



FIRST AID

LGT CAPITAL PARTNERS LTD.
PFÄFFIKON

First aid – know the right way to respond in an emergency!

How to act in a medical emergency Who needs to react? Me? OK! Responding quickly to a medical emergency takes courage on everyone's part.

The most important link in an emergency is us. Raising the alarm, rescuing someone, undertaking CPR, securing the area or instructing paramedics can only be done by us, people who act quickly as helpers on the spot.

LGT Capital Partners internal 24-hour emergency number

058 261 80 70 – Schützenstrasse

058 261 80 60 – Halten

058 261 80 50 – Bleicherweg

Emergency services	Number
General emergencies	112
Ambulance	144
Police	117
Fire brigade	118

The first-aid chain of survival – emergency

The chain of survival – what has happened? Where? Who needs to be notified?

Raise the alarm

As we are in an office building that is accessible only to authorized persons, it is very important that the following alarm procedure is observed:



Life-threatening medical emergency

Put your own personal protection first and make sure you alert the chain of survival!

- Begin lifesaving first aid immediately when safe.



Dial LGT internal emergency number for your location: (058 261 xx xx)

The emergency number is reachable 24hours.

- **Important: The paramedics will have no knowledge of the building (define your location precisely) and no access authorization! Contact additional internal first responders if possible.**
- State the nature of the injury, your location and telephone number for further communications
- The helpline will organize internal first responders if available and/or paramedics accordingly, including building access.



144 Ambulance service

- 144 ambulance service - supports you with your assistance.



Defibrillator locations Pfäffikon office: Ground floor and 4th floor

If alone, locate and utilize AED before starting resuscitation!

- If possible, send another person to go and get a defibrillator while you start resuscitation.
- Once switched on, the defibrillator (AED) will provide clear instructions – do not stop resuscitation unless instructed by the defibrillator. Do not touch the patient while the AED shocks the patient.



First aid – ambulance

Never leave the patient alone!

- First-aiders should continue immediate life-preserving measures until the ambulance arrives to deliver professional assistance.

Defibrillator locations

Defibrillator locations

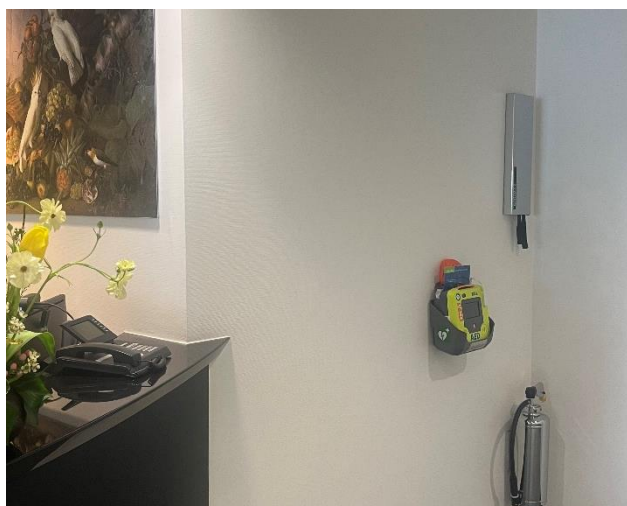
Important: If no one else is available to fetch the defibrillator, continue chest compressions. Do not leave the patient alone under any circumstances!

Instruct the paramedics

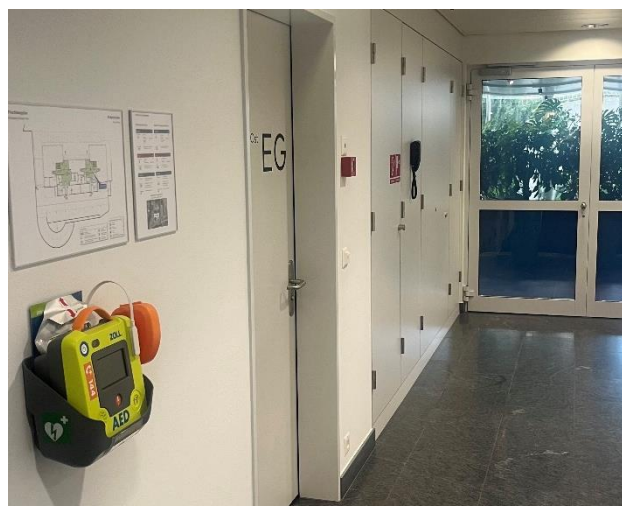
The paramedics will have no knowledge of or access to the building! You should therefore call the internal emergency number, 058 261 80 70.

If additional helpers are available, they should brief the paramedics.

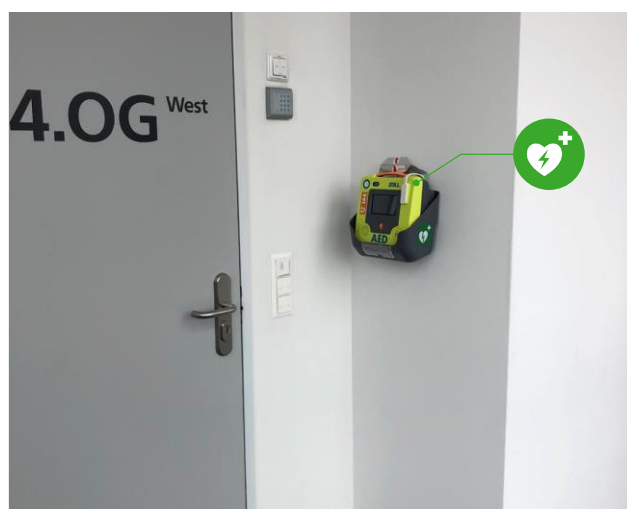
Ground floor, by reception



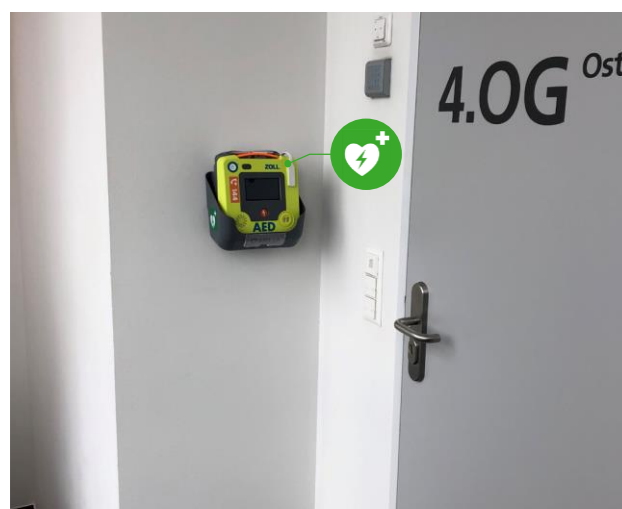
Ground floor east, in front of the door to the staircase



4th floor west, in front of the door to the staircase



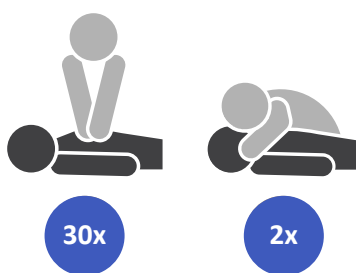
4th floor east, in front of the door to the staircase



Summary of the course content

The Basic Life Support course covers the immediate life-saving actions to take if someone suffers a cardiac arrest. This first involves cardiopulmonary resuscitation (CPR) without the aid of a defibrillator:

- 30 × chest compressions
- Frequency of 100–120/min
- 2 × breaths

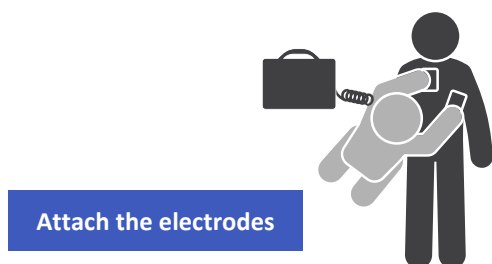


Why is CPR so important?

In a cardiac arrest, no blood – and therefore no oxygen – is transported to the brain. This brings with it the danger of permanent brain damage. The purpose of CPR is to keep some circulation going, preventing brain damage in the first instance. The oxygen supplied to the heart muscle during CPR makes the heart more receptive to the subsequent electric shock. When the heart stops beating, blood increasingly pools in and in front of the heart, which reduces the effectiveness of the shock. CPR removes this congestion

This training also teaches cardiopulmonary resuscitation using an automated external defibrillator.

- Switch on defibrillator
- Attach the electrodes
- Follow the voice instructions of the defibrillator
- For a further two minutes: cardiac massage/breathing
- More voice instructions
- Repeat until ambulance arrives



Defibrillator

The defibrillator can be used even by people who have not been trained. Administering a life-saving shock within the first few minutes of a cardiac arrest can increase survival rates by up to 75%. In a best-case scenario, the electric shock can restore the heart to its natural rhythm.

- A surge of electricity administered using a defibrillator is THE best form of help for the heart in a cardiac arrest

General information

Liability of first aiders

An emergency responder doing the best that they can is not exposed to any liability under civil law.

In general, a duty of assistance applies in Switzerland: this means that everyone has a duty to help someone whose life is in danger.

This excludes cases where assistance would not be reasonable under the circumstances (e.g. a non-swimmer would not be expected to attempt a water rescue).

Cardiovascular disease -> what symptoms to look for?

Employees who experience sudden shortness of breath, chest pain, heartbeat palpitations, a tight chest or paralysis of the face or entire body should seek immediate medical attention.

Generally, discuss regular examinations with your doctor.

First Aid by Swiss Red Cross (SRC) app

The Swiss Red Cross (SRC)'s practical first aid app is available for iPhones and Android phones. This free app offers simple step-by-step instructions for (almost) all emergency situations, from allergic reactions to tick bites. This helpful program was developed by the SRC and its affiliated rescue organizations.

Please use the app and read through the instructions when you have a quiet moment.

The app is available in English, French, German and Italian.

Installation: App Store, search: enter "First Aid by Swiss Red Cross" and install

General information

Smartphones

The emergency numbers 112/144/117/118 can still be dialed even if a phone is locked with a security PIN.

First aid – web content

You can find further information about the Swiss Red Cross and the First Aid app here:

<https://www.redcross.ch/de/organisation/medienco-mmunique/sicher-helfen-mit-dem-erste-hilfe-app-des-srk>



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