

Get help quickly

Emergency service numbers

All emergency service numbers in Switzerland can also be called from a locked mobile phone.

- 112** European emergency number (incl. Switzerland)
- 117** Police
- 118** Fire brigade/rescue
- 144** Ambulance/medical services
- 1414** Swiss Air-Rescue/Rega

What do I tell the emergency services?

Where is the site of the accident?

Who is calling (name)?

What happened? When?

How many people are affected?

What is the current situation on the ground?

Are there other potential hazards?

Do not end the call until the emergency services confirm that they have received all relevant information.

Ambulance / medical services Phone 144



Swiss Air-Rescue / Rega Phone 1414

Inform Swiss Air-Rescue / Rega of potential obstacles to landing, such as cable cars, power lines or telephone lines.



Fire brigade / rescue Phone 118



Suva emergency card

www.suva.ch/88217-1.e

suva

What should I do in case of an emergency?

Keep calm.

Proceed according to the traffic light system:

1. Look

- What happened?
- Who is involved?
- Who is affected?
- Are any persons injured?

2. Think

- Are there any hazards for injured persons, helpers or other people?
- How do I rescue injured people and by what means?

3. Respond

- Personal protection (e.g. high-visibility vest)
- Secure the site of the accident and rescue injured persons.
- Alert the emergency services.
- Perform first aid until the emergency services arrive.

Personal information

First name, last name, date of birth:

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Allergies, medical conditions, medications?

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Personal mobile phone number / phone number of relatives:

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Employer / company, phone number:

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Incident location / workplace / coordinates:

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Access for the emergency services:

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First aid, step by step

A. Person is breathing and is responsive



- Wishes, needs?
- Medical information?
- Bleeding?
- Pain?
- If necessary, call emergency number 144.

B. Person is breathing, but is unresponsive (unconscious)



- Place person in the recovery position and open their airway.
- **Alert emergency number 144.**
- Continuously monitor the person's breathing until the ambulance arrives.
- If breathing stops, start resuscitation → C.



C. Person is not breathing or is breathing irregularly



- **Alert emergency number 144.**

• Resuscitation

1. Chest compressions

Place person on their back and apply chest compressions 30 times in quick succession at a depth of 5–6 cm.



2. Rescue breaths

Open airway and give 2 rescue breaths through the person's nose.

3. Repeat

steps 1 and 2 until the emergency services arrive.



4. Defibrillator

Should a defibrillator (AED) be available, turn on the device and follow the instructions given.