

# EMERGENCY? YOU CAN RELY ON US – 24 HOURS A DAY

## BASIC LIFE SUPPORT PROCEDURE



### ARE THEY CONSCIOUS AND BREATHING?

**Do they show any signs of life?**

**Yes:** Put them in the recovery position and monitor them

**No:** **Call 144** (or the pan-European emergency number 112) and then move on to **C** – begin chest compressions\*



### CIRCULATION: CARDIOPULMONARY RESUSCITATION

30 chest compressions\* followed by 2 rescue breaths or at least 100 chest compressions\* a minute with no breaths until the **AED** arrives



### AIRWAYS

Check their airways and unblock them if necessary



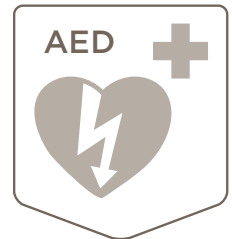
### BREATHING

2 breaths, each lasting one second, until their chest rises. In case you are uncomfortable or don't know how to give rescue breaths, you may continue compressing. Stop if they wake, otherwise continue the chest compressions\* until the defibrillator arrives – move on to **D**



### DEFIBRILLATION

External air resuscitation with a semi-automated external defibrillator (AED)



### CIRCULATION:

Restart cardiopulmonary resuscitation immediately and only stop chest compressions\* when the patient starts to move.



**\*Chest compression:** Press down at least 5cm and at least 100 times a minute. Press vertically down onto the middle of the patient's bare chest, and for the same amount of time with each compression. The compression-to-ventilation ratio is 30:2 for adults and children, 3:1 for newborn babies in the first hours of life.

### EMERGENCY NUMBERS IN SWITZERLAND

112	Pan-European emergency number	1414	Rega (air ambulance)
117	Police	1415	Air-Glacier (helicopter rescue)
118	Fire service	140	Roadside assistance
<b>144</b>	Paramedics, ambulances and emergency vehicles	163	Road conditions
145	Poison information and emergency advice, toxicology centre	187	Avalanche bulletin

For advice and information, please call our Hirslanden Healthline 24/7. Our agents will tell you where to find the Hirslanden emergency departments which are open 24 hours a day.

**HIRSLANDEN HEALTHLINE**  
0848 333 999