



Windhoek
Tel.: 061-302 931

Ongwediva
Tel.: 081-407 9101

Walvis Bay
Tel.: 081-292 8388

www.osh-med.pro



**HEALTH
& SAFETY**

Emergency &
Medical Care





Windhoek												
Course	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
OSH Representative	10 24	7 21	14 28	19	9	6 20	18	1 15	12 26	10 24	7 21	12
OSH Supervisor	31.1.-2.2.		2-4	27-29	16-18	27-29	11-13	8-10 31.8.-2.9.			14-16	5-7
OSH Officer	17-28			4-15	30.05.-10.06.				5-16	17-28		
Ongwediva												
OSH Representative	10 24	7 21	14 28	19	9	6 20	18	1 15	12 26	10 24	7 21	12
OSH Supervisor	31.1.-2.2.		2-4	27-29	16-18	27-29	11-13	8-10 31.8.-2.9.			14-16	5-7
OSH Officer	17-28			4-15	30.05.-10.06.				5-16	17-28		
Walvis Bay												
OSH Representative	10 24	7 21	14 28	19	9	6 20	18	1 15	12 26	10 24	7 21	12
OSH Supervisor	31.1.-2.2.		2-4	27-29	16-18	27-29	11-13	8-10 31.8.-2.9.			14-16	5-7
OSH Officer	17-28			4-15	30.05.-10.06.				5-16	17-28		

OSH-Med International offers additional OSH courses as:

Health & Safety Induction, General Health & Safety, Accident & Incident Investigation, Risk Assessment – HIRA, HIV & Aids Awareness, Evacuation Marshall

Emcare Courses: HAZMAT, Mines Health & Safety, Rigging & Slings and much more.

Contact us for more information – info@osh-med.pro

Course dates may change and are under reserve

Public Holidays: 1.01. 21.3. 15.4. 18.4. 2.5. 25.5. 26.5. 26.8. 10.12. 26.12.



Course	Included in Course	Course Content
OSH Representative (H1)	Learner workbook Certificate of competence	Introduction to health & safety, legislative history, Understanding the Act and regulations, Important sections of the Act, The health & safety representative role and responsibility, Incident & accident investigation, Health & safety committee meetings, Additional information
OSH Supervisor (H7) Four “1 day” courses: (H&S Representative, OSH Act, Accident & Incident Investigation, Risk Assessment) combined into a 3 day course. Comprehensive and ideal for H&S Supervisors, etc.	Learner workbook Certificate of competence	Introduction to Health and Safety, Legislative history, The constitution, Understanding the Act and regulations, Department of Labour/legislation Important sections of the Act, OSH Act and regulations, COID, Introduction to incident and accident investigation, Incident and accident investigation process, Introduction to risk assessment, Risk assessment process, Health and safety representative, Incident and accident general information, Additional information
OSH Officer (H8) International Accredited	Learner workbook, ATA and BSC certificate of competence	Main Topics: Day 1 – 6 Health & Safety Day 7 – 8 First Aid Day 9 Fire Fighting & Evacuation Planning Day 10 HIV / Aids Awareness & OSH Officer - Course Assessment
<p>The 10 day accredited “Health & Safety 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. OSH-Med has been accredited by the British Safety Council as an approved training provider to facilitate the “Level 2 Award in Supervising Staff Safety”. The British Safety Council 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. Competent learners will receive an OSH-Med International Certificate as well as a international certificate, after being assessed as competent.</p>		







Windhoek												
Course	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
ECP-Basic	17.1.-25.2.			25.4.-10.6.				29.8.-7.10.		17.10.-25.11.		
ECP-Basic - after hour												
ECP-refresher & ILS Entry		21-25				13-17				10-14		
ECP-Intermediate		28.2.-24.6.				27.6.-21.10.				24.10.- March 2022		
BLS for Healthcare Provider	21	11	25	22	20	10	15	12	9	14	18	2
ACLS	22-23		26-27		21-22		16-17		10-11		19-20	
PALS		12-13		23-24		11-12		13-14		15-16		3-4
ECG & Pharmacology	on request											
Ongwediva												
BLS for Healthcare Provider	21	11	25	22	20	10	15	12	9	14	18	2
Walvis Bay												
ECP-Basic - after hour			7.3.-3.6.									
BLS for Healthcare Provider	21	11	25	22	20	10	15	12	9	14	18	2

The "after hour" classes are from 17h30 till 21h00

all course information in an overview also on:
<https://www.facebook.com/OSHMedInternational>

Emergency Medical Care



Course	Included in Course	Course Content
<p>ECP – Basic (E1)</p> <p>Accredited by:</p> 	<p>Learner workbook</p> <p>Certificate of competence</p>	<p>An introduction to ambulance and emergency medical services with introduction in:</p> <ul style="list-style-type: none"> Traumatology, Emergency Care, Ambulance Technology, Practical Skill Training, Professional Practice <p>Emergency medical management principal and techniques will be taught up to basic life support level including methods of airway control, Cardiopulmonary resuscitation, Emergency medical and trauma care of critically ill patients and more.</p> <p>Candidates will also be introduced to the role of Ambulance service administration, Rescue, Technical support service, Ethics, Code of conduct and the HPCNA.</p>
<p>ECP – Intermediate (E2)</p> <p>Accredited by:</p> 	<p>Learner workbook</p> <p>Certificate of competence</p>	<p>An intermediate level to ambulance and emergency medical services with skills in:</p> <ul style="list-style-type: none"> Professional Practice, Traumatology, Emergency Care, Ambulance Technology, Ambulance Practice, Practical Skill Training <p>Emergency medical management principal and techniques will be taught up to intermediate life support level including methods of airway control, Cardiopulmonary resuscitation, Emergency medical and trauma care of critically ill patients and more.</p> <p>Practical training under supervision will be done at the Namibian rescue services and hospitals.</p>



Windhoek												
Course	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
First Aid - LSM	17	3 15 28	28	14 28	19	3 16 30	14	11 23	8 19	7 21	3 17	15
First Aid – Level A	12-14 26-28	19-11 23-25	9-11 23-25	5-7 20-22	4-6 18-20	8-10 22-24	6-8 20-22	3-5 17-19	7-9 14-16 28-30	12-14 26-28	9-11 23-25 30.10.-2.12.	1-3
First Aid for Kids		28		11		1		23		31		

Ongwediva												
Course	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
First Aid – LSM	17	3 15 28	28	14 28	19	3 16 30	14	11 23	8 19	7 21	3 17	15
First Aid – Level A	12-14 26-28	19-11 23-25	9-11 23-25	5-7 20-22	4-6 18-20	8-10 22-24	6-8 20-22	3-5 17-19	7-9 14-16 28-30	12-14 26-28	9-11 23-25 30.10.-2.12.	1-3
First Aid for Kids		28		11		1		23		31		

Walvis Bay												
Course	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
First Aid – LSM	17	3 15 28	28	14 28	19	3 16 30	14	11 23	8 19	7 21	3 17	15
First Aid – Level A	12-14 26-28	19-11 23-25	9-11 23-25	5-7 20-22	4-6 18-20	8-10 22-24	6-8 20-22	3-5 17-19	7-9 14-16 28-30	12-14 26-28	9-11 23-25 30.10.-2.12.	1-3
First Aid for Kids		28		11		1		23		31		



Course	Included in Course	Course Content
First Aid - LSM (M1) Life-Saving Measure	Learner work book CPR mouth piece Certificate of competence	Principles of emergency care, safety and emergency scene management, Artificial respirations, CPR, Airway obstruction Wounds & bleeding, Fractures, Burn wounds, Trauma, Practical demonstrations & participation
First Aid - A (M2)	Learner work book CPR mouth piece Certificate of competence	Principles of emergency care, safety and emergency scene management, artificial respirations, CPR, Airway obstruction Wounds & bleeding, Fractures, Burn wounds, Trauma, Practical demonstrations & participation, Environmental illnesses, Poisoning, bites & stings, Chest pain & paralyses, Fits/epilepsy, Management of soft tissue injuries, Foreign bodies management



Windhoek												
Course	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Basic Industrial Fire Fighting	21	4 14	7 21	8 22	6 20	2 17	1 15 29	12 24	9 23	7 21	4 18	5
Industrial Fire Fighting	11 27	8 22 28	14 25	1 14 25	10 23	9 21	5 19	2 16	1 15 27	11 28	8 22 29	13
Ongwediva												
Basic Industrial Fire Fighting	21	4 14	7 21	8 22	6 20	2 17	1 15 29	12 24	9 23	7 21	4 18	5
Industrial Fire Fighting	11 27	8 22 28	14 25	1 14 25	10 23	9 21	5 19	2 16	1 15 27	11 28	8 22 29	13
Walvis Bay												
Basic Industrial Fire Fighting	21	4 14	7 21	8 22	6 20	2 17	1 15 29	12 24	9 23	7 21	4 18	5
Industrial Fire Fighting	11 27	8 22 28	14 25	1 14 25	10 23	9 21	5 19	2 16	1 15 27	11 28	8 22 29	13

all course information in an overview also on:
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Industrial Fire Fighting



Course	Included in Course	Course Content
Basic Industrial Fire Fighting (F1)	Learner workbook Fire equipment usage Certificate of attendance	Fire introduction, Giving warning of a fire, The burning process, The fire tetrahedron, Classes of fire, PPE, Extinguishing mediums and extinguishers, Fire equipment requirements, Methods of operation, Operating procedure, Care and maintenance of fire equipment, How fire spreads, Fire prevention, Fire hose reels, Fire buckets, Fire blankets, Fire Stryker®, Getting out alive, Lifting and carrying techniques
Industrial Fire Fighting (F2)	Learner workbook Fire equipment usage Certificate of attendance	Same as Basic Industrial Fire Fighting, Plus additional: Fire suppression with extinguishers and hoses (practical exercises)



OSH-Med International is your No.1 Service & Training Provider for:

- ✓ First Aid
- ✓ Occupational Safety & Health (OSH)
- ✓ Industrial Fire Fighting
- ✓ Emergency Medicine in Namibia and beyond

We have Service & Training centres in:

- Windhoek,
- Ongwediva
- Walvis Bay

info@osh-med.pro

Training field	Course Name	Duration	Accreditation
First Aid	Life-Saving Measure (LSM)	1 day	Ministry of Health, FA refresher
	Level – A	3 days	Ministry of Labour, Ministry of Health
	For Kids	1 day	Ministry of Health, FA refresher
Emergency Medical Care	ECP – Basic	5 weeks	HPCNA
	ECP – Intermediate	16 weeks	HPCNA
	BLS for Health Care Provider	½ day	HPCNA, European Resuscitation Council
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
Industrial Fire Fighting	Basic Industrial Fire Fighting	½ day	Ministry of Labour
	Industrial Fire Fighting	1 day	Ministry of Labour
Environmental Health	Representative	1 day	
	Supervisor	3 days	
	Officer	10 days	
Additional courses	ACLS, PALS ECG / Pharmacology HIV / Aid Awareness Evacuation Planning HAZMAT, Rescue Courses Mining First Aid Defensive Driver Training	On request	Depending on the course

Terms & Conditions

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.

Entrance Exams:

For some Courses OSH-Med may request an entrance exam. Cost will depend on the course.

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

Cancelation fees are under reserve of OSH-Med.

Members: Fabian Martens, Melody Shehama

For REGISTRATION and more INFORMATION, please contact us:

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Tel.: 061-302 931

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Ongwediva
Tel.: 081-407 9101

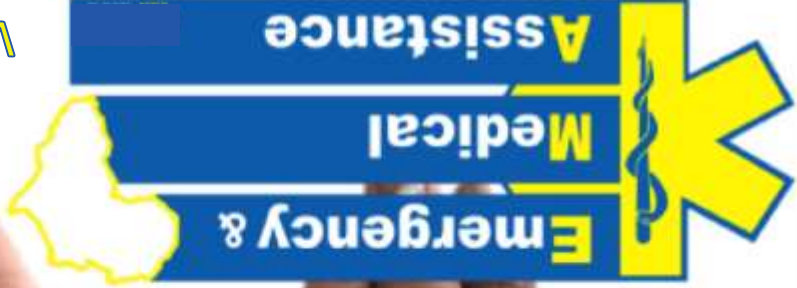
OSH Training Centre
Sam Nujoma Avenue
Walvis Bay
Tel.: 081-292 8288

Email: info@osh-med.pro

Course dates may change and are under reserve

**all course information in an overview also on:
<https://www.facebook.com/OSHMedInternational>**

Get the E.M.A. Watch, Device or App & be protected wherever you are



Info Hotline

061 - 302 931

www.osh-med.pro/shop

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Medicine Services

Police Services

and more