

# OSHMed Magazine

by



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# NCD

News magazine for:

**Occupational Safety, Occupational Health, Emergency & Medical Care  
and much more**

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## “There when you need us”

It is now 16 months since EMA started with its operations in Windhoek. In that time, we have “been there” when over 1,100 people have needed us.

As an Rescue Service, we never know what job will be next and that continues to be one of the attractions for many of us working in the field.



We also experience a rollercoaster of different emotions in the work. Some jobs bring despair – the waste of a young life due to a fatal assault or drug overdose, or the

loss of a patient when we were unable to resuscitate. The grief of families on the loss of loved ones. These jobs are particularly hard on our younger Medics and we offer a debrief after each such incident, and ongoing support. There is frustration when a patient refuses transfer to hospital when we know that is where they need treatment. And then there are the jobs that bring immense satisfaction, successful resuscitations, and, despite the trepidation felt by nearly everyone in training – maternity cases resulting in the delivery of healthy babies. This is probably one of the hardest areas of training for our Medics, since no amount of simulation with a dummy can prepare you for the reality of a live birth situation.

In November 2020 a call came through for a maternity case. As our First Responder based near the address, They were first on scene, on their own, with only their personal kit.



Our ambulance was not available at that time, so we relied on Fire Brigade to assist. On arrival on scene, the lady was having regular contractions and despite best efforts to dissuade her from pushing, baby had other ideas. Suddenly there was this slippery bundle of new life in the hands of our First Responder. Baby assessed, cord clamped and cut, baby cleaned & dried and presented to a proud Mum.



That proved how important First Responder are in our community. Up till now, the Unit had 4 deliveries, and each one has been a very special occasion – what a privilege to help bring new life into the world.



### PROTECT YOURSELF AND OTHERS from the coronavirus (COVID-19)

- **Wash** your hands frequently with soap and water or alcohol-based rub
- Maintain social **distancing** (minimum 1 metre)
- Avoid **touching** eyes, nose and mouth
- Practice respiratory **hygiene**
- If you have **fever, cough** and **difficulty breathing**, seek medical care early
- **Stay informed**, follow advice from your healthcare provider

*E.M.A. - "There when you need us"*

Publication from E.M.A. nonprofit organisation Articles from F.Martens (FMA) and Mike Chart (MCH)  
Service Hotline: 061-302 931 Website: [www.ema-organisation.pro](http://www.ema-organisation.pro)



**Emergency Call: 085-9112**



## What are noncommunicable diseases?

Noncommunicable diseases (NCDs), also known as chronic diseases, tend to be of long duration and are the result of a combination of genetic, physiological, environmental and behaviours factors.

The main types of NCDs are cardiovascular diseases (like heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma) and diabetes.

NCDs disproportionately affect people in low- and middle-income countries where more than three quarters of global NCD deaths – 32million – occur.

Main Risk factors:

Modifiable behaviours, such as tobacco use, physical inactivity, unhealthy diet and the harmful use of alcohol, all increase the risk of NCDs.

\* Tobacco accounts for over 7.2

million deaths every year (including from the effects of exposure to second-hand smoke), and is projected to increase markedly over the coming years.

\* 4.1 million annual deaths have been attributed to excess salt/sodium intake.

\* More than half of the 3.3 million annual deaths attributable to alcohol use are from NCDs, including cancer.

\* 1.6 million deaths annually can be attributed to insufficient physical activity.

Almost **two-thirds** of non-communicable disease (NCD) deaths are linked to:



Non-communicable diseases (NCDs) can be **prevented by employers** promoting:



Bupa is partnering with the NCD Alliance to combat NCDs



To minimise the risk of getting an NCD is best to live healthy and minimise the risk factors.





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HERE TO SERVE THE  
REHABILITATION AND  
RECOVERY NEEDS OF  
OUR PATIENTS

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## What are Medical Emergencies?

A medical emergency is an acute injury or illness that poses an immediate risk to a person's life or long-term health, sometimes referred to as a situation risking "life or limb".

Know the 7. most common medical emergencies:

1. **Bleeding**  
Cuts and wounds cause bleeding, but severe injury can also cause internal bleeding that you can't see

2. **Breathing difficulties**  
There can be a number of reasons why someone may have difficulties in breathing. For example, asthma attacks, allergic reaction (anaphylaxis), and coughs or colds.

3. **Someone collapses**  
If someone has collapsed, they are likely to need medical attention. This is because their levels of consciousness or

breathing could be affected.



4. **Fit and/or epileptic seizure**  
Fits and seizures can occur in people who have a diagnosis of epilepsy, but can also occur in people who don't have such a diagnosis

5. **Heart Attack**  
A heart attack is a serious life threatening medical emergency where the supply of blood to the heart is suddenly blocked.

6. **Stroke**  
A stroke is a serious life-threatening medical condition which occurs due to the blood supply to part of the brain being cut off.



7. Severe pain If you witness any of the above emergencies , please call the rescue service immediately.

Everyone experiences pain in different ways, depending on their pain threshold, We all experience aches and pains from time to time. In case of an Emergency Call: 085-9112



If you want to learn how to do First Aid in case of an Medical Emergency? Contact our platinum supporter OSH-Med. They offer First Aid Courses on a regular base. Their contact details are:  
Service Hotline: 061-302 931  
Email: [info@osh-med.pro](mailto:info@osh-med.pro)

From our Gold Supporter



Emergency Call: 085-9112



## **“There when you need us” .... “and even when you don’t we are on standby”**

Whilst the primary purpose of EMA is to provide, timely and professional emergency care, we also take on an educational role, in its widest sense.

Through our various social medium platforms, we provide health and safety information regarding conditions on our roads and in our locations to the general public as well as accident information.

There is also a regular update of our callout activities posted on our Facebook page. We also have internal training information that is shared with the team to keep everyone up to date with the current protocols and techniques and as general reminders.

Our Chairperson, Fabian, now has a regular radio show on NBC

where he discusses wider health issues. We hope to extend that service in the future to provide regular public briefings, information and training.



Two or three times per year, with the cooperation of Super Spar at Maerua Lifestyle we hold a public Health Awareness day, where we offer lifestyle assessments like blood pressure, pulse rates and blood sugar levels.

We also take the opportunity to have teaching sessions for CPR (Cardio Pulmonary Resuscitation) at these sessions.



Our ambulance and equipment are also put on display to make the public aware of what we carry, and significantly for us as a non-profit organization, how much the equipment costs.



Since the beginning of the COVID-19 pandemic we have running our 'Clean Hands for All Campaign. For this we have been collecting and distributing soap, hand sanitizer, toilet paper and feminine hygiene products to those households in our communities that have been unable to provide these for themselves.

This project is ongoing if you would like to donate any of the materials above or contribute money for us to buy the items.

Here could be  
your advertisement

Your advert supports the work of E.M.A.

**Please contact us!**

**EMA-support@osh-med.pro**





# Rescue Service



[www.ema-organisation.pro](http://www.ema-organisation.pro)



## 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** 085-9112

#### *Fire Brigade:*

Windhoek 061-21 1111

For all other towns, please contact your local Municipality, Town Council

#### *Police:*

NamPol 10 111

City Police (Whk) 061-302 302

For all other towns, please contact your local Municipality, Town Council

MVA Fund 9682

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



d.o.c.  
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