, you can support them in seeking professional medical and psychotherapeutic help.

**If the panic attack is too extreme or you are not sure if it is a panic attack or anything else, do not hesitate to call the emergency service.**



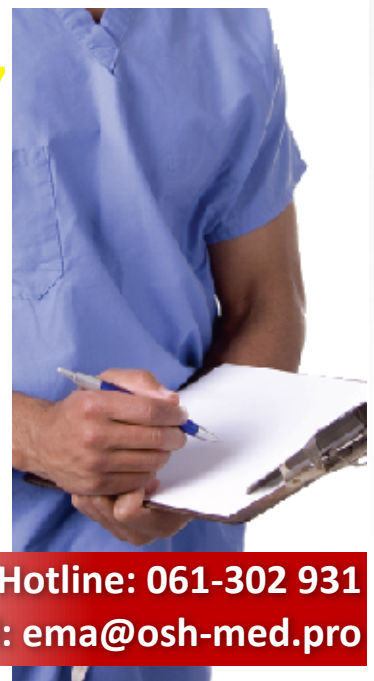
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## The Dangers of Hydraulic Fluid Leaks: things to watch for

*While they have broad uses, hydraulic fluids can be a liability for a company if machines start to leak. Here's what to watch out for and how to prevent future leaks that might compromise workers' safety.*

Hydraulic fluids have become integral to construction, manufacturing, agriculture and numerous other industries. Without them, companies would have less efficiency and power in multiple applications. While they have broad uses, hydraulic fluids can be a liability for a company if machines start to leak. Here's what to watch out for and how to prevent future leaks that might compromise workers' safety.



### How to Detect Hydraulic Fluid Leaks

Finding leaks and immediately addressing them is crucial for employees' safety. But what are the warning signs for hydraulic fluid leaks?

The first sign to listen for is an unusual sound. Typically, this means ticking, rumbles or high-pitched whining coming from the hydraulic equipment. The hydraulic system may be leaking air or unable to draw fluid, causing the sounds. In this case, tend to the machine immediately.

### Finding Visual Evidence

Sometimes, the best bet is to search for visual evidence. Comprehensively inspect the hydraulic system to see what the problem is, considering the leak could originate from numerous sources.

For example, one common area to find leaks is in the hoses. While these parts are flexible, they're susceptible to leak-causing cracks that could originate in numerous spots, depending on the machine. For example, hydraulic pumps and valves could be the leak source. Damaged seals or housing could also contribute to the problem.

### Gauging Performance

Another sign of a hydraulic fluid leak is its performance. A leak will likely lead to slower or erratic operations. So use these indicators to gauge leaks. If there isn't a hydraulic fluid leak, another problem has appeared in the machine.

Overheating is another performance indicator the equipment is leaking. When lacking hydraulic fluid, the system will





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### The Dangers of Hydraulic Fluid Leaks

Hydraulic fluid leaks are dangerous because the organization and its workers are suddenly at risk. Here are three dangers posed by hydraulic fluid leaks.

#### Damaging Machines

When a machine has a hydraulic fluid leak, it becomes vulnerable to damage in several ways. First, the internal parts will become at risk. The moving parts and pieces inside the machine rely on hydraulic fluid to move smoothly. So losing it to a leak means the lubrication will suffer. Over time, the components will risk collapse.

Fluid leaks can significantly harm other aspects of the facility. For example, hydraulic fluid leaks in farm equipment can negatively affect the soil and harm essential groundwater sources for the animals. Plus, there is an increased risk of slips and falls for those walking around the premises. The National Safety Council says nearly 50,000 workers suffered injuries from a fall in 2020, making it one of the most common workplace accidents.

When a hydraulic fluid leak occurs, one option is to evacuate the necessary rooms to usher others to safety. However, this option may only be available in some situations.

For example, suppose the building has elevators running on a hydraulic system. Hydraulic drive systems typically use less fluid than other mechanisms, but problems can persist anyway. The elevator could cause uncomfortable rides for people inside and even shut down. Having people in the building getting stuck in an elevator would only make matters worse.

Besides shutdowns, leaks can endanger the lives of whoever is around through fire risks if the product contains natural hydraulic fluids. Hydraulic fluid is less flammable than the typical distillate fuel, but it can still cause fires if the temperature gets high enough. For example, airplanes typically have hydraulic fluids with organophosphate compounds. A 2020 study shows their self-ignition point typically exceeds 450 degrees Celsius.



**How to Work Safely With Hydraulics**

- ▶ Wear safety equipment
- ▶ Power down systems
- ▶ Be mindful of location
- ▶ Use safety locks
- ▶ Use caution around running systems

#### Causing Downtime

Modern business standards have called for maximum production and efficiency from employees. Hydraulic fluid leaks can significantly affect a company's





productivity and cause downtime. Fires, falls and equipment failure are only some of the ways leaks impact a business's daily operations.

When machines fail, companies must wait for maintenance to fix the problem or replace the equipment entirely. The lost productivity can significantly affect the bottom line, especially for small businesses. Research shows downtime costs about \$9,000 per minute, emphasizing the need for preventive maintenance.

### How to Prevent Hydraulic Fluid Leaks

Avoiding hydraulic fluid leaks is preferable to save time, money and energy. Here are a few preventive maintenance tips to employ for equipment:

**Inspections:** Routine maintenance is an excellent way to detect and mitigate problems before something bad

happens. Create an inspection schedule to check the belts, hoses, valves and other moving parts.

**Brand reputation:** Choose trustworthy suppliers for your hydraulic fluid equipment. These companies provide more reliable parts and better customer service than unfamiliar businesses selling cheap parts.

**Temperature control:** Ensure the fluids remain at a proper temperature to prevent the acceleration of wear and tear.

Remaining Aware of Hydraulic Fluid Leaks Keeping a smooth operation is essential for the bottom line and employee morale. Hydraulic fluid leaks are one problem that can escalate quickly and damage machinery. Use these warning signs and preventive maintenance tips to protect equipment and, of course, employees.

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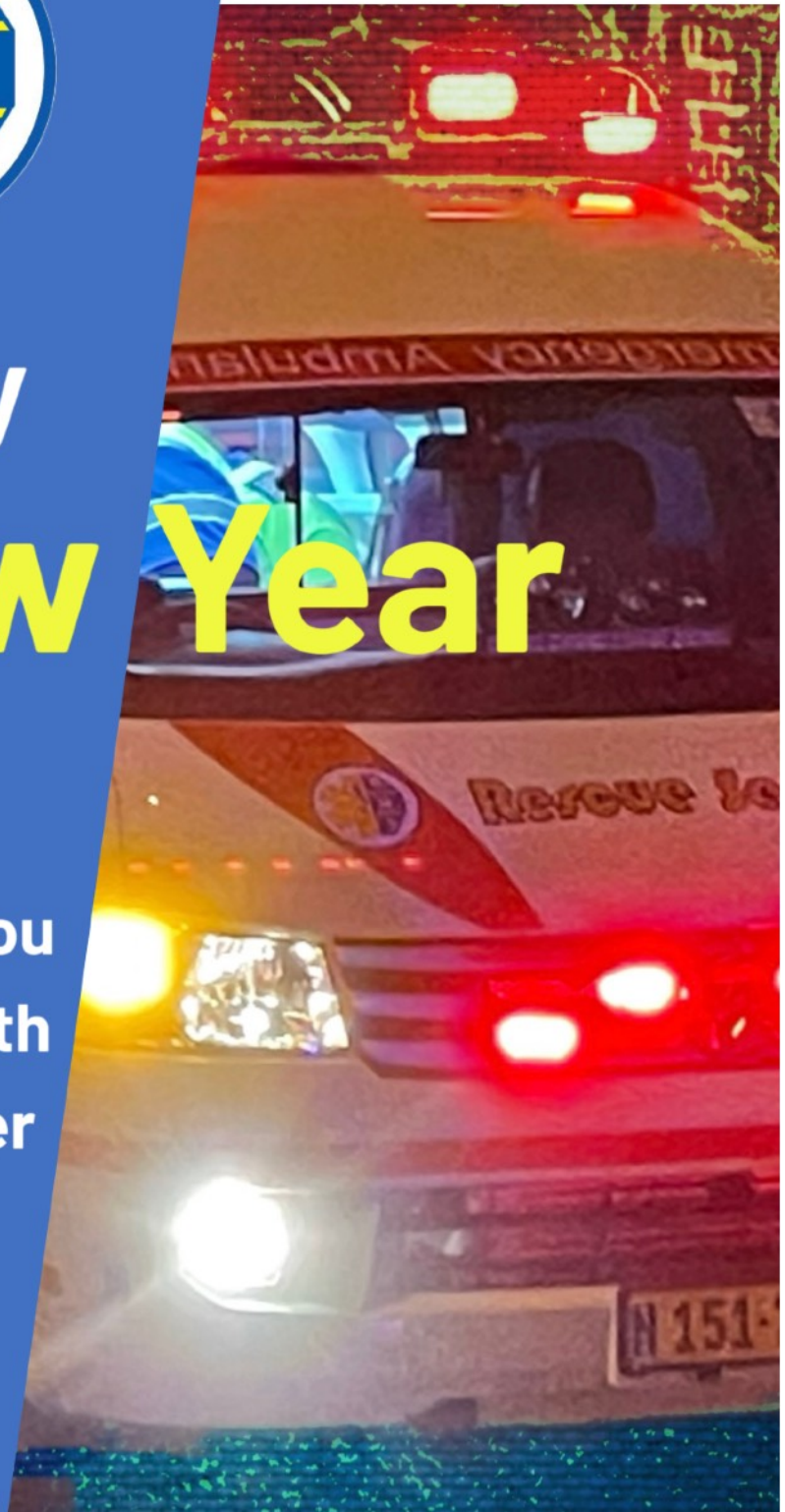


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# Happy New Year

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Good Health  
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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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