

Behaviour in emergencies



Fire 118



Alert



Rescue



Extinguish



Inform fire
brigade



Medical emergency 144



Alert



Administer
first aid



Inform first
aid staff



Shooting



Run away



Find cover



Alert



Defend



Evacuation



Alarm



Take personal
items with
you



Use escape
route



Go to
assembly
point

Surviving cardiac arrest

Everyone can help!



Be aware

- Person unconscious and not breathing normally?



Raise alarm

- Call 144 and medical staff
- Brief emergency teams



Defibrillator

- Get it



Pump

- With both arms, quickly and forcefully
- No breaks, except AED



Shock

- Use AED immediately
- Attach electrodes firmly



SEDCOC-188-Safety Notfallkarte Swisscom / Vers. 01.12.2023

Swisscom emergency card



112 European emergency call



117 Police



118 Fire brigade
HAZMAT brigade



144 First aid



1414 Air rescue
REGA



145 Poisoning



Breakdown assistance
0800 140 140



Swisscom Alarm

0800 88 00 88

Store numbers on your mobile!