



Train for Excellence,
be prepared for anything

Course Calendar 2026

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OSH - Representative

The OSH Representative' function is to create high intensity awareness in all staff in Health & Safety and to inform them about the importance of "creating a healthy safe and prepared working environment for all".

	Intake 1	Intake 2	Intake 3	Intake 4
January	19	28		
February	2	16	25	
March	9	17	30	
April	8	13	27	
May	18	26		
June	1	10	15	
July	6	20	29	
August	3	17	24	31
September	14	23	28	
October	12	21	26	
November	9	18	23	
December	7	16		

Courses are available at the Service & Training Centre of OSH-Med international at
Windhoek - Ongwediva - Walvis Bay

OSH - Supervisor

Four "1 day" courses (*H&S Representative, OHS Act, Accident & Incident Investigation, and Risk Assessment*) combined into a powerful 3 day course perfect for work supervisors and managers.

	Intake 1	Intake 2
January	12 - 14	
February	9 - 11	
March	2 - 4	
April	20 - 22	
May	11 - 13	
June	22 - 24	
July	13 - 15	
August	10 - 12	
September	7 - 9	
October	5 - 7	
November	2 - 4	30.11. - 2.12.
December		

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OSH - Officer

The 10 day international standard “OSH Officer” course is an exciting program aimed at providing a better understanding of the theoretical and practical principles of H&S and assist H&S Practitioners to implement effective measures and create a healthy, safe and prepared working environment for all.

As an accredited and approved training provider, OSH-Med is committed to promoting higher standards of health and safety in the workplace through the provision of qualifications that meet the needs of learners and employers at all levels across all sectors.

The OSH Officer training of OSH-Med international is according to TUEV Nord, Germany standards and based on the latest researches and standards of TUEV Nord.

Main Topics:

- ☑ Day 1 – 5 Health & Safety
- ☑ Day 7 – 9 First Aid
- ☑ Day 9 Fire Fighting & Evacuation Planning
- ☑ Day 10 HIV / Aids Awareness & OSH Officer – Course Assessment

	Intake 1
January	12 - 23
February	
March	2 - 13
April	
May	11 - 27
June	
July	13 - 24
August	
September	7 18
October	
November	2 - 13
December	

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Working at Heights

OSH-Med offers theoretical and practical instruction. Our professional instructors are experience in their field. Work at height is work in any place, including a place at, above or below ground level, where a person could be injured if they fell from that place.

	Intake 1	Intake 2
January	26	
February	23	
March	23	
April	8	
May	5	
June	8	29
July	27	
August	25	
September	21	
October	19	
November	16	
December	14	

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Scaffolding

Scaffolding refers to a method where our instructors offer a particular kind of support to students as they learn and develop a new concept or skill. In the instructional scaffolding model, our instructor share new information or demonstrate how to solve a problem with the main focus of erecting a scaffold structure.

	Intake 1	Intake 2
January	27	
February	24	
March	24	
April	7	
May	6	
June	9	30
July	28	
August	27	
September	22	
October	20	
November	17	
December	15	

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First Aid - Life Saving Measures (LSM)

This one day course object is to enable the delegate to manage a variety of injuries and medical emergencies at a First Aid level. The First Aid – LSM is a short and refresher course of the First Aid Level A, includes training on CPR and Trauma.

	Intake 1	Intake 2
January	15	29
February	12	26
March	5	26
April	9	29
May	7	27
June	11	25
July	16	30
August	13	27
September	10	24
October	8	22
November	5	19
December	3	9

Courses are available at the Service & Training Centre of OSH-Med international at
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First Aid - Level A

Join our First Aid course and learn invaluable lifesaving skills. Learn first aid for the legal requirements of the Labour Act. This course gives you an intense knowledge for First Aid treatments on any emergency scene.

	Intake 1	Intake 2	Intake 3
January	7 - 9	21 - 23	
February	4 - 6	18 - 20	
March	11 - 13	18 - 20	31.3. - 2.4.
April	15 - 17		
May	20 - 22		
June	3 - 5	17 - 19	
July	1 - 3	8 - 10	22 - 24
August	5 - 7	19 - 21	
September	2 - 5	16 - 18	30.9. - 2.10.
October	14 - 16	28 - 30	
November	11 - 13	25 - 27	
December	14 - 16		

Courses are available at the Service & Training Centre of OSH-Med international at
Windhoek - Ongwediva - Walvis Bay



Basic Industrial Fire Fighting

Fire are usually devastating events at your home or offices. Our Basic Industrial Fire Fighting course is aimed at preventing fires, creating a prepared environment and building confidence when faced with this unexpected emergency.

	Intake 1	Intake 2	Intake 3
January	16	30	
February	13	27	
March	6	16	27
April	10	24	
May	8		
June	12	26	
July	17	31	
August	14	28	
September	11	25	
October	9	23	
November	6	20	
December	4	11	17

Courses are available at the Service & Training Centre of OSH-Med international at
Windhoek - Ongwediva - Walvis Bay

Industrial Fire Fighting

Join the skilled Industrial Fire Fighting is a 1 day course in fire fighting with theoretical and practical training. This courses are aimed at preventing fires, creating a prepared environment and building confidence when faced with this unexpected emergency. Fire are devastating events, be prepared.

	Intake 1	Intake 2	Intake 3
January	20		
February	3	17	
March	10	31	
April	14	28	
May	19	26	
June	2	16	
July	7	21	
August	4	18	
September	1	15	29
October	13	27	
November	10	24	
December	8		

Courses are available at the Service & Training Centre of OSH-Med international at
Windhoek - Ongwediva - Walvis Bay

ECP - Basic | Windhoek Campus

This paramedical training on the level of ECP - Basic is designed for ambulance & medical services and accredited by the Health Professions Council of Namibia (HPCNA). The course intended to be the access level qualification into the Emergency Medical Services (EMS). Upon successful compliance with the examination criteria, delegates will be awarded with an Emergency Care Practitioner – Basic Certificate.

	Intake 1	Intake 2	Intake 3
January	19.1. - 6.3.		
February			
March			
April		5.5. - 19.6.	
May			
June			
July			31.8. - 16.10.
August			
September			
October			
November			
December			

ECP - Basic | Ongwediva Campus

This paramedical training on the level of ECP - Basic is designed for ambulance & medical services and accredited by the Health Professions Council of Namibia (HPCNA). The course intended to be the access level qualification into the Emergency Medical Services (EMS). Upon successful compliance with the examination criteria, delegates will be awarded with an Emergency Care Practitioner – Basic Certificate.

	Intake 1	Intake 2	Intake 3
January	9.2. - 27.3.		
February			
March			
April		22.6. - 7.8.	
May			
June			
July			5.10 - 20.11.
August			
September			
October			
November			
December			



ECP - Intermediate | Windhoek Campus

The ECP - Intermediate is designed for a higher level of patient treatment and accredited by the Health Professions Council of Namibia (HPCNA). This paramedical training intended to be the intermediate level qualification into the Emergency Medical Services (EMS). Upon successful compliance with the examination criteria, delegates will be awarded an Emergency Care Practitioner – Intermediate Certificate.

	Intake 1	Intake 2	Intake 3
January			
February			
March	2.3. - 3.7.		
April			
May			
June			
July		6.7. - 30.10.	
August			
September			
October			
November			9.11. - April 2027
December			

Courses are available at the Service & Training Centre of OSH-Med international at
Windhoek

ECP - Basic Refresher & Intermediate Entry Examination

This course enables delegates to be updated with the ECP Standards. The ECP - Refresher training is the ideal for the ECP - Intermediate Entry Examination.

	Intake 1	Intake 2	Intake 3
January			
February	23 - 25; Entry Exam 26		
March			
April			
May			
June		29.6 - 1.7. Entry Exam 2.7.	
July			
August			
September			
October			
November			2 - 4; Entry Exam 5
December			

Courses are available at the Service & Training Centre of OSH-Med international at
Windhoek - Ongwediva - Walvis Bay



BLS for Healthcare (ERC-BLS)

The BLS CPR Course is also designed for anyone who is required to take a Healthcare Provider Course for employment. The Course is a prerequisite for advanced courses in resuscitation, including Advanced Cardiovascular Life Support (ACLS-ERC), Paediatric Advanced Life Support (PALS-ERC) and BLS CPR Instructor Courses.

The course is according to ILCOR guidelines.

ACLS (ERC)

ACLS by the European Resuscitation Council (ERC) is a practical, simulated case-based Course that will enhance resuscitation skills in the management of cardiac arrest and peri-arrest patients. Learning is facilitated by extensive hands-on practice, with each participant getting several opportunities to lead their team in simulated clinical scenarios, guided by positive and constructive feedback.

The course is according to ILCOR guidelines.

PALS (ERC)

PALS - ERC course is designed for all healthcare professionals who are likely to be involved, either as a team member or team leader, in the resuscitation of a child, infant or newborn whether in hospital or out of hospital. The course aims to provide knowledge and skills needed for managing a critically ill child, and preventing progression to cardiac arrest. Emphasis is given also to team management and non-technical skills.

The course is according to ILCOR guidelines.

	BLS	ACLS	PALS
January			
February	13	14 - 15	
March			
April	10		11 - 12
May			
June	12	13 - 14	
July			
August	28		29 - 20
September			
October	9	10 - 11	
November			
December	4		5 - 6

Courses are available at the Service & Training Centre of OSH-Med international at

BLS: Windhoek - Ongwediva - Walvis Bay

ACLS, PALS: Windhoek



Additional course offered & accreditation

Training field	Course Name	Duration	Accreditation/Guidelines
First Aid	Life-Saving Measure (LSM)	1 day	Ministry of Health, FA refresher
	Level – A	2½ days	Ministry of Labour, Ministry of Health
	For Kids	1 day	Ministry of Health, FA refresher
Emergency Medical Care	ECP – Basic	6 weeks	HPCNA
	ECP – Intermediate	17 weeks	HPCNA
	BLS for Health Care Provider	½ day	HPCNA, ERC, ILSO Guidelines
	ACLS - ERC	2 days	HPCNA, ERC, ILSO Guidelines
	PALS - ERC	2 days	HPCNA, ERC, ILSO Guidelines
Occupational Safety & Health (OSH)	Representative	1 day	Ministry of Labour
	Induction	1 day	Ministry of Labour
	General H&S	1 day	Ministry of Labour
	Accident & Incident Investigation	1 day	Ministry of Labour
	Risk Assessment – HIRA	1 day	Ministry of Labour
	Supervisor	3 days	Ministry of Labour
	Officer	10 days	Ministry of Labour, International
	Working at Heights	1 day	Ministry of Labour
	Scaffolding	1 day	Ministry of Labour
Industrial Fire Fighting	Basic Industrial Fire Fighting	½ day	Ministry of Labour
	Industrial Fire Fighting	1 day	Ministry of Labour
Additional courses	ECG / Pharmacology		
	HIV / Aid Awareness		
	Evacuation Planning	On request	Depending on the course
	HAZMAT, Rescue Courses		
	Mining First Aid		
	Defensive Driver Training		

Terms & Conditions

For the full T&C check our website, or [Click Here to see the T&C](#)

Our language on the courses:

Our courses will be presented in English. The student should be able to read, write and speak English.

We may request an English assessment, under reserve.

Course Fees: OSH-Med requires a non-refundable deposit for any course (amount depends on the course). The deposit must be paid by handing in the application form and will be deducted from the course fee. OSH-Med request a minimum deposit for the different course options. For course fees below NAD 4,000.00 must be paid before the course starts (7 days) . If the course fees are not paid at the time of examination, the result and certificate will remain with OSH-Med till the full payment will be done.

To confirm the booking, the student/company has to send the completed in registration form and the proof of payment(s) to:

info@osh-med.pro

OSH-Med Medical Training College cc, PO Box 22088, Windhoek, Namibia

Cancellation fees are under reserve of OSH-Med.

Members: Fabian Martens, Melody Shehama

For REGISTRATION and more INFORMATION, please contact us:

Windhoek

40 Beethoven Str
Windhoek
Tel.: 061 302 931

Ongwediva

MVA Fund Building, Block C
Libertine Amadhila Street
Ongwediva
Tel.: 081 407 9101

Walvis Bay

211 Sam Nujoma Avenue
Walvis Bay
Tel.: 085 292 8388

Notice:



EMERGENCY CALL



IMPORTANT INFORMATION TO GIVE

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

EMERGENCY NUMBERS:

Ambulance services:

E.M.A. Rescue Service 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 organizations)



d.o.c.
Service Hotline
085 - 9112

OSH-Med International and Emergency & Medical Assistance Service Hotline: 061 – 302 931