

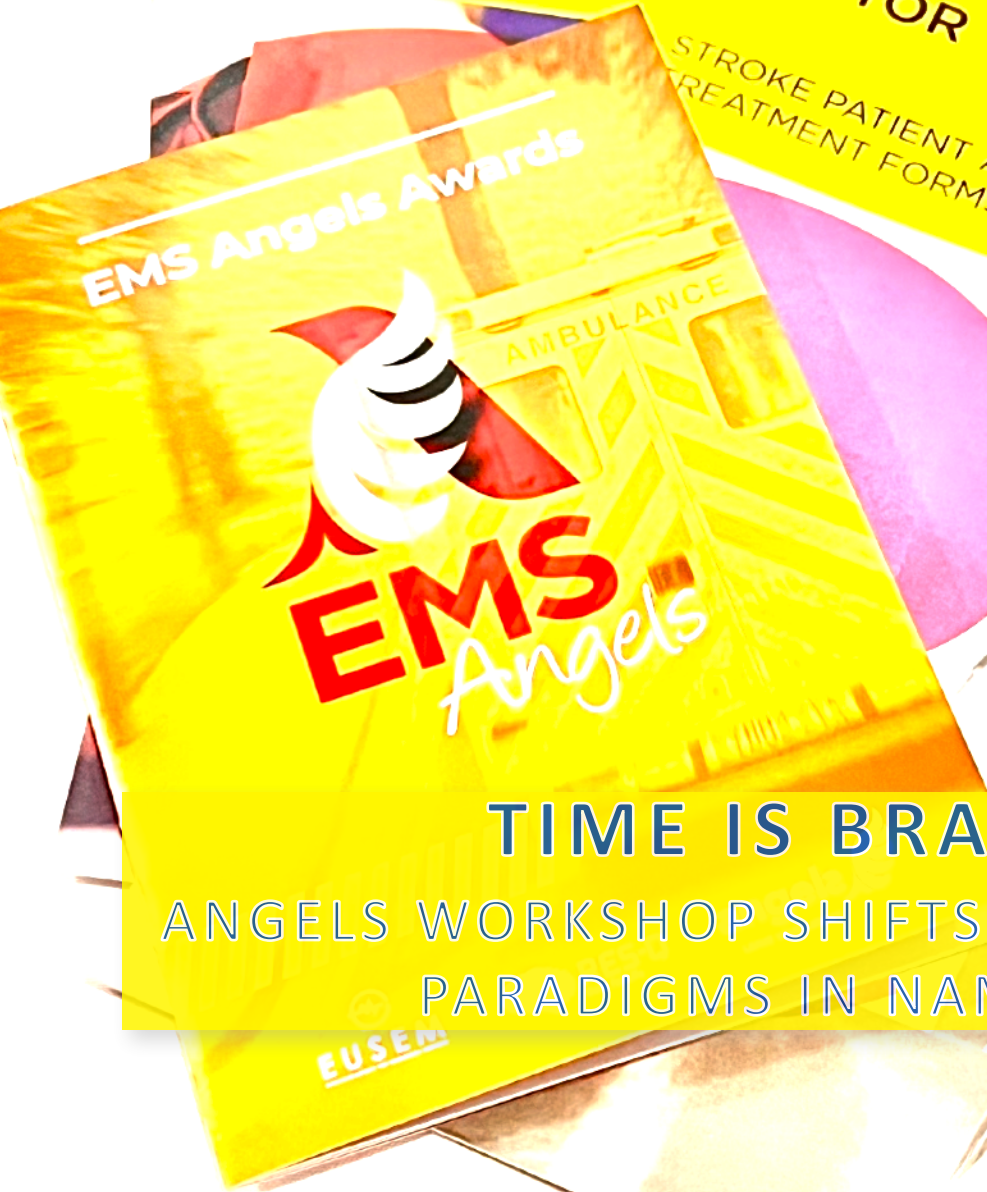
OSHMed Magazine

Occupational Safety & Health and Medical

by



TREATM



TIME IS BRAIN

ANGELS WORKSHOP SHIFTS STROKE CARE PARADIGMS IN NAMIBIA

• DANGEROUS CHEMICAL COCKTAILS UNCOVERED IN BUDGET ONLINE IMPORTS • HEALTH & SAFETY: WHEN WEATHER BECOMES THE JOB SITE HAZARD • FUN TIME - JOKE OF THE WEEK • E.M.A. WEEKLY EMERGENCY STATISTICS





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TIME IS BRAIN: Angels Workshop Shifts Stroke Care Paradigms in Namibia

WINDHOEK – on the 30th of June 2026, Windhoek became the epicentre of a critical upgrade to Namibian emergency medicine. Healthcare leaders, first responders, and medical professionals converged for the highly anticipated Angels Initiative Conference and Workshop.



The landmark event brought together key stakeholders dedicated to improving national health outcomes, including senior representatives from the **E.M.A. non-profit organisation**, **OSH-Med International**, the **Ministry of Health**, and **MediClinic**. The core mission of this collaborative effort is to optimize the hyperacute stroke pathway across Namibia and hammer home a foundational medical truth: **"Time is Brain."**

As the Angels Initiative marks a monumental milestone—**"Celebrating 10 Years"** of global lifesaving intervention—this workshop provided local emergency services with the cutting-edge frameworks necessary to drastically improve stroke survival rates and minimise long-term disability.

The Invisible Crisis: Raising Stroke Awareness

A primary objective of the workshop was to confront the stark realities of stroke epidemiology. For too long, strokes have been mischaracterised as an inevitable condition exclusive to old age. The global and regional data presented at the conference tells a far more urgent story.

Advertisement

An advertisement for SAFMED PHARMACY. At the top left is the logo, which consists of a red heart above a pair of hands, with the text 'SAFMED PHARMACY' below. To the right is a group photo of five people (three women and two men) standing together, one of whom is holding a cake. Below the logo is the slogan 'Your health is in our hands.'. In the center, there is a green arrow pointing to the text 'MEDICATION DRIVE-THRU PICK UP SERVICE IN THE COMFORT OF YOUR CAR'. To the right of this is a blue circle with 'FREE DELIVERY' in white. At the bottom left is a circular inset photo of a pharmacist in a white coat attending to a young child. To the right of this is a small graphic of three pills (red, white, and blue). Below the inset photo is the text 'Order your meds on WhatsApp for collection or delivery'. At the bottom left, there is contact information: 'For inquiries: 061-402786 / Whatsapp: 0816039466 safmedphy@gmail.com' and the address 'Shop 3 Hidas Centre Nelson Mandela Avenue, Klein Windhoek'. On the right side, there is a green and red graphic with the text 'OPEN TILL LATE' and a list of 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'. The operating hours are listed as: 'Mon-Fri: 08:00-21:00', 'Fri Closed: 13:00-14:00', 'Sat: 08:30-13:00', 'Sun: 10:00-12:00'.



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- Stroke stands as the **2nd leading cause of death worldwide**.
- It ranks as the second most common cause of death after HIV/AIDS and remains the **leading cause of disability** in South Africa.
- Socioeconomic realities heavily dictate risk, with **80% of strokes** in South Africa occurring within low-to-middle-income classes.
- Crucially, younger demographics are increasingly vulnerable: almost **35% of strokes** in 2016/2017 in the Western Cape occurred in individuals between the ages of **15 and 40 years**, as reported by the Department of Health Western Cape.

The Critical 30-Minute Metric: The absolute necessity of finding a "stroke-ready" facility cannot be overstated. According to the compelling visual slide shown in [IMG_4908.jpg](#), "Every 30 minutes,

a stroke patient who could have been saved dies or is permanently disabled because they were treated in the wrong hospital."

Implementing Hyperacute Care: Maximising the Golden Window

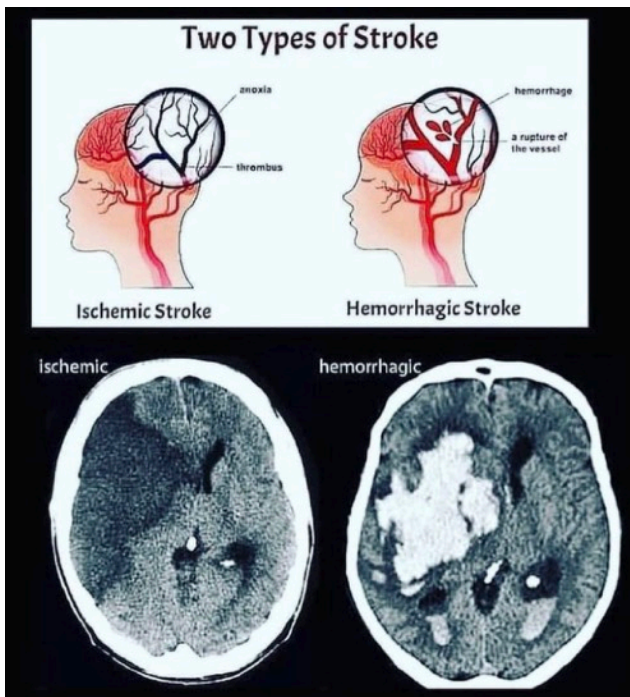
When a stroke strikes, every single second matters. Ischaemic strokes starve the brain of vital nutrients and oxygen. Any activity that does not directly contribute to recanalisation (restoring blood flow to the brain) only serves to delay critical care.

The workshop focused heavily on the **hyperacute phase**, instructing medical teams on the four key priority actions proven to compress door-to-therapy times down to under 30 minutes:

1. **Pre-Notification:** Pre-hospital ambulance crews alerting the destination hospital while the patient is en route.
2. **Direct to CT:** Bypassing standard emergency room bottlenecks to take



3. the patient immediately to the imaging room.
4. **Treatment at the CT:** Administering thrombolytic therapy directly in the CT suite rather than moving the patient back to a ward.
5. **Point-of-Care Testing:** Utilising rapid bedside laboratory checks to clear treatment barriers instantly.



Beyond F.A.S.T.: Identifying Symptoms via LAPSS

To ensure patients arrive at a stroke-ready hospital in time, accurate field detection by the public and emergency personnel is mandatory. The workshop introduced advanced screening techniques to supplement traditional methods.

The **Los Angeles Pre-Hospital Stroke Screen (LAPSS)** has been shown to be more accurate than the basic F.A.S.T. stroke screen.

The LAPSS Screening Criteria

Medical responders utilise specific baseline indicators to evaluate risk:



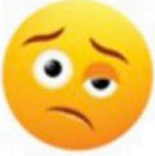



- **Age:** Over 45 years.
- **History:** No prior history of a seizure disorder.
- **Onset:** New onset of neurological symptoms developing within the last 24 hours.
- **Basics:** The patient was fully ambulatory (able to walk) prior to the event.
- **Blood Glucose:** Blood sugar levels measuring strictly between 60 and 400 mg/dL (to rule out severe hypoglycaemia, which mimics stroke symptoms).

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The advertisement features a background image of a first aid training mannequin. At the top left, the logo for "OSH-Med international" is displayed with the tagline "SERVICE • TRAINING • EXCELLENCE". The main text "FIRST AID TRAINING" is written in large, bold, white capital letters. Below this, a list of training options is shown with blue diamond bullet points: "First Aid - Level A", "First Aid - LSM", "Specialised First Aid", and "and more". At the bottom, the locations "Windhoek • Ongwediva • Walvis Bay" and the website "www.osh-med.pro" are listed.



Stroke Warning Signs

B	E	F	A	S	T
Balance	Eyes	Face	Arms	Speech	Time
					
Sudden loss of balance?	Change in vision or trouble seeing?	Face looks uneven?	Arm or leg weak or hanging down?	Trouble speaking, slurred speech, or seem confused?	9112 Call for an Ambulance immediately dial 9112

Physical Exam Signs to Watch For

If you suspect a colleague, family member, or bystander is experiencing a stroke, look immediately for these critical physical exam abnormalities:

- **Facial Smile/Grimace:** Look for an asymmetrical droop on either the right or left side of the face.
- **Grip Strength:** Test both hands simultaneously; check for a weak grip or a total lack of grip on one side.
- **Arm Weakness:** Have the person lift both arms up; note if one arm drifts downward or falls rapidly.

When Disaster Strikes: Dial 9112 Immediately!

Recognising the signs is only half the battle; the immediate next step determines the

patient's future. The workshop emphasised that the public must bypass standard transport and activate specialised emergency care immediately.

If you see someone exhibiting a sudden facial droop, weak grip, or arm drift, do not wait to see if it improves.

- **Call the E.M.A. Emergency Number at 9112.**

By dialling **9112**, you activate a specialised, stroke-aware emergency response infrastructure. The paramedics of E.M.A. are trained in hyperacute pre-hospital protocols, ensuring immediate field stabilisation, hospital pre-notification, and rapid transit straight to a certified stroke-ready facility.



Through collaborative training efforts between E.M.A., OSH-Med International, the Ministry of Health, and private healthcare entities like MediClinic, Namibia is building an unbreakable care chain against one of the world's leading killers.

Remember: Time is brain. Spot the signs, protect your loved ones, and dial 9112.

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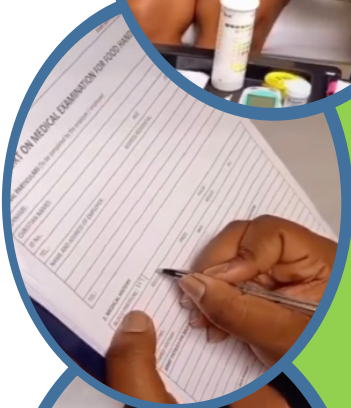


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Dangerous Chemical Cocktails Uncovered in Budget Online Imports

ONLINE – The convenience of digital global trade has transformed the retail landscape in Namibia. Over recent years, local consumers looking for affordable clothing, accessories, and footwear have increasingly turned to international online discount platforms like Shein and Temu. However, a damning new scientific investigation serves as an urgent wake-up call, proving that the exceptionally low price tags on these fast-fashion items often come at a severe cost to human health.



According to a comprehensive laboratory testing report released on **29 June 2026** by the Bremen Environmental Institute and the German Environmental Aid (*DUH*), an alarming percentage of ultra-fast-fashion apparel contains illegal, hazardous levels of toxic chemicals.

As a non-profit organisation dedicated to public safety and wellness, E.M.A., alongside the workplace safety experts at OSH-Med International, warns Namibians to look past the bargain prices and recognize the severe chemical risks lurking inside unverified e-commerce packages.

The Lab Results: A "Colourful Cocktail" of Poisons

The independent laboratory investigation targeted clothing directly distributed by the online giant Shein. The findings were staggering: out of 18 clothing items selected and tested, **7 completely failed to meet safety standards**, massively breaching established legal chemical limits.

The testing institute described the results as a "colourful cocktail of chemicals," detecting a toxic mix of heavy metals, plasticisers, and dangerous synthetic compounds. Among the most egregious violations discovered in the lab were:

- **12,000-Times the Legal Limit for PFAS:** A jacket marketed for teenagers exceeded the safety threshold for a specific compound within the PFAS (per- and polyfluorierte Alkylsubstanzen) group by an astronomical **12,000 times**. A separate children's jacket exceeded the same limit by more than 1,100 times.
- **179-Times the Allowed Limit for Plasticisers:** In a pair of women's lace-up boots, laboratory equipment detected a concentration of **179,000 milligrams per kilogram** of the industrial plasticiser DEHP (a type of



phthalate). The maximum legally permitted level is under 1,000 milligrams, meaning these boots contained 179 times the safe allotment of reproductive toxins.

Understanding the Enemy: How These Chemicals Damage Your Body

When we wear clothing, our skin—the body's largest organ—absorbs the substances tightly pressed against it, a risk multiplied by sweat and friction in Namibia's warm climate. The health implications of the chemicals found in these garments are severe:

1. PFAS ("Forever Chemicals")

PFAS are widely used by low-cost manufacturers to make materials artificially water, grease, and dirt-repellent. Known globally as "forever chemicals," PFAS never fully break down in the human body or the environment. Regulatory health bodies warn that prolonged exposure to PFAS alters metabolism, disrupts human hormone balance, damages the immune system, and is heavily suspected of being carcinogenic (causing cancer).

2. Phthalates / Plasticisers (such as DEHP)

Phthalates are chemical softeners used to make plastics and synthetic leathers pliable and flexible, such as the material used in cheap boots and belts. Phthalates possess dangerous hormone-like properties. Once absorbed through dermal contact, they act as endocrine disruptors and can severely

impair human fertility and reproductive capabilities.

The Namibian Context: A Vulnerable Consumer Base

While European regulatory bodies possess the infrastructure to issue heavy fines—such as the EU Commission's recent €200 million penalty levied against Temu for safety deficiencies and toxic chemicals in children's toys—Namibia faces distinct regulatory vulnerabilities.

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Many small, direct-to-consumer parcels arriving via international air freight bypass stringent local chemical testing at customs checkpoints. This allows unverified, toxic textiles to enter Namibian homes completely unchecked. Furthermore, other prominent consumer watchdog entities, including Germany's *Stiftung Warentest* and *Ökotest*, have run parallel tests on toys, jewellery, electronics, and clothing from these budget platforms, confirming that **110 out of 162 tested products failed minimum safety standards**.

For families in Windhoek and across Namibia looking to stretch their monthly budgets, these platforms seem like a blessing. But the long-term medical costs associated with immune suppression, reproductive disorders, and oncological issues far outweigh the temporary savings.



Public Health Advice: How to Protect Your Family

E.M.A. and OSH-Med International urge the Namibian public to adopt a proactive approach to clothing safety and industrial workplace apparel:

- 1. Exercise Extreme Caution with App-Based Marketplaces:** Treat ultra-cheap clothing deals from foreign, direct-ship online platforms with extreme skepticism. If a product is drastically cheaper than local alternatives, corners have likely been cut regarding material safety and chemical regulation.
- 2. Verify Manufacturer Transparency:** When purchasing clothing, safety footwear, or textiles, prioritize brands that explicitly list their manufacturer, importer information, and established safety compliance labels.
- 3. Smell and Texture Warnings:** Avoid garments that exhibit a strong, pungent, or chemical/plastic odor right out of the packaging. This is a common indicator of heavy chemical off-gassing.
- 4. Buy Local and Certified:** Where possible, invest in durable, low-chemical, and responsibly produced clothing. For workplace environments, always source Personal Protective Equipment (PPE) and occupational apparel from certified, accredited suppliers who can guarantee material compliance.

Your health is not a bargain. Let's protect our workforce and our families by making informed, safe, and chemical-conscious consumer choices.





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Health & Safety - When Weather Becomes the Job site Hazard

WINDHOEK - For decades, occupational safety and health (OSH) programs have treated weather as a predictable, seasonal backdrop. Construction, mining, agriculture, and emergency services in Namibia have historically relied on traditional timelines—anticipating dry summer heatwaves or mild winter mornings.



However, shifting global climate patterns are rewriting the rules of outdoor operations. Shifting weather patterns are fundamentally increasing safety risks across job sites worldwide, turning previously safe environments into immediate hazard zones in mere minutes. Data indicates that natural and severe weather disasters are escalating in frequency, leaving safety professionals with less time to react between volatile atmospheric events.

If you are responsible for keeping workers safe on Namibian job sites, you can no longer ignore these dynamics. Companies must stop treating extreme weather as an occasional, seasonal inconvenience and instead integrate it as a **core operational risk**.

Blazing Skies: The Permanent Threat of Heat Stress and Dehydration

While international guidelines often dwell on sub-zero winter protocols, the primary climate threat confronting Namibian

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workforces is severe solar radiation and extreme heat. From the deep pits of southern mining operations to infrastructure projects in the Khomas region, outdoor crews regularly face punishing conditions.

Heat waves can rapidly trigger heat exhaustion, heat cramps, and fatal heat strokes. What many supervisors overlook is how heat undermines basic behavioural safety. High temperatures accelerate worker fatigue, slow down reflexes, impair critical judgment, and cause slippery, sweaty hands—directly spiking the risk of tool drops and machine handling accidents.

The Hydration Blind Spot: Hydration must be managed consistently. Workers often wait until they feel thirsty to drink water, but by that time, the body is already experiencing early-stage dehydration. Teams must enforce mandatory, scheduled water breaks and provide shaded, well-ventilated recovery areas to prevent heat-induced medical emergencies.


The African Extremes: Navigating Desert Cold and Wind Stress

Despite our reputation for heat, Namibia possesses severe microclimates that require defensive planning. In the interior highlands and southern desert landscapes (such as Rosh Pinah), winter nights and early mornings drop to freezing or near-freezing levels. Simultaneously, coastal projects encounter brutal, sand-laden winds and dense, freezing Atlantic fog banks.

Cold and wind exposure introduce specific OSH hazards:

- **Reduced Manual Dexterity:** Freezing temperatures restrict peripheral blood flow, causing numbness in fingers and toes. This severely reduces grip strength and manual precision, elevating the frequency of drop-object incidents and tool misuse.
- **The Visibility Trap:** When morning temperatures plummet, workers naturally layer up. Supervisors must

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ensure that heavy personal jackets or windbreakers do not cover up required high-visibility clothing. High-vis vests must always remain the outermost layer to protect workers from heavy machinery blind spots.

Weathering the Storm: Flash Floods, Lightning, and High Winds

Namibia's rainy seasons bring localised, volatile thunderstorms that present severe threats to industrial setups. Dry riverbeds (*riviere*) can transform into raging torrents within minutes due to upstream downpours, putting remote construction sites and low-lying logistics routes at sudden risk.

To withstand rapid weather shifts, safety leaders must implement strict field protocols before the storm hits:

- **Establish Clear Operational Thresholds:** Project managers must define objective, non-negotiable

boundaries for when work must stop –such as specific wind speeds for crane operations or lightning proximity limits.

- **Pre-Storm Walkthroughs:** Supervisors must actively walk the job site ahead of predicted heavy rains. They must identify natural pathways for water to flow and clear structural blockages to facilitate drainage, preventing hazardous standing pools and stabilising the site for a faster, safer return to work.
- **Secure Unbound Materials:** High wind gusts can turn unanchored roofing sheets, scaffolding elements, and loose debris into lethal airborne projectiles. All loose materials must be secured with heavy-duty tie-downs or anchors, and wrapped material bundles should never be left opened and exposed to the elements.





OSH Leadership: Moving Beyond the Checklist

When project deadlines loom and commercial pressures mount, it is easy for supervisors to take shortcuts and hope the weather cooperates. This is exactly where strong safety leadership separates successful operations from tragic incidents.

As the specialists at OSH-Med International frequently emphasise, **safety isn't a checklist; it's an active way of working.** Relying on passive compliance forms does not save lives when an unpredicted flash flood or severe sandstorm rolls over the horizon. It requires real-time monitoring, clear emergency communication loops, and a workplace culture where any labourer has the authority to halt work if environmental hazards compromise their safety.

In the event that an environmental hazard bypasses your defences—resulting in a severe lightning strike, heat stroke, or wind-related trauma—immediate, specialised medical evacuation is crucial.

- **For all critical workplace emergencies, contact E.M.A. directly at 9112.**

By prioritising proactive site preparation and equipping your teams with rapid-response support, you ensure that no matter how volatile the Namibian weather gets, your workforce remains protected.

Would you like to customise a companion checklist or a toolbox talk template based on this article for supervisors to use during morning safety briefings? - contact OSH-Med international - www.osh-med.pro

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

FACE

Can their face fall 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.**



Fun Time - *Joke of the week*



Did you hear about the wig thief who escaped from prison?

Police are combing the area to find him.

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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

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E.M.A. Emergency Statistics

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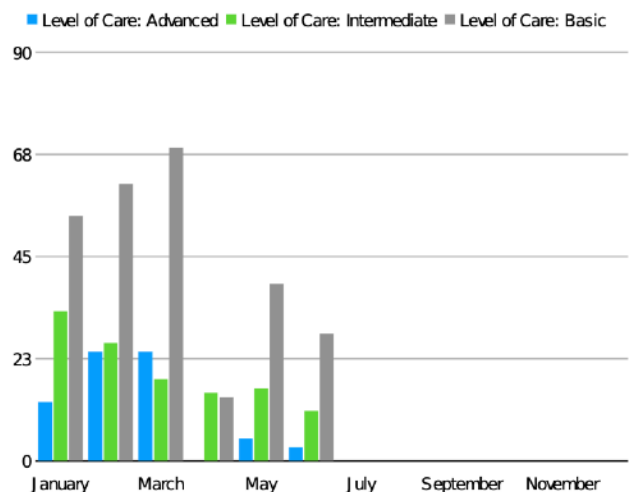
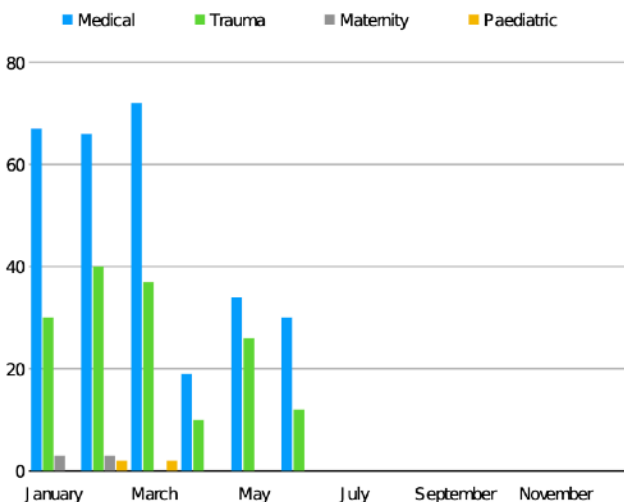
In 2026

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

NAD 779,000.00

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	30	12	0	0	3	11	28
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	288	155	6	4	69	119	285
Total	453				453		



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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

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Police:

NamPol

10 111

City Police (Whk)

061-302 302

MVA Fund

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(all numbers are from GRN or non-profit organisations)



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