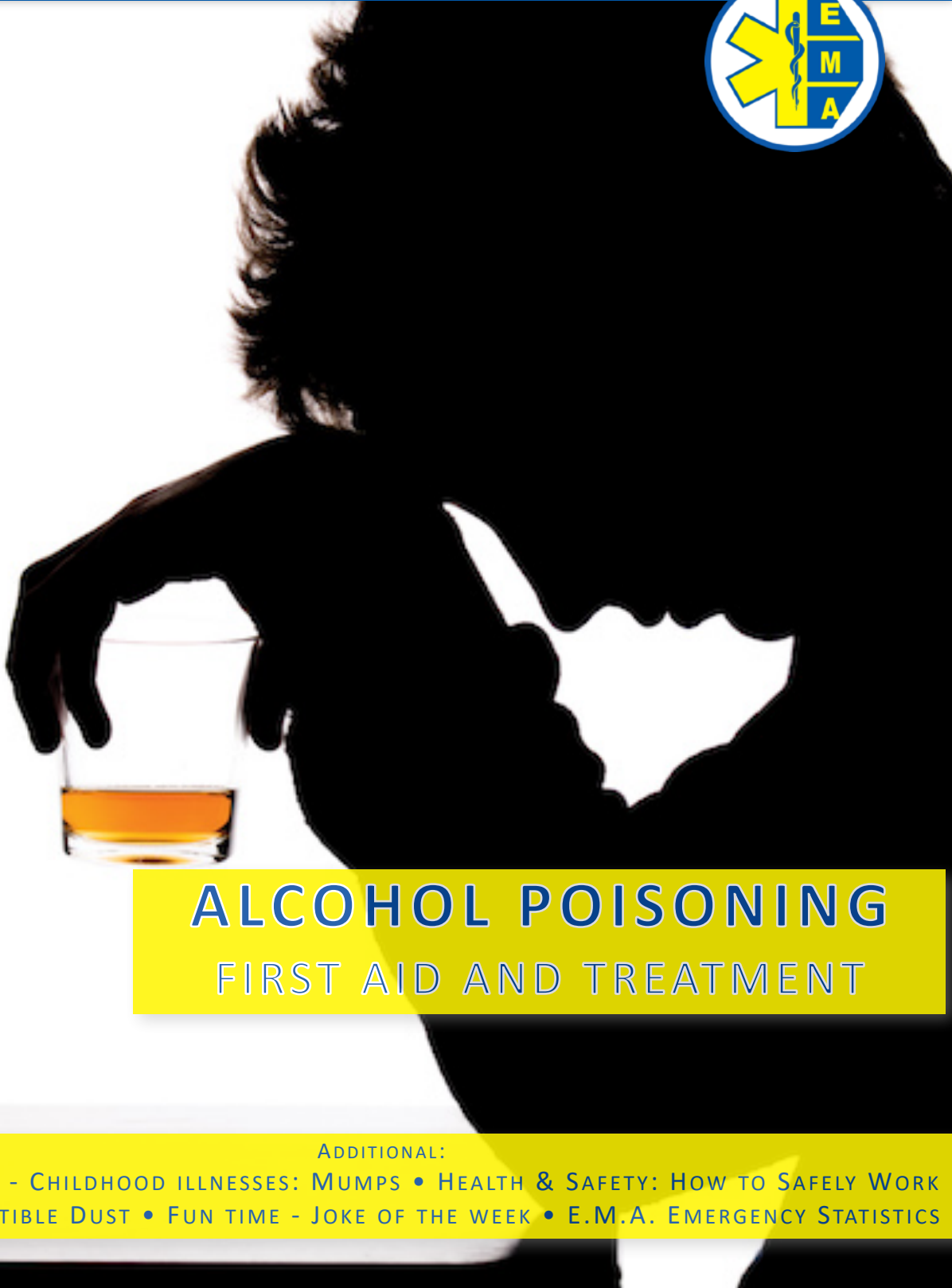


# OSHMed Health Magazine

by

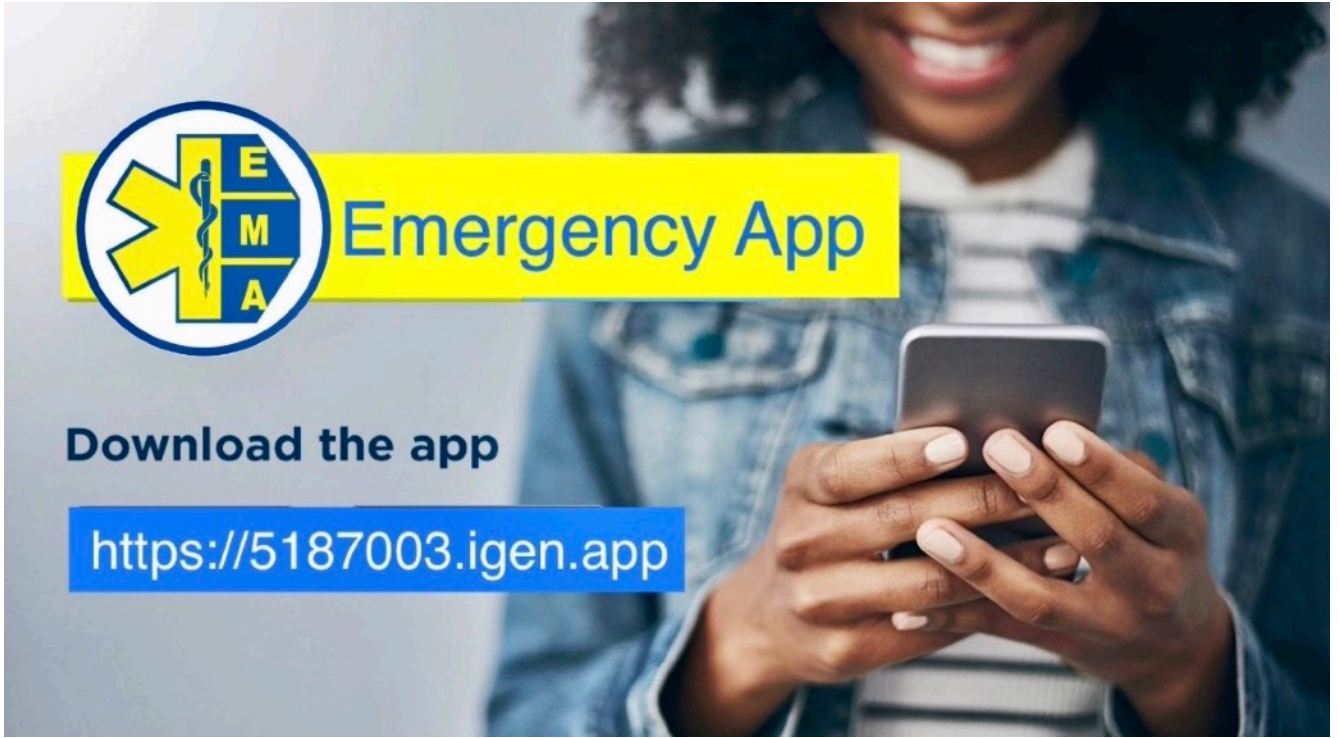



## ALCOHOL POISONING FIRST AID AND TREATMENT

ADDITIONAL:

HEALTH SERIES - CHILDHOOD ILLNESSES: MUMPS • HEALTH & SAFETY: HOW TO SAFELY WORK WITH COMBUSTIBLE DUST • FUN TIME - JOKE OF THE WEEK • E.M.A. EMERGENCY STATISTICS

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## First aid at alcohol poisoning

*Confusion, vomiting and unconsciousness – alcohol poisoning can be the unpleasant end to a night of partying. How outsiders can help.*

The party night? It's been going on so long that no one can say whether it was four drinks or maybe even six. Not even counting the short ones in between. The girlfriend or boyfriend seems dazed and confused by so much alcohol all at once - and then their legs give way.



If you suspect alcohol poisoning, it's better to call the emergency number 9112 once too often than once too rarely, says the "Alcohol? Know your limits" initiative. Severe alcohol poisoning can be life-threatening, as it can lead to respiratory arrest or circulatory failure. Outsiders cannot always recognize how serious the situation is.

### Protect against suffocation: How does the recovery position work?

So what should you do? The first step is to put the person in the recovery position. This ensures that the airways remain clear so that vomit can flow out, explains the German Red Cross. This prevents suffocation.

To do this, you first kneel next to the unconscious person. The arm on the opposite side is bent upwards. The other arm is placed over the chest of the unconscious person and the hand is placed under their cheek.

The helper now holds this hand firmly while grasping the person's knee further away and then carefully turning them onto their side. The knee is bent down. The elbow of the upper arm rests in the crook of the lower arm. The neck should be stretched out, the mouth slightly open.



1 Tilt head backwards, ensure clear airway and straighten head and neck



2 Place arm at side and other arm across chest with hand against cheek



3 Bring far knee up to a 90° angle



4 Roll person over towards you with knee at angle and ensure head is supported

### Ambulance: Are the costs covered?

Now helpers should make an emergency





call to 9112. By the way: Anyone who is worried that it will be expensive for the person affected can breathe a sigh of relief. In the vast majority of cases, the health insurance company pays the costs for the ambulance. However, if the drunk person does not have their insurance card with them or is not insured, the bill goes to the patient, unless the services were provided by the non-profit organization for Emergency & Medical Assistance (E.M.A.) or by the Ministry of Health.

Until the ambulance arrives, do not leave the drunk person alone and protect them from getting cold. Under no circumstances should you try to make them vomit, warns the initiative. They could suffocate. If the person is responsive, you should keep them awake and give them water to drink.



### What happens in the hospital?

Once you arrive at the hospital, your stomach is pumped out? This is the image that many people have in their heads. However, such a gastric lavage is rarely performed. Hospital staff usually insert infusions to supply the body with fluids. They also monitor circulation, breathing and heartbeat - and take action if any of these go off track. After a few hours to 24 hours, those affected by alcohol poisoning can usually leave the hospital.

Minors in particular are often afraid that their parents will find out about the trip to the hospital. And it is true that the hospital informs the parents of patients under 18 years of age.

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## **Health Series - Childhood illnesses: Mumps - How to recognize mumps and what the possible consequences are**

*A typical symptom of mumps is an inflamed parotid gland - visible as a "swollen cheek". The disease is generally harmless, but complications do occur. Mumps can be prevented with a vaccination.*

### **In brief**

Mumps is a highly contagious viral infectious disease. The infection typically manifests itself as a painful swelling of the parotid glands on one or both sides.



As a rule, mumps heals without any consequences. However, complications are possible - sometimes with serious consequences. A vaccination can reduce the risk of infection and a serious course of the disease.

### **What is mumps and what are the typical symptoms?**

Mumps is an infectious disease caused by viruses that can occur at any age. It is most common in children between the ages of two and nine. However, due to vaccinations, mumps has become rare. If an illness does occur, it usually heals on its own - complications are possible in some cases.

### **Signs of mumps**

At least a fifth of all mumps infections are asymptomatic. If symptoms do occur, general complaints such as fever, headache and loss of appetite may initially occur.

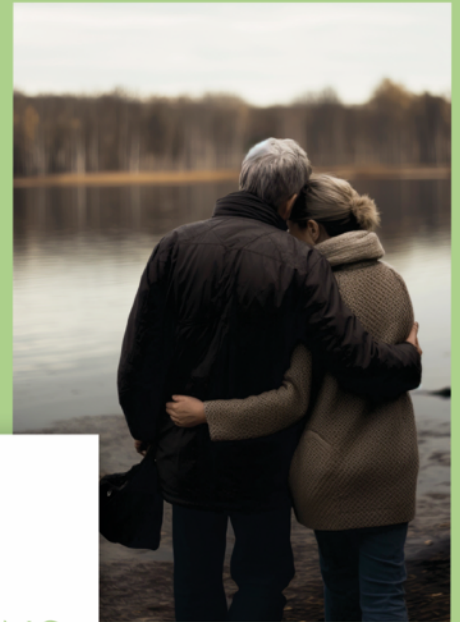
One to two days later, inflammation of the salivary glands (parotitis) typically develops - which is visible from the outside as swelling on the neck and is painful. The parotid gland usually swells: first on one side of the face, a little later on the other.

The parotid glands can swell so much that the earlobes protrude and the edge of the jaw is no longer visible. It takes about three to eight days for the swelling to go down.

### **How contagious is mumps?**

Mumps is highly contagious. It is transmitted when speaking, sneezing or coughing via saliva droplets containing the virus. If you become infected with mumps viruses, it usually takes 16 to 18 days for the first symptoms to appear.





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You are contagious to others from about seven days before the parotid gland swelling appears until about nine days afterward. The risk of infecting others is greatest in the first five days of the swelling.

To avoid further infections, people suffering from mumps and people who have been in contact with mumps who are suspected of having it are not allowed to visit or work in community facilities such as schools and kindergartens. This is only permitted again when the symptoms have subsided and the doctor has ruled out further spread. A written certificate is not required.

### Is mumps dangerous?

Mumps viruses first attack the mucous membrane of the upper respiratory tract and the surrounding lymph nodes. Here they multiply and then penetrate the bloodstream. The viruses can spread through the body via the blood and cause other, sometimes serious, illnesses.

Important: Complications from mumps become more common with age. Vaccination can prevent a serious course of the disease if the disease occurs.

Possible consequences of mumps

Common complications include:

Inflammation of the testicles (orchitis): This occurs in 15 to 30 out of 100 adult men who contract mumps. Mumps orchitis rarely occurs before puberty.

Typical symptoms are sudden pain that radiates to the groin, swollen testicles and high fever.

Inflammation of the mammary gland (mastitis): Mastitis occurs in up to 30 out of 100 adult women with mumps. Possible signs include painful breasts that are swollen and red and feel very warm.

Inflammation of the pancreas (pancreatitis): Around four out of 100 people develop mumps pancreatitis. It manifests itself with symptoms such as sudden severe upper abdominal pain, vomiting and fever.

Meningitis: Meningitis caused by mumps is observed in one to ten out of 100 people. Signs of this are fever, headache,

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# MUMPS

## SYMPTOMS



Headache



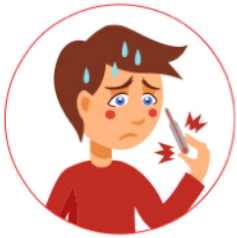
Pain in Joints



A dry Mouth



Swollen parotid glands



Fever



Loss of appetite and or nausea



vomiting and stiff neck. Permanent damage is usually not to be feared.

Encephalitis: This affects less than one in 100 people who have mumps. Possible symptoms include headaches, vomiting, confusion, seizures and neurological deficits such as paralysis or sensory disturbances. Mumps encephalitis can lead to permanent hearing damage in adults. The disease is rarely fatal.

### What helps against mumps?

There is no specific treatment for mumps. To fight the viral infection, it is important to take it easy - i.e. stay in bed - and drink plenty of fluids.

If the inflammation of the salivary glands causes problems with chewing, speaking or moving the head, it can be helpful to

apply a cool or warm compress. If you have pain and fever, you can take fever-reducing painkillers such as paracetamol. Ask your pediatrician or pharmacist for advice on the dosage for children.

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If the symptoms do not improve noticeably within a few days or if other areas start to hurt, a visit to the doctor's office is advisable.

### Can you get mumps if you have been vaccinated?

The Ministry of Health recommends vaccinating children against mumps - once between the ages of 11 and 14 months and again between the ages of 15 and 23 months. A combination vaccine is usually used for this, which protects against measles, rubella and chickenpox at the same time.

Anyone who has received two mumps vaccinations is usually immune to mumps for life. In rare cases, you can still get the disease. However, the disease is usually milder in vaccinated people than in unvaccinated people.

**Attention:** Recommendations suggest that you should catch up on missed vaccinations by your 18th birthday. However, it is also possible to get vaccinated against mumps later - as long as you are not pregnant. This is because the vaccine contains live, highly weakened pathogens and is not suitable for pregnant women.



#### Important note

*This article contains only general information and must not be used for self-diagnosis or treatment. It cannot replace medical advice. Please understand that we cannot answer individual questions.*

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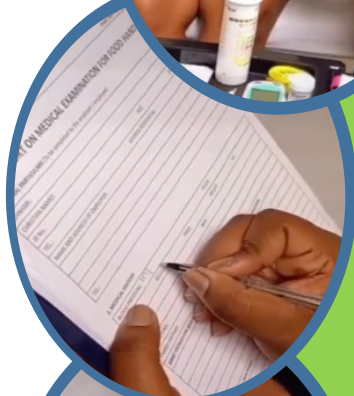
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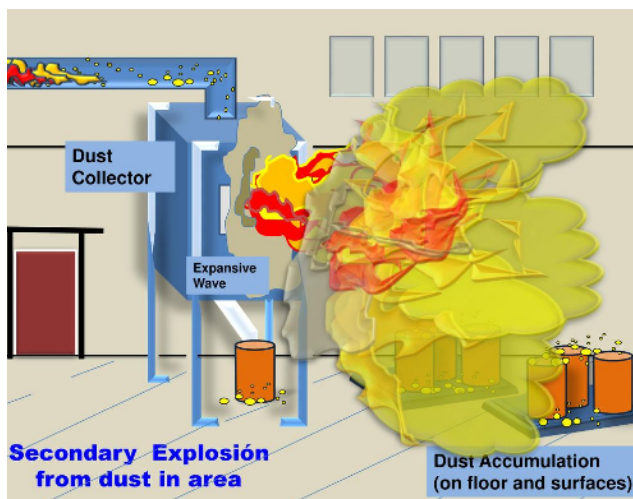


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# Health & Safety - How to Safely Work With Combustible Dust

*The strategies for managing combustible dust in and around manufacturing plants and processing facilities.*

If your manufacturing or production processes generate airborne particles, you (should) know that handling combustible dust is a challenging responsibility. However, you can implement effective measures to mitigate risks and safeguard operations despite the potential hazards. Through meticulous planning and keen attention to detail, you can reduce the dangers associated with combustible dust. Understanding the factors that contribute to explosions, as well as developing and executing a comprehensive safety protocol, can help you to manage the potential for harm to personnel and property.



This article examines the strategies for managing combustible dust in and around manufacturing plants and processing facilities. Armed with this knowledge, you can quickly identify unsafe conditions in the work environment, assess the risk posed to employees and determine appropriate actions to enhance workplace safety.

## What Causes a Dust Explosion

When fuel, confinement, dispersion, oxygen and ignition come together, a dust explosion is looming. Dust is the fuel. Conditions for a dust explosion arise when a confined and concentrated combustible dust cloud encounters an ignition source. While activities such as vacuuming aid in dust removal from surfaces, an effectively designed and installed industrial dust collection system is essential for comprehensive threat mitigation, particularly for airborne particles.

However, it's crucial to recognize that while extracting combustible dust from the air, a dust collector itself can pose a risk from dust explosions if not equipped with adequate safety features. Merely by functioning, a dust collector establishes conditions where four of the five elements necessary for an explosion come together.

As dust is drawn into the collector, it becomes confined. The pulse cleaning system, which utilizes compressed air to dislodge dust from the filter cartridges,



will disperse dust into the airstream, forming a cloud. Subsequently, the dust mixes with oxygen-rich air, setting the stage for an explosion. All you need is an ignition source, like a spark, to enter the collector, causing pressure within to escalate rapidly. Without suitable explosion protection measures, the housing may rupture, unleashing a pressure wave along with heat, flames and hazardous projectiles into surrounding work areas.

A dust collector conforming to national standards and meticulously designed, sized and installed to suit the requirements of a particular manufacturing or processing facility provides optimal defense against dust fires and explosions. Standards on the Fundamentals of Combustible Dust mandates that all facilities engaged in the production or handling of combustible dust must undertake a dust hazard

analysis to adhere to local and governmental regulations.

### Combustible Dust Incident Statistics

Comprehending the materials commonly involved in dust explosions and fires is essential for ensuring workplace safety. Alone in the US, according to the most recent data from [DustEx Research Ltd.](https://www.dustexresearch.com/), between January 1, 2023, and July 1, 2023, there have been 159 fires, 32 explosions, 71 injuries and 48 fatalities related to combustible dust around the world. Food, metals and wood processing resulted in 82 percent of the injuries and 52 percent of the fatalities. Incidents also occurred at facilities that handle pulp and paper, rubber, lawn products, graphite and carbon, pharmaceuticals, plastics and waste treatment. Dust collectors accounted for 11.5 percent of incidents in Q1-Q2 2023.

Loss history data from dust explosions in

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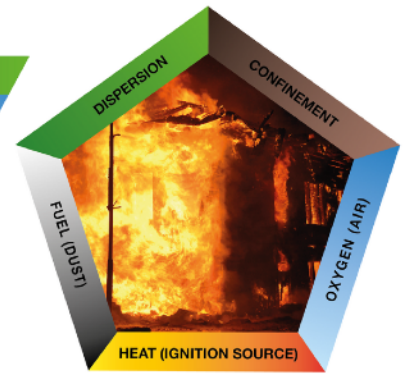
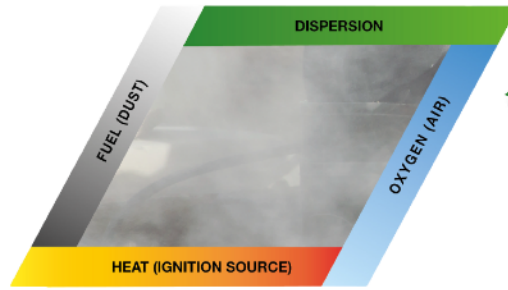
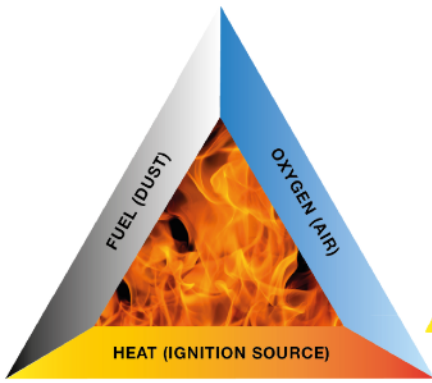
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the United States from 2016 to 2023 shows an average of 28.4 combustible dust explosions per year, 28 injuries and 3.5 fatalities. This analysis does not include dust fires.

### Recognizing the Danger

It is important to be able to identify and recognize the dangers in and around your facility when it comes to dust-generating manufacturing or storage processes. There are many key indicators that you

have a potential problem, such as dim lighting due to dust floating in the air, piles of dust around the processes from leaking duct work or containers, and dust thicknesses of 1/32 of an inch (the thickness of a dime) on surfaces around the facility.

Keep in mind there may be hidden areas on top of machines, duct work, ceiling joists or suspended ceilings, just to name a few, that may be hiding those dangers if

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not inspected properly. If you are performing cleaning tasks in areas such as these with air wands, compressed air or even brooms, you may be adding to the danger by dispersing dust into unseen areas. These cleaning methods can even create dust clouds outside of a dust collection system, which creates an even more hazardous situation.

### Steps to Make Your Facility Safer

While some dust-related accidents may be unavoidable, their consequences can be mitigated, and many incidents can be prevented through proper education, planning and equipment. This underscores the importance of implementing a combustible dust management program in every facility that generates airborne particles.



The primary aim of this program is to safeguard individuals from the hazards of fire, deflagration and explosion, allowing time for evacuation, relocation or seeking

refuge. While preventing ignition remains paramount, in the event of a fire or combustible dust incident, the primary objective shifts to safeguarding individuals outside the immediate vicinity of the ignition and preventing structural damage to the building that could endanger evacuating occupants.

### Combustible Dust Management Program

A combustible dust management program constitutes a structured strategy for addressing hazards within the facility. While the particulars of such a safety program may vary depending on the processes involved at the plant, it should encompass the following fundamental components:

- Management of change program — A structured procedure guided by the findings of the dust hazard analysis that delineates how to address all necessary changes to achieve the life safety goals. It outlines the methodology for implementing, overseeing and adapting the components of the combustible dust program as necessary.
- Facility analysis — A strategy aimed at identifying both visible and concealed areas prone to the accumulation of combustible dust, assessing mechanisms for dispersal into the air, and pinpointing potential sources of ignition
- Process hazard analysis — This is required on each process point generating dust in a facility. OSHA will ask for this when investigating



- combustible dust processes. The plan must detail how to remove the dust hazard from each process point.
- Hazard mitigation —A detailed strategy outlining measures to mitigate combustible dust hazards at each operational point. This entails addressing heat sources near areas susceptible to dust accumulation. These could include friction heat from adjacent equipment, static electricity, open flames, sparks, smoking, faulty wiring or electrical equipment malfunctions. Note that colder weather elevates the risk of static electricity.
- Housekeeping plan —A strategy outlining cleaning processes to control the buildup of combustible dust.
- Maintenance and inspection —A continuous regimen aimed at ensuring equipment functions properly and adheres to pertinent regulations.
- Employee training —Continuous education encompassing facility protocols for managing ignition sources and dust hazards. This training should cover identifying potential hazards, reporting procedures to management, determining when preventive measures are necessary and mitigating potential disasters. Managers and supervisors should receive training on effectively processing information from employees to promptly address unsafe practices

### In Summary

Combustible dust hazards demand serious attention — and a dedicated

management program. Equipping your team with the ability to identify warning signs of potential dust explosions, effectively addressing these issues and implementing appropriate controls and procedures are crucial for maintaining a safer facility. Consistent housekeeping practices and utilizing a properly designed dust collection system tailored to your specific operation can greatly diminish airborne dust levels in the workplace and mitigate the risk of fire and explosion.

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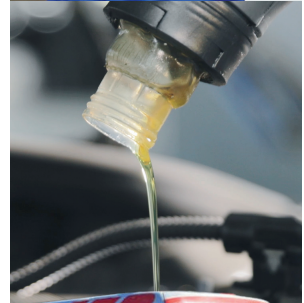
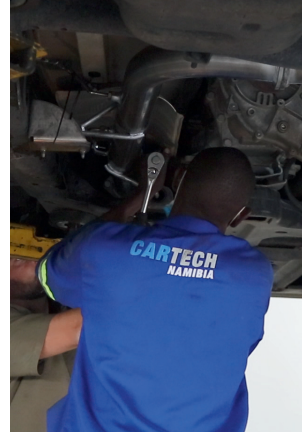
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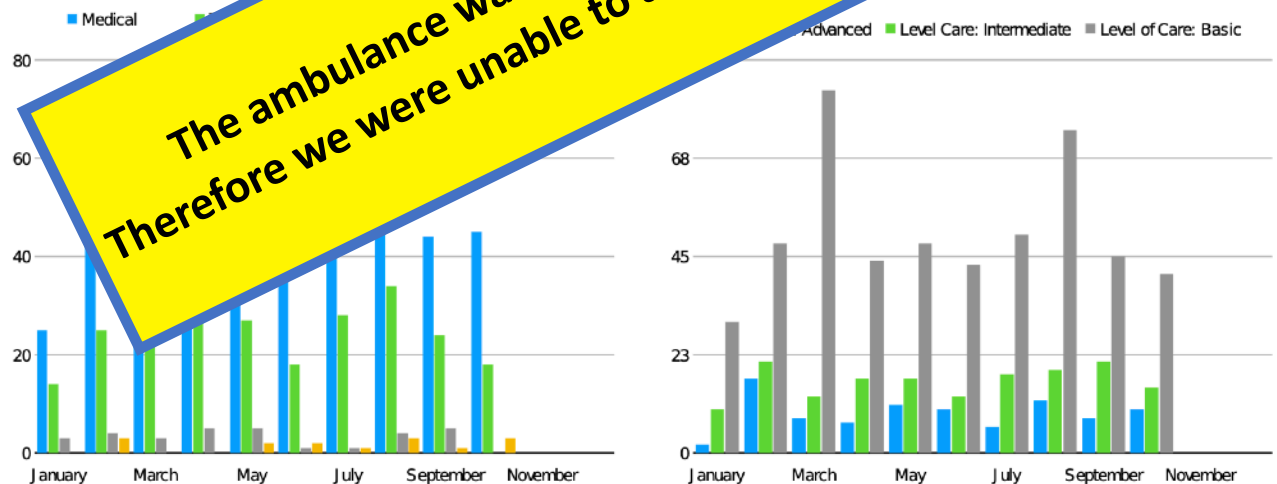
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February	54	25	4	3	17	21	48
March	74	27	3	0	8	13	83
April	35	28	5	0	7		44
May	42	27	5	2	11		7
June	45	18	1	2			
July	44	28	1	1			
August	64	34	4				
September	44	24	5				
October	45	18					
November							
December							
<b>Total per annum</b>	<b>472</b>					<b>164</b>	<b>506</b>
<b>Total</b>	<b>761</b>						



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### Platinum Supporter



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[www.westcarenam.com](http://www.westcarenam.com)



[www.metjeziegler.org](http://www.metjeziegler.org)



### Gold Supporter

### Silver Supporter



### Bronze Supporter



### Become a supporter

It is easy to become a supporter as private person or as company.

Apply with us to become a supporting member that we can fulfil our objectives.

Contact us:

Email: [ema-organisation@osh-med.pro](mailto:ema-organisation@osh-med.pro)

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

Telephone: +264 (0) 61 302 931



Emergency Call: 9 1 1 2





# 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

061-21 1111

**Police:**

NamPol

10 111

City Police (Whk)

061-302 302

MVA Fund

9682

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



d.o.c.  
**Service Hotline**  
**085 - 9112**

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



**Emergency Call: 9 1 1 2**