

SOS Card

- Rega 1414
- Ambulance 144
  or Air Zermatt and Air Glacier in Valais
- International Emergency Number 112
  (maybe the only option with a foreign sim card)
- Valais (KWRO) SMS Emergency +41 79 807 41 46
  if you have very low signal (1 bar or fluctuating)

- Police 117
- Fire 118

- Rega App
- EchoSOS App

Calling for help - Crucial information

- Who is reporting (Name, telephone number, your location)?
  Coordinates long press on map
  First numbers are North ------
  Second numbers are East ------
- What has happened?
- Where did the accident take place?
- When did the accident occur?
- How many victims have been buried completely?
- How many rescuers are on site?
- Weather at the accident site?

FIRST AID TO KNOW



AIRWAY AND BREATHING

Clear mouth/nose of snow.
Check for breathing. If none, start CPR immediately.

CPR BASICS



30 chest compressions,
2 rescue breaths (if trained).
Continue until breathing resumes or help arrives.



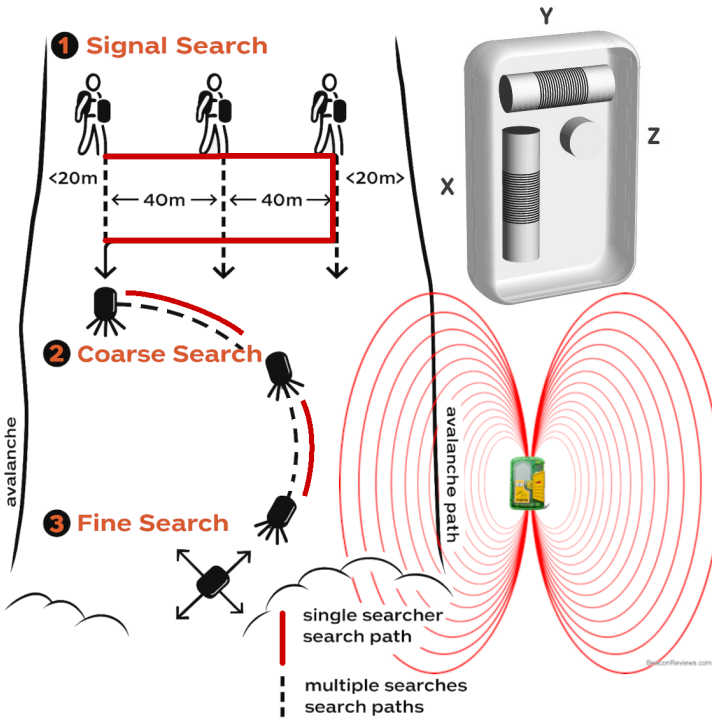
TREAT HYPOTHERMIA

Gently remove wet clothes and insulate with dry layers/blankets.
Avoid rapid movement: do not rub extremities.

FRACTURES/TRAUMA

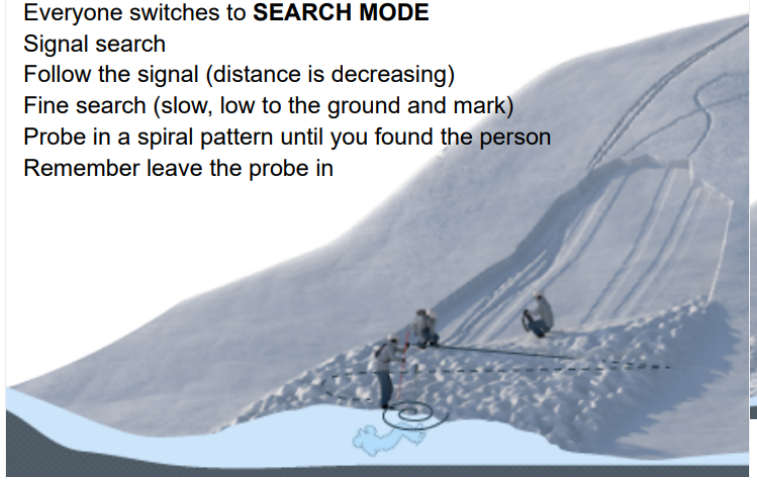


Immobilize with splints (ski poles, foam, etc.)
Pad and secure with clothing, straps, or bandages.



Avalanche - What next?

Observe and remember the last known location
Take a deep breath, relax and get an **OVERVIEW**
Everyone switches to **SEARCH MODE**
Signal search
Follow the signal (distance is decreasing)
Fine search (slow, low to the ground and mark)
Probe in a spiral pattern until you found the person
Remember leave the probe in



Shoveling

Arrange diggers in a V shape
Shovel along the Probe
People behind you move the snow back and away
Rotate the diggers



Quickly uncover victims head and chest