



Set new Standards
Train with the Elite

**Course
Calendar
2025**

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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	20	29		
February	3	17	26	
March	10	26	31	
April	9	14	28	
May	7	19	27	
June	4	9	23	
July	2	7	21	30
August	4	18	25	
September	1	15	24	29
October	13	22	27	
November	10	19	24	
December	8	17		

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
January	13 - 15
February	10 - 12
March	3 - 5
April	22 - 24
May	12 - 14
June	16 - 18
July	14 - 16
August	11 - 13
September	8 - 10
October	6 - 8
November	3 - 5
December	1 - 3

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



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	13 - 24
February	
March	3 - 14
April	
May	12 - 23
June	
July	14 - 25
August	
September	8 - 19
October	
November	3 - 14
December	

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

OSH-Med offers theoretical and practical instruction. Our professional instructors are experienced 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
January	28
February	24
March	25
April	8
May	
June	3
July	29
August	28
September	23
October	21
November	18
December	16

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

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
January	27
February	25
March	24
April	7
May	
June	2
July	28
August	27
September	22
October	20
November	17
December	15

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



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	Intake 3
January	16	30	
February	13	27	
March	6	27	
April	10	30	
May	15		
June	5	19	
July	3	17	31
August	14	28	
September	11	25	
October	9	23	
November	6	20	
December	4	11	

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

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	8 - 10	22 - 24	
February	5 - 7	19 - 21	
March	12 - 14	18 - 20	
April	2 - 4	15 - 17	
May	6 - 8	21 - 23	
June	11 - 13	25 - 27	
July	9 - 11	23 - 25	
August	6 - 8	20 - 22	
September	3 - 5	17 - 19	
October	1 - 3	15 - 17	29 - 31
November	12 - 14	26 - 28	
December	15 - 17		

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	17	31	
February	14	28	
March	7	17	28
April	11	25	
May	9	16	28
June	6	20	
July	4	18	22
August	1	15	29
September	12	16	26
October	10	24	28
November	7	21	
December	5	12	18

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	21		
February	4	18	
March	11		
April	1	29	
May	20		
June	10	24	
July	8		
August	5	19	
September	2	30	
October	14		
November	11	25	
December	9		

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

Windhoek - Ongwediva - Walvis Bay

course information online:
www.osh-med.pro/training

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	13.01. - 21.02.		
February			
March			
April		28.04 - 13.06	
May			
June			
July			
August			
September			1.09. - 10.10.
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			
February	10.02. - 20.03.		
March			
April			
May			
June		16.06. - 25.07.	
July			
August			
September			
October			6.10 - 7.11.
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	3.03 - 20.06		
April			
May			
June		7.07. - 31.10.	
July			
August			
September			
October			
November			10.11. - 27.03.2026
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	24 - 28		
March			
April			
May			
June		23 - 27	
July			
August			
September			
October			
November			3 - 7
December			

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



CareGiver | Windhoek Campus

Join this exciting training programme and become a CareGiver.

A care giver is a member of a clinical or person's social network who helps them with activities of daily living.

They attend to the needs or concerns of a person with short- or long-term limitations due to illness, injury or disability. This can be at home, clinics, step-down facilities or hospitals

We offer a specific professional CareGiver training, with the certificate of competency after successful examen.

Become part of the social society and give care to the people as CareGiver

Content:

- Ethics, Medical, Surgery
- Geriatric, Psychology
- Ethics, Medical, Surgery, Geriatric, Psychology
- Hospital & Clinical Practice
- Examen

Upon successful compliance with the examination criteria, delegates will be awarded with a CareGiver Certificate by OSH-Med international.

	Intake 1	Intake 2	Intake 3
January	20.01. - 12.05.		
February			
March			
April			
May			
June	19.05. - 29.08.		
July			
August			
September	8.09. - 12.12.		
October			
November			
December			

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



BLS for Healthcare

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.

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.

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.

	BLS	ACLS	PALS
January	24	25 - 26	
February	14		15 - 16
March			
April	11	12 - 13	
May			
June	6		7 - 8
July	18	19 - 20	
August	29		30 - 31
September			
October	10	11 - 12	
November	7		8 - 9
December	5	6 - 7	

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
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
	CareGiver	14 weeks	
	BLS for Health Care Provider	½ day	HPCNA, ERC
	ACLS - ERC	2 days	HPCNA, ERC
Occupational Safety & Health (OSH)	PALS - ERC	2 days	HPCNA, ERC
	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
Industrial Fire Fighting	Scaffolding	1 day	Ministry of Labour
	Basic Industrial Fire Fighting	½ day	Ministry of Labour
Additional courses	Industrial Fire Fighting	1 day	Ministry of Labour
	ECG / Pharmacology	On request	Depending on the course
	HIV / Aid Awareness		
	Evacuation Planning		
	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
Cancelation 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



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

INFO HOTLINE: 061 302 931
EMAIL: info@osh-med.pro

www.osh-med.pro/shop