

What to do in an emergency

1. Observe → 2. Think → 3. Act



Call the emergency services

Emergency/Ambulance	144	Swiss Air Rescue Service	1414
Police	117	Fire brigade	118
European emergency call	112	Poisoning	145

Doctor: _____

Hospital: _____

- Where** is the victim/the incident?
Who is calling (name)?
What has happened?
When did it happen?
How many people are affected?
Additional dangers, hazardous materials?
 My number to call back?



Accident

1. **Secure** the hazard area
2. **Call the emergency services ☎ 144**
3. **First Aid**
 - Stop any bleeding, turn the victim on their side if unconscious
 - If unconscious **and** if breathing is not normal:
 - C: Heart massage (circulation)
 - A: Open the airways (airways)
 - B: Respiration (breathing)
 - D: Defibrillation
4. **Brief paramedic(s)/ambulance staff**
 Location of first-aid material/equipment: _____



Fire

1. Call the **fire brigade ☎ 118**
2. Take endangered persons with you to a **safe place**
3. **Close** all windows and doors
4. Brief the fire brigade, **extinguish** the fire



Evacuation

1. **Notify endangered persons** and take them with you
2. Leave the building using the **stairs**
3. Make your way to the **Assembly Point**

Assembly Point:

Person responsible for ensuring that the emergency numbers, first aid equipment, fire extinguishers and instructions are up to date: