

Encounters Resuscitation by lay people A dauntless couple and a well-functioning rescue chain give a person the gift of a second life. **8**

Horizons Interview with Ueli Maurer The President of the Swiss Confederation talks about solidarity, Swiss values and his own personal experience with Rega. **22**



Emergency in Cairo

A prematurely born baby girl
needs to be flown to Switzerland
as quickly as possible. **24**



The patient as the focal point: during a mission, the Rega crew and our partners attend to the casualty together.

“People are at the centre of life at Rega”



Karin Hörhager
Editor-in-Chief

Dear Reader

What does a Rega pilot eat for lunch? A nine-year-old boy asked me this question when I had the opportunity to talk to a primary school class about my job as Head of Communication at Rega. The content of their questions astounded me because none of them focused on the rescue helicopters or ambulance jets.

The children were interested in other things – namely, the people and their everyday lives. They wanted to know what time I get up in the morning and whether you need good grades to be able to work at Rega. 3

I found these questions very refreshing and was delighted that the children were more interested in the people than in the aircraft. For people are always at the centre of life at Rega. A state-of-the-art rescue helicopter is of little use without a highly trained crew to fly it and mechanics to keep it airworthy. Our new, ultramodern Rega drone can also only bring added value to people in distress if it is controlled by trained specialists. You can read more about how the interaction between people and drone technology is set to expand Rega’s sphere of operations from page 16 onwards. Our domestic feature focuses on people, too: find out how a young couple saved a man’s life thanks to their dauntless intervention and under the expert guidance of a Rega flight coordinator.

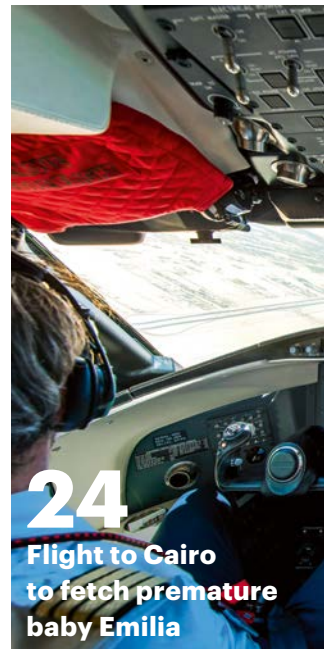
But back to the young boy’s question: when the crew have time, one of them cooks lunch for the whole team. Therefore the crew members eat something different everyday – here, too, everything revolves around the involvement of people.

I wish you a pleasant summer and very much hope you enjoy reading this magazine.



8

A hiker suffers a cardiac arrest



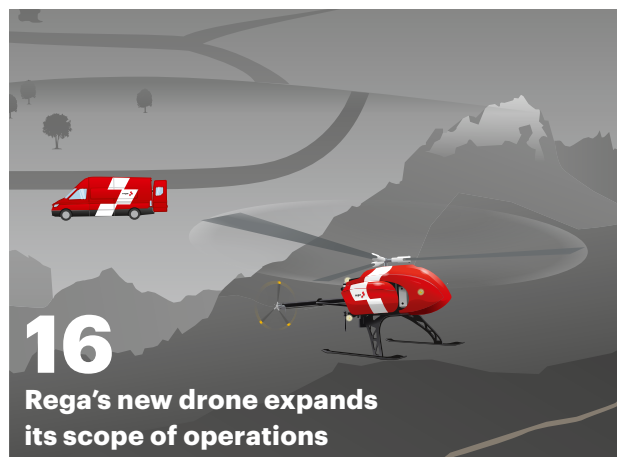
24

Flight to Cairo to fetch premature baby Emilia



22

Swiss President Ueli Maurer on the importance of solidarity



16

Rega's new drone expands its scope of operations

Rega Magazine 1414 | Issue 92, May 2019 | Published twice a year | Total circulation 1.8 million

Publisher

Swiss Air-Rescue Rega
PO Box 1414
CH-8058 Zurich Airport
www.rega.ch
Postal account 80-637-5

Foundation Board

Michael Hobmeier* Chairman, Bäch | Christian Kern*, Prof. Dr. med., Vice-Chairman, Geneva | Patrizia Pesenti*, Zollikon | Gabi Huber*, Dr. iur., Altdorf | Josef Meier*, Wettingen |

Heidi Hanselmann, Walenstadt | Thomas P. Emmerich, Riehen | Marco Maggiorini, Prof. Dr. med., Schindellegi | Adrian Amstutz, Sigriswil | Franz Stämpfli, Innertkirchen | Gerold Biner, Zermatt | Thomas Holderegger, Waldstatt | Markus Furrer, Felsberg | Paul Hälgi, Wollerau | Anna Brunello, Dr. med., Haldenstein (* = Member of the Executive Committee)

Management Board

Ernst Kohler, CEO / Chairman | Roland Albrecht, Dr. med., Medical Director | Andreas Lüthi, Chief

Financial Officer | Sascha Hardegger, Helicopter Operations | Karin Hörhager, Communication and Patronage | Heinz Leibundgut, Helicopter Procedures and Training | Urs Nagel, Jet Operations

Editorial team

Karin Hörhager, Editor-in-Chief | Karin Zahner, Managing Editor | Maria Betschart | Mathias Gehrig | Philipp Keller, Picture Editor | Wanda Pfeifer | Adrian Schindler | Corina Zellweger | Nerina Bachofner

Photos

Thomas Lüthi (pp. 1, 5, 7, 10-15, 24,

27) | Franziska Rothenbühler (pp. 4, 22) | Daniel Boschung (p. 4) | Andrea Badrutt (pp. 2, 6) | Markus Rieder (pp. 8-9) | Walter Mayer (p. 28) | Getty Images (p. 30)

Concept / Design / Prepress

Source Associates AG, Zurich

Production

tutto fatto, Zurich

Print

Swissprinters, Zofingen

Reprints permitted with sources indicated.



6 Take off into the world of Rega.

Encounters

8 Thanks to a perfectly functioning rescue chain, Josef Pfyl is given the gift of a second life.

13 24 h Rega with André Urech, who as project leader in the Events team helps to give the public a first-hand experience of Rega.

16 Search for missing persons: how the new, state-of-the-art Rega drone can help people in an emergency.

18 In focus: a look at the new Rega drone, which will expand Rega's scope of operations.

21 Opinion on why Rega uses cutting-edge technology, but not to replace people.

5



Knowledge Here you can find some interesting facts and figures relating to the theme.



Online Further details or even a visual titbit are available online via the given link.



Additional information More on the topic that we would like to share with you.

- ▶ Visit us online:
www.rega.ch
www.facebook.com/reg1414
www.instagram.com/reg1414

Horizons

22 In dialogue: Swiss President and Finance Minister Ueli Maurer explains why Rega is necessary.

24 Rega uses its own transport incubator to fly premature baby Emilia to Switzerland safely and optimally cared for.

28 Mission report: due to adverse weather conditions, Air Zermatt asks Rega for help.

29 Rega kids can win some great prizes – and have fun too.

Navigation

30 Knowledge about the benefits offered by the new Rega app.

33 In the Rega Shop you can find the complete range of the popular Rega articles.

Take off

In brief

6



How Rega can help you abroad

If you have a medical problem while you are abroad, you can contact Rega's Operations Centre around the clock by calling +41 333 333 333. Our flight coordinators and medical consultants are available to answer your questions and provide you with assistance and medical advice. Rega is in a position to transport critically ill patients. If it is not necessary to deploy an ambulance jet, patients are flown back to Switzerland on a scheduled flight, competently and professionally escorted by a member of Rega's medical staff.

► Further information: www.repat.rega.ch

Collaboration with SIRMED

As of 1 January 2019, Rega took over 50 percent of shares in the Swiss Institute of Emergency Medicine SIRMED, a subsidiary of the Swiss Paraplegic Foundation SPS. For many years, Rega has been offering its operation partners – such as the mountain rescuers from the Swiss Alpine Club SAC – regular training courses in emergency and rescue medicine. This participation in SIRMED allows new synergies to be used – in the knowledge that a patient can only receive the best possible care if all the links in the rescue chain work optimally together.

World's longest flight with a patient on a mobile heart-lung machine

On 14 February 2019, Rega flew a patient attached to a mobile heart-lung machine from London to Kaohsiung in Taiwan on board an ambulance jet on behalf of an insurance company. With a flying time of 14.5 hours, this is to date the world's longest flight transporting a patient hooked up to a heart-lung machine.

Rega crews come to the assistance of 11,579 patients



Last year, Rega organised more than 17,000 missions for the first time in its history. On average, that is equivalent to around two missions per hour – day and night. The crews attended to 11,579 patients, which corresponds to approximately 32 patients per day.



Visit the Rega jet at the Swiss Museum of Transport in Lucerne

After around 16 years in the service of the Swiss population, the Rega Challenger CL-604 jet with the registration number “HB-JRA” has found a new home at the Swiss Museum of Transport in Lucerne. Here it is part of the permanent Rega exhibition, “Medical help from the air”, providing visitors with an in-depth and comprehensive insight into Rega’s activities worldwide.



A rescue helicopter at Zurich Main Station

On 15 & 16 March 2019, the Rega crew presented to the people of Zurich “their” brand new rescue helicopter in the concourse of Zurich Main Station as a token of thanks for their support. We provide a look behind the scenes of this event from page 13. In late summer, the Rega crew at the St. Gallen base will be the last lowland base to take delivery of its new Rega helicopter.

► You can find out when Rega will be presenting its new helicopter to the people of St. Gallen at www.events.rega.ch.



Keep cool

Keep a cool head in summer: the Capcool black cap provides high UV protection (UPF 100+) and so protects your head from harmful sun rays. The top-quality fabric is made in Switzerland and thanks to its advanced technology has a cooling effect, prevents the build-up of heat, and is water- and stain-repellent. In addition, reflective elements increase visibility in the dark.

► Orders via the Rega Shop from page 33 or www.shop.rega.ch

7

The numbers in this issue:

47,000

additional patrons supported Rega as of the end of 2018. This increase is roughly equivalent to the population of the town of Thun.

235

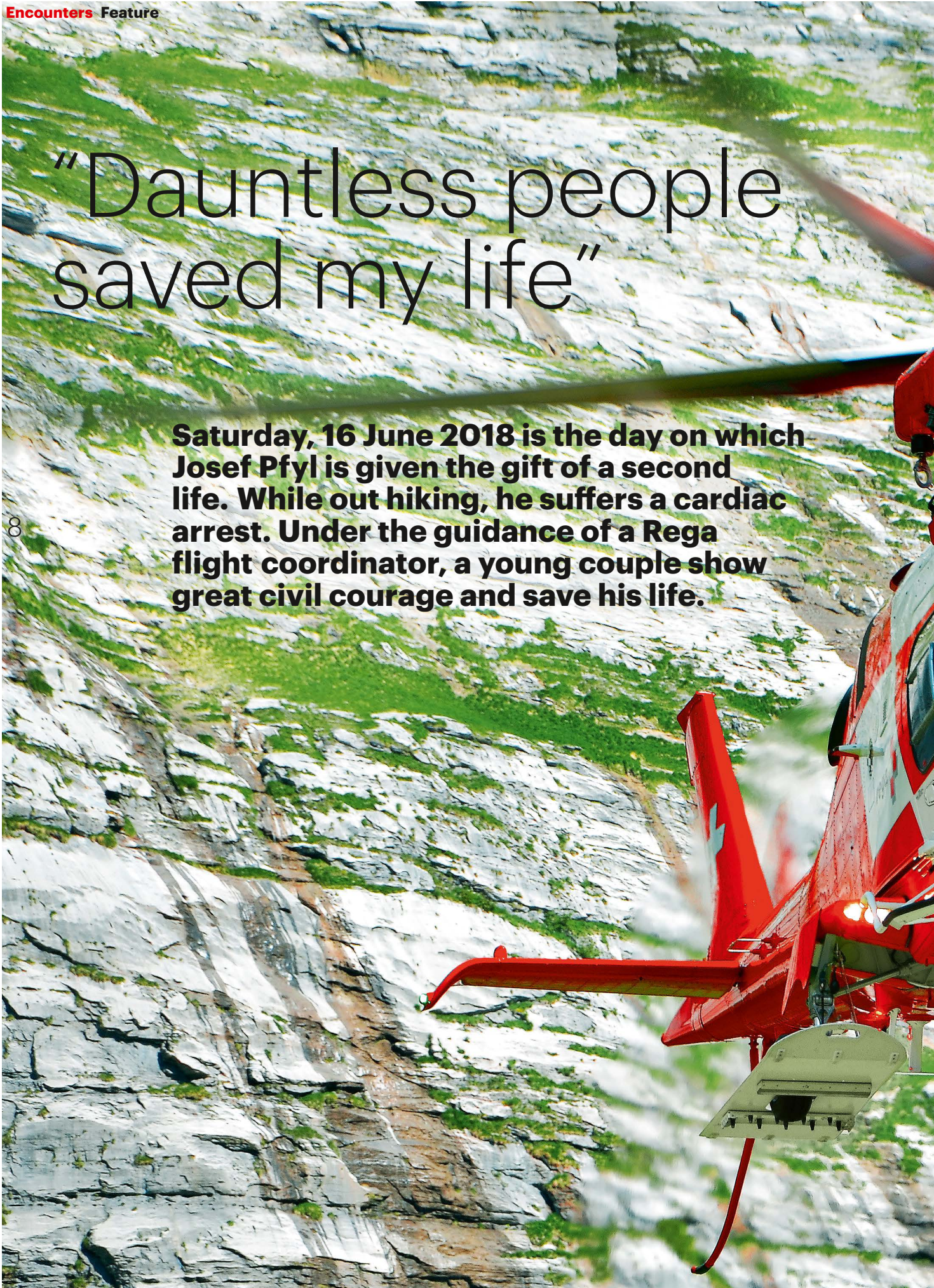
premature and newborn babies were transported by Rega last year in one of its ambulance jets or rescue helicopters.

Six

months is how long it takes to train new employees at the Helicopter Operations Centre.

“Dauntless people saved my life”

Saturday, 16 June 2018 is the day on which Josef Pfyl is given the gift of a second life. While out hiking, he suffers a cardiac arrest. Under the guidance of a Rega flight coordinator, a young couple show great civil courage and save his life.





4,231

patients were transported by Rega's helicopters in 2018 due to illness.

10

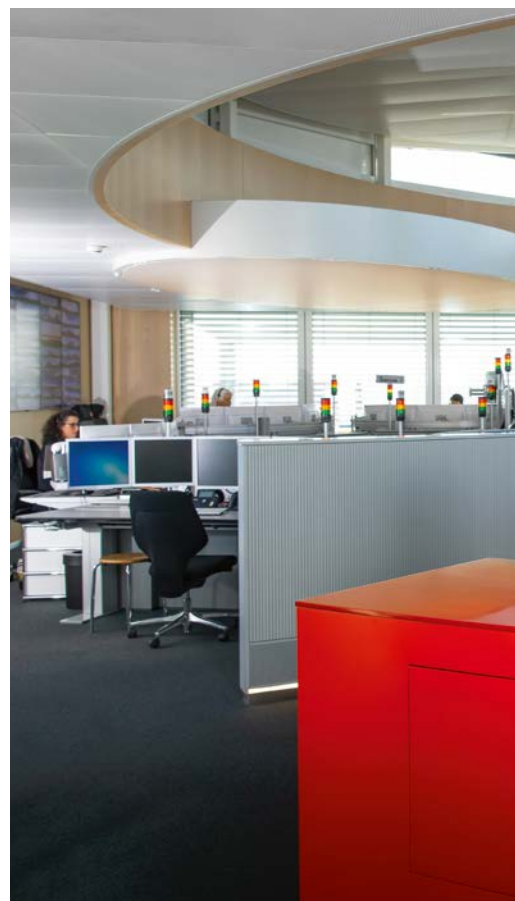
Laura Baumann and David Epp are sitting in Josef Pfyl's living room. Together with their host, they enjoy a glass of wine and reminisce about the day that will link them forever – 16 June 2018. On the morning of this day, Josef Pfyl plans to hike up to the Albert Heim mountain hut in his favourite area, the Furka region. However, from the internet he discovers that the hut is currently being renovated and so decides in favour of the Sidelen hut, situated at 2,708 metres above sea level. "I was looking forward to spending a beautiful day in the imposing nature of the Furka and to having some time to myself," relates the 62-year-old architect. From the car park of the former Hotel Furkablick, he heads up the undulating terrain. But he soon begins to feel that he is not as fit as usual. Around halfway to the hut, Josef Pfyl becomes increasingly tired. A young couple pass him on the trail and greet him. "Afterwards, I could see them for quite some time," Josef Pfyl recalls. He continues on his way slowly, repeatedly sits down for a rest, takes sips of water and eats his sandwich.

At midday, the young couple arrive at the Sidelen hut. While they tuck into their lunch, they remember the hiker they had passed. "Shouldn't he have got here long ago?" Laura Baumann asks her boyfriend, David Epp. Shortly after finishing their lunch, they set off again. A few hundred metres further down the mountain, Josef Pfyl is struggling with the descent. "I suddenly felt very weak, so I decided to slowly make my way back down again," he explains. His mobile phone rings, a friend is on the line. He tells her that he is not feeling very well, so she decides to call Rega. At the Operations Centre at Zurich Airport, flight coordinator Gaby Wild takes the call. She wants to get a better idea of Josef Pfyl's state of health for herself and asks his friend for his number. But Josef Pfyl does not answer the phone. "I didn't have a very good feeling, so I called again shortly afterwards," recalls Gaby Wild.

Precise coordinates thanks to the Rega app

On the way back down the mountainside, Laura Baumann and David Epp come across the ex-

hausted hiker. "He told me that he felt unwell, but that Rega had been informed," relates David Epp. The couple decide to stay with Josef Pfyl and wait with him until Rega arrives. "I remember that David gave me some Coca-Cola to drink, then my mobile phone rang and I handed it to Laura," says Josef Pfyl. Gaby Wild from the Rega Operations Centre is on the line and enquires about Mr. Pfyl's condition. Laura Baumann says that she doubts that he will be able to manage the descent. So Gaby Wild decides to call out the Rega helicopter from the Erstfeld base. She also asks Laura Baumann to raise the alarm via the Rega app. This causes the precise coordinates to be automatically transmitted to the Operations Centre, where they are then visible in the mission control system. Shortly after Laura Baumann terminates the call, Josef Pfyl's condition deteriorates rapidly. She calls Rega again and reports that the hiker is in a very bad state and that he has stopped breathing. As Laura Baumann is extremely distressed, the flight coordinator requests for David to come to the phone and asks him if he feels confident enough to perform CPR. "During our training, we learn how to deal with medical emergencies and also how to guide someone through the reanimation procedure





Well documented: at the Rega Operations Centre, Gaby Wild (centre) explains the mission to rescuers David Epp and Laura Baumann, as well as to Josef Pfyl (right), according to the official mission report.

and how to talk to the person who has raised the alarm. It's important to remain calm yourself," explains Gaby Wild. She instructs David to switch the phone to speakerphone and hand it back to Laura. Then the young man places Josef Pfyl on his back and start to resuscitate him by means of cardiac massage. Over the speakerphone, the Rega flight coordinator sets the rhythm, counts with him, and at the same time reassures Laura. "We were both very relieved when we heard the sound of the approaching Rega helicopter," says Laura Baumann.

Resuscitation immediately continued

The rescue helicopter from the Erstfeld base lands on a snowfield above the three hikers. The emergency physician and paramedic go straight to Josef Pfyl and continue the resuscitation measures. "I don't remember anything, but I did feel the electric shock," recalls Josef Pfyl. "It was as if my body had been struck by lightning." The Rega crew stabilise the patient, carry him on a stretcher to the helicopter and fly him to Lucerne Cantonal Hospital. After the helicopter has taken off, Gaby Wild calls David and Laura again. She thanks them for their help, asks how they are feeling, and offers support from Rega's Assistance and Care ▶



Always ready for an emergency

Our flight coordinators are available around the clock via emergency number 1414 to organise rescues in Switzerland. The work at the Operations Centre requires the ability to work in a team, intuition and mental resilience, as well as specialist knowledge in the fields of medicine, meteorology and aviation. Helicopter flight coordinator Gaby Wild tells about her training and how she deals with stressful situations.

What does a typical working day at Rega's Operations Centre look like?

No two days are ever the same. That is what makes our work so exciting. Sometimes the telephones are silent and then emergency calls suddenly start coming in within the space of a few minutes. You have to be fully alert from one second to the next so that you make the right decisions. What is always the same, irrelevant of how busy we are, is the briefing at the start of the shift. The Operations Centre is staffed around the clock. When our colleagues arrive to take over the new shift, we inform them about, for example, the ongoing rescue operations and the current weather situation.

What form does Rega's internal training for flight coordinators at the Helicopter Operations Centre take?

The introductory training lasts six months. We learn on the job and by means of a mentoring system. That means that during the first three months we are assisted and advised by an experienced flight coordinator, as we are actively involved in the work at the Operations Centre from the very beginning. In the theoretical part of the training, we learn important things relating to meteorology, medicine, aviation and air traffic law.

What skills are necessary for this job?

It is essential to be able to speak various languages and also to work under pressure. We speak German, French, Italian and English. In addition, we need to be responsive to the needs of people in an emergency and to make the correct decisions swiftly. Besides a solid education and some life experience, you also need a good gut feeling.

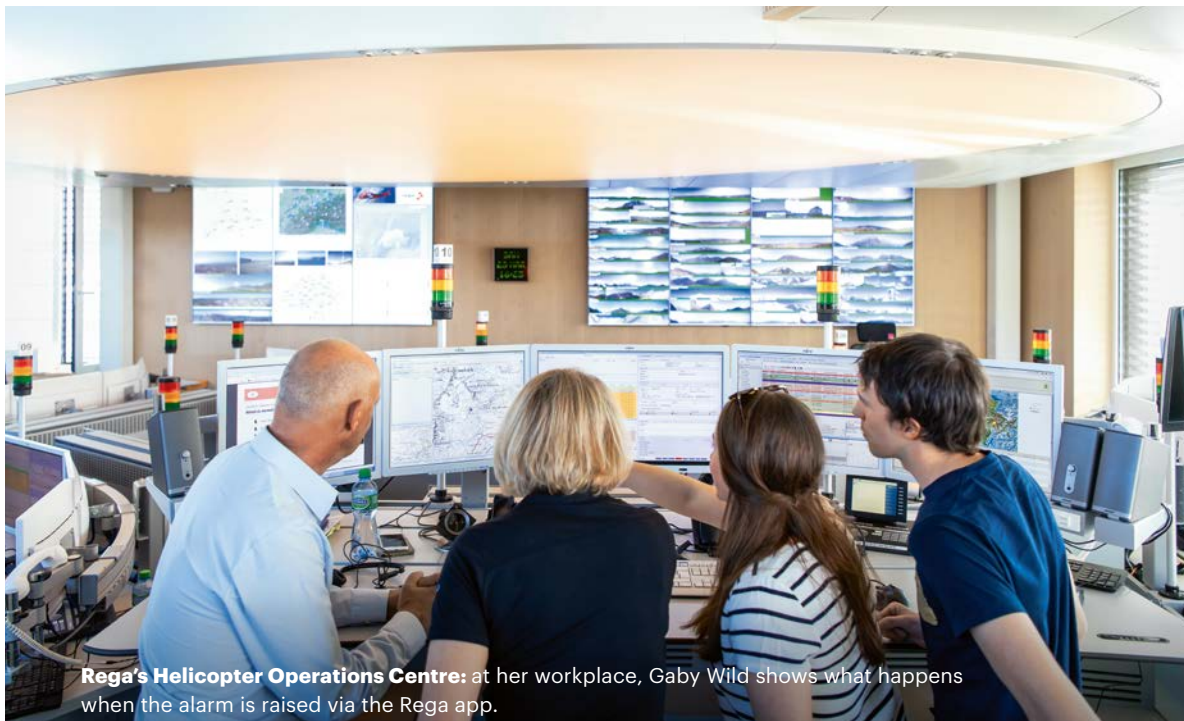
You gave instructions over the phone on how to resuscitate Josef Pfyl. How do you deal with such situations?

In out-of-the-ordinary situations, too, it is important to remain calm and act incisively. It can happen that challenging missions linger in your mind for some time. Then I share my thoughts with somebody from my team or with my family.



Gaby Wild

55, helicopter flight coordinator



Rega's Helicopter Operations Centre: at her workplace, Gaby Wild shows what happens when the alarm is raised via the Rega app.

Rega flight coordinators undergo six months of training to carry out their challenging work.

Service. The young couple decline. “At the time, we didn’t fully realise what was happening,” David Epp explains. “That evening, we met up with some friends and were able to talk to them about it. That was a great help; we didn’t need any further support.”

A gift of a second life

In September 2018, Josef Pfyl is able to return to work. He has fully regained his health and is neither mentally nor physically impaired. “I’m an extremely lucky man. The doctors told me that reanimation doesn’t always end so positively and that it’s a miracle that I’ve completely recovered.” Two months after his heart attack, Josef Pfyl contacted his rescuers: “I owe the fact that I’m still alive today to their civil courage, numerous coincidences and a smoothly running rescue chain,” he says. The three are now friends. “It’s nice to have a new person in my life as a result of this incident,” says Laura Baumann. And David Epp adds: “I never felt that Josef should thank us. I simply did what you do in such a situation – help in whatever way you can.” For Joseph Pfyl, his survival is nothing short of a miracle: “It’s not always easy for me to accept that I was lucky enough to survive. I often ask myself whether it was coincidence or fate that at precisely the right moment I met two very plucky people who helped me and gave me the gift of a second life.”

Karin Zahner

K The correct way to call out a rescue helicopter

Always call out Rega via the emergency number 1414 or the Rega app if you require immediate assistance by a rescue helicopter – for example, in rough terrain or if medical assistance is required at the accident site, such as in the event of severe burns or back injuries. The following information is important:

- 1. Where has the accident occurred?**
 - Coordinates, e.g. Rega app, GPS receiver, mobile phone
 - Canton, place, locality
 - Prominent landmarks nearby (mountains, buildings, roads, lakes, rivers)
- 2. Who can be contacted?**
 - Name and phone number
- 3. What exactly happened?**
 - How did the accident happen?
 - What did you see?
- 4. How many people are involved? What injuries do they have?**
 - Number of casualties
 - Nature of their injuries
- 5. What is the situation at the accident site?**
 - Is it possible to land a helicopter?
 - Are there any obstacles, e.g. cables, power lines, antennae?
- 6. What are the local weather conditions like?**
 - Visibility? Rain? Wind?

24h Rega

André Urech, 39, project manager, Events team

Whenever Rega invites the public to take a look behind the scenes, for André Urech, project manager in the Events team, this means a lot of advance planning and organisation.

Without its patrons, there would be no Rega. For this reason, Rega attaches great importance to fostering direct contact with the Swiss population – such as at Open Days at the helicopter bases, on guided tours of the Rega Centre or with a booth at public fairs and exhibitions. In mid-March, the crew from Rega's Zurich base presented "their" new H145 helicopter to the public at a rather unusual location: in the concourse of Zurich Main Station. Pulling all the strings in the background was André Urech. Together with the Events team, he is responsible at public events for ensuring that the rescue helicopter is at the venue at the right time, the information stands are set up and sufficient shop items are available. In order to ensure that things go smoothly, everything needs to be planned right down to the very last detail – from the barriers around the helicopter to the helpers' work schedule. "Despite the best preparation, unforeseen hitches always crop up and need to be dealt with," says the event manager. As in the cockpit of a Rega aircraft, the rule of thumb is: keep calm and act in a considered yet swift way. At moments such as these, André Urech can draw on his many



years of experience in the event and tourism industry. Before joining Rega, the qualified tourism specialist HF worked on a seasonal basis in hotels in the Swiss Alps and organised major events and corporate trips for event agencies. "My time in South Africa during the 2010 Football World Cup was particularly exciting," André Urech recalls. "I organised accommodation, local guides, safaris and football tickets for groups and at the same time got to know the



The **Guided Tours and Events** team organises events where patrons can encounter Rega at close quarters.

country and its people." Between jobs, the 39-year-old often spent months travelling. "Anyone who travels across the continents with a rucksack is an event manager per se," says Urech. Flexibility and organisational talent are called for every day: "You continually encounter new things, as you're not familiar with the environment, the language or the people." Whether on his travels or in his activities at Rega, the thing he values most of all is the contact with people. "When I see all the smiling faces at a Rega event, that's my greatest reward."

Karin Zahner

Continue reading on page 14 ►

“Despite the best preparation, unforeseen hitches always crop up.”



09:30

▲ For two days, the new Rega rescue helicopter from the Dübendorf base will be presented to the public at Zurich Main Station. André Urech discusses the final details with all those involved.

◀ At an event, sufficient shop articles and information material must be available for the visitors. André Urech checks the stocks at the Rega Centre.

14



13:00

► Project manager André Urech informs his team about the time schedule, procedures and key points for setting up the infrastructure at Zurich Main Station.



15:10



18:00

◀ During the two-day event, the Rega helicopter will be guarded around the clock by a security service. André Urech discusses the arrangements with those responsible over the phone.



19:05

◀ The helicopter is transported into the station concourse on a low-loader vehicle and positioned with centimetre precision. Over the next few hours, the Rega team will set up the stands and install the necessary technology.



09:30

▶ Thirty minutes before the public event begins, André Urech briefs the helpers – almost all of them Rega employees – about the procedures, safety measures and organisational details.

15



16:00

◀ Throughout the day, thousands of visitors come to inspect the new H145 helicopter and find out more about Rega. André Urech is satisfied and pleased that everything has gone so smoothly.

▶ In his free time, too, André Urech organises events to raise funds for the aid projects run by an association that he co-founded. For example, for a kindergarten in South Africa that was set up three years ago.



20:00

The Rega drone is ready for operation

With its newly developed drone, Rega will in future have at its disposal an additional device to help it search for missing or injured persons, including in bad weather. The Rega drone can autonomously scan large search areas and is equipped with various sensors, such as a thermal camera.

16

“We observed the development of drone technology from an early stage and were always convinced that drones could further extend Rega’s scope of operations. One-and-a-half years ago, we felt that the time was ripe to launch a concrete project,” relates Head of Helicopter Operations Sascha Hardegger, who is in charge of the project. “Currently we consider that the greatest potential for this technology lies in the aerial search for missing persons, for here Rega can draw on decades of experience gathered in the course of countless search missions.”

Developed together with partners

When developing the concept for the Rega drone, those responsible consulted not only helicopter crews and flight coordinators, but also mountain rescuers and terrain search dog handlers from the Swiss Alpine Club SAC. Together they specified what requirements a “search drone” would need to fulfil in order for a search mission to be successful. They concluded that the Rega drone must be able to scour large search areas autonomously and without direct visual contact with the drone pilot, and also to independently detect and avoid other aircraft or obstacles such as cables. That in turn was conditional on numerous processes taking place “directly on board” – as due to the distance from the pilot, it is not always possible to

guarantee uninterrupted and real-time communication with the drone. In extreme cases, the drone must be capable of continuing its assignment without a connection with the ground station – and also without compromising safety in any way. In addition, the Rega drone needs to be equipped with various cameras and sensors in order to be able to detect people in rough terrain.

Taking matters into our own hands

“There was no system on the market that met all our requirements,” explains Hardegger, “so we pursued our vision ourselves in collaboration with carefully selected partners. As Rega has a wealth of experience in

airborne search operations, as well as extensive expertise in the field of aviation, we were able to put together the pieces of the puzzle in our own project and supplement any that were missing by designing them ourselves.” After numerous intermediate stages, the Rega drone system was fully functional and ready for testing at the end of 2018. It is expected that the drone will be able to be deployed for search flights for lost persons from spring 2020. However, it should not only be able to scour the search area in a safe and automated manner, but in the end also locate missing people from the air. To achieve this, it is equipped with various sensors. The signals from the infrared and

K Equipment of the Rega drone

The diagram shows a red and white Rega drone with various components labeled: Emergency parachute, Position lights, Thermal imaging and optical cameras, Three 1.1 metre long rotor blades, Radar, FLARM und ADS-B anti-collision systems, Redundant receivers for high-precision satellite navigation, and Mobile radio detector.

Key figures

- 2.2 m (rotor diameter)
- 2 m (fuselage length)
- 50 cm (height)
- Flying time: 3 hrs
- Max. payload: 10 kg
- Take-off/landing site: 10 x 10 m
- Operational altitude: max. 3,000 m.a.s.l.
- Search capacity: 16 sq. km in 2 hrs
- Flying speed: 120 km/h max. 80 km/h during search flight
- Operational temperature: -40° C to 40° C

high-resolution electro-optical cameras are categorised with the aid of a self-learning algorithm, which is being developed in collaboration with the ETH Zurich. The image areas in which, based on the pixel pattern, the algorithm “presumes” a person is located are relayed to the operator on the ground, who then examines this footage manually. Rega is also planning to integrate the mobile phone tracking function, which is already being used in the Rega helicopter in collaboration with the police, into the drone system. This would enable the Rega drone to locate a mobile phone from a distance of several hundred metres and thus most probably also find its owner.

Drone as a supplementary aid

The Rega drone will expand Rega’s scope of operations and optimally supplement the resources that are currently being used to locate missing people (see page 18). Further tests, as well as FOCA authorisation, are necessary before the drone can be put into operation. If the Rega drone system proves itself in the trials and on the initial missions, the aim in the mid-term is to be able to call out several mobile drone teams in various locations in Switzerland around the clock to assist with search missions. “Even if the drone is unmanned and can fly autonomously, it still needs a well-trained drone crew to coordinate the search with the various rescue teams, to determine the search strategy and to launch the drone,” says Sascha Hardegger. “The drone will always supplement, not replace, the Rega helicopter and its crew.”

Adrian Schindler

K How a search is conducted using the Rega drone



After being called out by the Rega Operations Centre, the drone crew, comprising an operator and a pilot, drive to the operational area in a **1 transport vehicle**. Inside the vehicle is the Rega drone and the **2 ground control station**, from which the crew operates the drone without direct visual contact and monitors the data that it transmits. Thanks to **3 satellite navigation**, the **4 Rega drone** scans the predefined search area in an automated manner and can also be used in adverse weather conditions. The two-person drone crew share the tasks: the **5 drone operator** coordinates the use of the drone and acts as the link between the Rega Operations Centre and any other rescue teams on location or in the search area. These might be, for example, the police or **6 mountain rescuers from the Swiss Alpine Club SAC**. Based on the

information available and in liaison with all those involved, the drone operator determines the search strategy and search area and informs the drone pilot accordingly. During the search flight, he tries with the aid of the **7 camera images and other data** transmitted by the drone to locate the **8 missing, possibly injured person** or gives the drone new instructions. The **9 drone pilot** prepares the Rega drone for take-off and performs the necessary checks. In consultation with the operator, he programmes the in-flight computer and, if required, obtains any permits for the drone flight. After everything has been cleared, he launches the drone manually and when it reaches a flight altitude of approximately 20 metres, he switches to autopilot mode. During the flight, he monitors the flight parameters of the drone, as well as the air traffic in the operational area, on the screen.

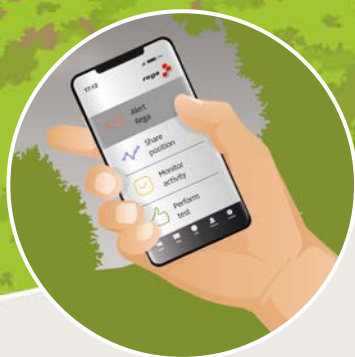


Find out more about the new drone in our video:
www.drone.rega.ch

Conducting a search

It can happen to anyone who is out and about on their own: a misplaced foot while hiking or a misjudged bend on a mountain bike trail and suddenly you are lying injured on the ground, away from the path – unable to summon help. As soon as Rega is notified by the police or there is good reason to believe that a person has gone missing and is probably urgently in need of help, the Rega Operations Centre initiates a rescue search. On doing so, it has various resources at its disposal.

18



Found thanks to the Rega app

When the alarm is raised via Rega's emergency app, the position data is automatically transmitted to the Operations Centre and a telephone connection is set up. For this, mobile phone coverage is necessary. The new feature, "Share position with Rega" (see page 30), can help save valuable time during a search. If the decision is made to perform a search operation, the Rega flight coordinator can determine the last known location of the caller's smartphone.

The Helicopter Operations Centre

The Operations Centre plays a key role in a rescue search. It selects – usually in close collaboration with the police – the most suitable means of searching and mobilises the various rescue services. On doing so, the information available at the time the alarm was raised, as well as the topography and weather conditions in the search area, are taken into account. Aids such as a geographical information system, up-to-date and accurate meteorological data, and the countrywide Rega radio network also support the flight coordinators in their task.

04



Search flight with the Rega helicopter

The Rega crews at the 12 helicopter bases throughout Switzerland are on standby around the clock. If the search area is relatively limited and, for example, the planned route of the missing hiker is known, a search flight along the hiking path by the nearest Rega helicopter with a crew on board who are familiar with the area is a sensible and swift initial measure. At night, the Rega crews can also use night vision goggles.



IR/EOS multi-sensor search system

The high-tech IR/EOS system comprises a highly sensitive infrared camera, optical sensors, a searchlight and a computer workstation installed in the helicopter cabin and makes it possible to perform searches from the air efficiently and over large areas – during the day and at night. IR/EOS is operated by a specially trained person and is mounted on an AgustaWestland Da Vinci rescue helicopter, which is on standby around the clock to carry out search operations.



Search using the new Rega drone

The Rega drone is planned to go into operation in 2020. It will be used, for example, if a search flight with a helicopter is not possible due to poor visibility. The drone scans large search areas at an altitude of 80–100 metres autonomously and without direct visual contact with the drone pilot. It is equipped with various sensors for locating people: an infrared camera and a mobile phone detector independently search for people in rough terrain (read more from page 16).



Assistance by mountain rescuers from the Swiss Alpine Club SAC

The mountain rescuers from the Swiss Alpine Club SAC are called out if the Rega crews require help in rough terrain or if poor visibility renders rescue by air impossible. These rescue specialists also include teams with terrain search dogs, which can be deployed as efficient search aids.

bergasthorch

**DIE SCHWEIZ
FLIEGT!**
Im Verkehrshaus.

Neu im Verkehrshaus:

Rega-Ambulanzjet

Wollten Sie schon immer wissen, wie die Rega im Ausland hilft? Im Verkehrshaus der Schweiz in Luzern entdecken Sie jetzt das Innenleben eines Rega-Ambulanzjets und erfahren, wie ein erfolgreicher Auslandeinsatz durchgeführt wird.



Ernst Kohler

“In future, too, the use of cutting-edge technology will not replace the crew.”

“Will Rega still need helicopter pilots in the future?” a young journalist asked me during a conversation at our Annual Media Conference. Shortly before, we had presented the Rega drone, which in future will be able to autonomously scour extensive search areas for missing persons in distress (more on this topic from page 16).

At first glance, the concept of an autonomously flying drone seems to be fully in keeping with the current-day discussion about how advancing digitalisation will sideline or even replace people in many areas – or how in future machines will take over the tasks that until now have been performed by people. This because machines are more predictable, more efficient, and often cheaper than people – and are also never absent due to illness.

However, Rega sees it from a completely different perspective: our perception of new technologies is not shaped by ideas of how we can use them to replace people, with a view to cutting costs. What motivates us is much rather the question as to how the latest technology can support us in our efforts to further improve our air rescue services for the benefit of our patients.

One example of this is instrument flight procedures, which allow our pilots, with the aid of the autopilot, to fly missions in poor visibility along predefined routes. Here, state-of-the-art

technology is used, but not to replace the pilot in the cockpit or to be able to fly more cost-effectively, but rather to extend our scope of operations. In other words, to be able to fly missions that a few years ago we would have been forced to break off or even cancel altogether due to bad weather.

It is a similar case with the new Rega drone: it does not replace something that until now has been done by people. The drone opens up brand new possibilities: it can fly when the use of a rescue helicopter with a crew on board would be too risky. However, the autonomously flying, unmanned drone also relies on people. The drone crew, comprising an operator and a pilot, decide how and where the drone can be deployed most effectively, depending on the situation and in consultation with the police, the Rega Operations Centre and other operational partners.

It is our task to continually seek new ways of using cutting-edge technology to support our crews. But it will never be about replacing people. Particularly in the field of rescue – where each mission presents rescue teams with new challenges – people will continue to play the central role in future, too. And some human aptitudes are not so easy to digitalise – for example, intuition or improvisation skills, both competencies that our crews demonstrate on a daily basis.

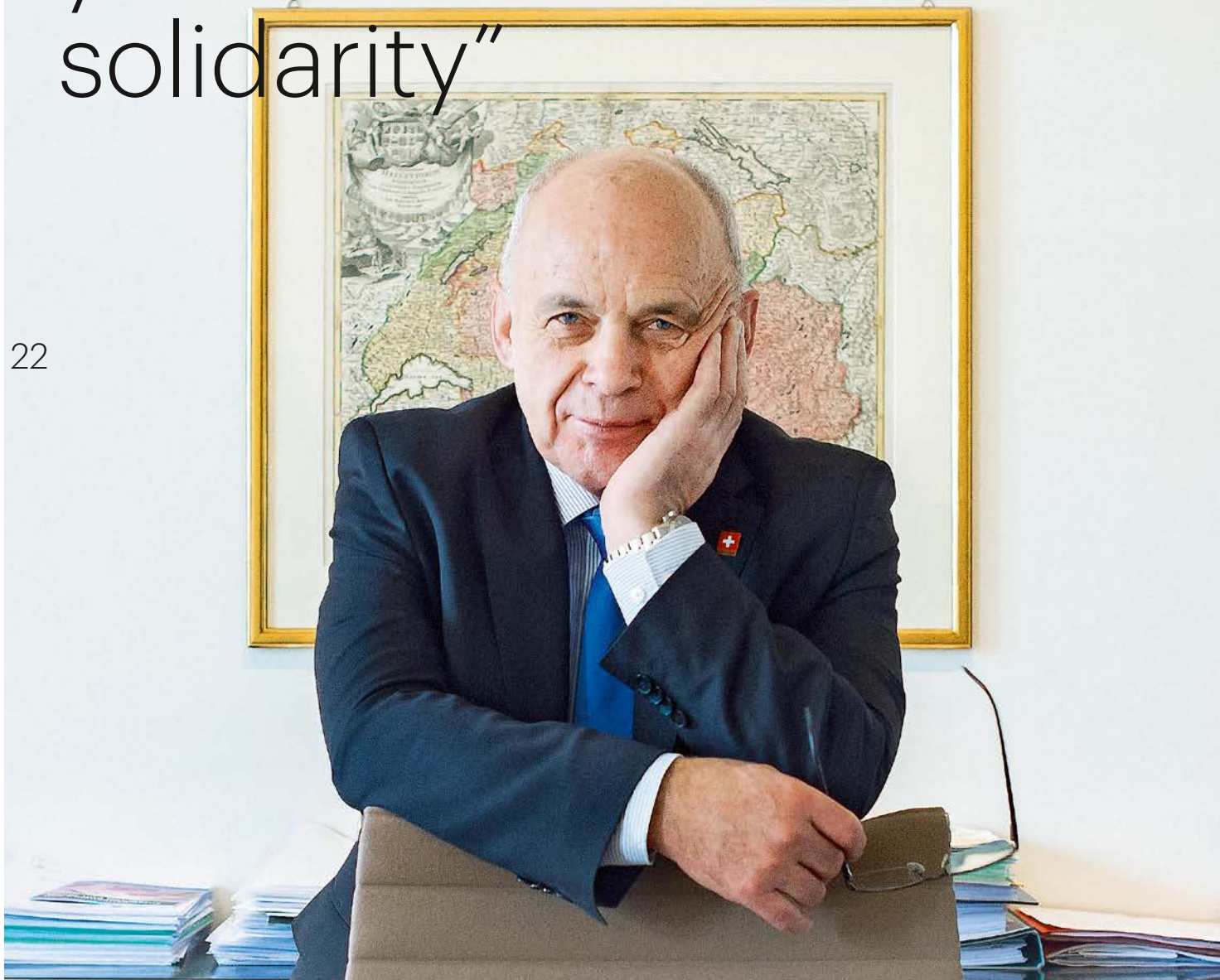
Rega uses technology to help even more people in distress and to support its crews in their work.



Ernst Kohler 56, has been CEO of Rega since 2006. The former airport manager and mountain guide has four children and lives in the Lucerne region.

“Rega shows what you can achieve with solidarity”

22



Ueli Maurer, President of the Swiss Confederation and Finance Minister, is delighted at the solidarity shown by the Swiss population, which also forms the basis for Rega’s existence and makes professional air rescue possible in the first place. In addition, in this interview he reveals that he himself has already benefited from Rega’s assistance.

Mr Maurer, during your year in office as President of the Swiss Confederation, you assume a number of traditional functions and duties, and foster contacts at home and abroad. How do things currently stand with Switzerland?

In many respects, we are a very privileged country with an innovative and competitive economy. Excellent universities and colleges, as well as a globally networked economy, act as drivers for new technologies. In dialogue with science and industry, the government is creating the framework conditions for a dynamic development. This benefits both our businesses and the Swiss population.

Innovation is also important to Rega. For some time now, it has been working on implementing its vision of all-weather rescue.

What are your thoughts on this?

Rega will achieve its goal, just as it has with so many things that have already contributed to its distinctive image. We Swiss love such challenges and thanks to our ability to innovate, we have proven time and again that we, as a small yet in all respects highly competitive country, can come up with independent and sustainable solutions. This sets us apart from other countries, and is something of which we can be proud.

Rega is only in a position to provide medical assistance by air thanks to the solidarity of its over 3.4 million patrons. How important is solidarity to you?

Our political system of direct democracy is the best example of solidarity that we experience in our daily lives. This system forces us politicians to continually engage

in dialogue with the Swiss people. In this way, together we define a common path for pursuing future developments. Rega is a good and very Swiss example of what can be jointly achieved thanks to solidarity and without always immediately running to the State for help.

What is your own personal association with Rega?

Rega's red rescue helicopters and white ambulance jets are, as it were, a flying piece of Switzerland and represent many values – such

as reliability and precision – that I consider to be typically Swiss. And like many Swiss people, I, too, have had my own personal experience with Rega. In fact, my very first helicopter flight was with Rega, which we had to call out after an accident during a ski tour. It was a good feeling to experience in an emergency situation that the rescuers from the air are there when you need them.

You mentioned Rega's role in providing emergency care.

Yes. Particularly compared to other countries, the rescue services in our country are first-class – not just in the air, but also on the ground. With Rega, we probably have one of the

best air rescue organisations in the world. The fact that a person can be rescued from almost anywhere in Switzerland within a very short time by an ultra-modern rescue helicopter is not something that can be taken for granted. In addition, as Finance Minister, I am of course delighted that Rega's entire spectrum of operations can be independently funded by its 3.4 million

patrons. In a sense, this is also in keeping with our perception of freedom, of taking responsibility for ourselves and for other people.

Ueli Maurer, 68

“With Rega, we have one of the best air rescue organisations in the world.”

You lead a very hectic life. What do you do to stay healthy?

In summer, I love cycling and go on lengthy tours. I mainly find time for this at weekends, but sometimes during the week, too, when I cycle to work very early in the morning. I really enjoy these hours when I can let my mind wander and experience and breathe in our wonderful nature, and this time also counterbalances my everyday life, with all its many meetings. In winter, I head for the cross-country ski trails and am delighted when the snow falls early in the season and I can glide through the snow-covered forests on my cross-country skis.

Interview: Karin Zahner

K 47,000 additional patrons



With their annual contributions, Rega's patrons enable it to provide air-rescue services for the Swiss population. Rega was delighted to welcome 47,000 additional patrons as per the end of 2018, which as a comparison is roughly equivalent to the population of the town of Thun. Currently, 3,483,000 patrons support Rega.



24

Closely monitored and professionally cared for: Dr. med. André Keisker and neonatal nurse Nicole Grieder check Emilia's medical condition.



Switzerland bound: at Cairo Airport, the transport incubator carrying premature baby Emilia is pushed up the ramp into the Rega ambulance jet.

Emilia's first flight

Lying in little Emilia's bed in Fribourg is not a teddy bear, but a Rega jet soft toy. It reminds the baby girl of her very first flight, from Cairo to Zurich. Her mother tells Emilia the story of this journey every evening before she goes to sleep. It goes something like this: Emilia wanted to explore the world much earlier than planned, so she made an appearance well before the expected birth date. She weighed just 1,500 grams and so spent her first days in Cairo in a lovely and warm little house made of glass, and waited until she was strong enough to be flown to Switzerland, accompanied by her parents and her cuddly ambulance jet toy.

Many specialists for little Emilia

Emilia is one of 235 premature and newborn babies that were transported by Rega's ambulance jets and rescue helicopters in 2018. An undertaking that brings with it very special challenges, for the professional care of premature and newborn babies with medical problems cannot be compared with those of an adult – the demands made on the attending physician and nurse are quite different. Consequently,



André Keisker
52, Rega flight physician and
paediatrician

“The handover of the patient by the local doctors at the hospital is an important moment.”

Baby Emilia is born much too early in Cairo. At the time of her birth, the daughter of a Swiss diplomatic family weighs just 1.5 kilos. Rega flies her to Switzerland as quickly as possible in a transport incubator on board an ambulance jet.

25

these flights are also accompanied by a team specialised in neonatal medicine. Therefore, on the flight from Cairo to Zurich, Emilia does not only have a jet soft toy at her side. She is also cared for by three medical specialists: besides Rega's flight physician and paediatrician André Keisker and Rega intensive care nurse Kathrin Oegerli, Nicole Grieder, a neonatal nurse from the children's hospital in Aarau, is on board. It is also Nicole Grieder who, together with André Keisker, examines Emilia at the hospital in Cairo and attaches her to the mobile machines that continually monitor the preterm baby's bodily functions during transport. “The handover of the patient by the local doctors at the hospital is an important moment,” André Keisker explains. “From then on, we assume responsibility for the patient and need to be fully informed about everything that has happened ▶

Prior to every repatriation, a medical consultant at the Rega Operations Centre clarifies the best possible solution for the patient.

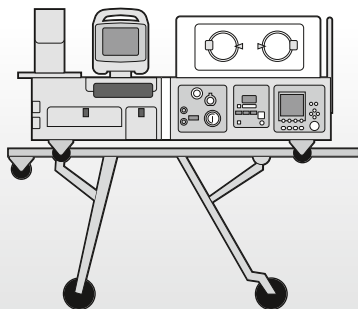
since he or she was admitted to hospital.” In Emilia’s case, not only her low birth weight is giving cause for concern, but also a burn on her foot, which occurred during treatment in hospital and the extent of which is only revealed to the Swiss medics when they examine her at the hospital in Cairo. Just as prior to every repatriation, the medical consultant on duty at the Rega Operations Centre clarifies whether Emilia’s medical condition allows her to be transported in the first place. He speaks with the doctors on location and tries to obtain as accurate a picture of the situation as possible based on the available medical documents, such as laboratory reports and x-rays. However, even despite these clarifications, it can happen that on location the Rega crew are confronted with a different situation than originally assumed. As is the case with Emilia. When the Rega crew

examine her in Cairo, they find that Emilia is more seriously ill than they had thought. André Keisker suspects the onset of an infection, and the burn is worse than expected. Even before Emilia is taken by ambulance to the Rega jet at the airport, the team immediately start her on a course of antibiotics to get the infection under control.

Ready for takeoff

At the international airport in Cairo, the crew secures the transport incubator in its designated place in the Rega jet and Emilia is now ready for the several-hour flight to Switzerland. Back at the hospital, Nicole Grieder had already covered the baby’s ears with a tiny set of ear protectors to prevent the noise in the ambulance jet from straining them as little as possible. Emilia’s parents are allowed to accompany her in the Rega jet. “During the flight, we explain to the parents everything that we are doing. If they want to touch their baby in the transport incubator, they can put their hand through a narrow opening and have physical contact that way”, says André Keisker. The crew also handle Emilia gently and lovingly. Small gestures and touches are intended to make the tiny baby aware that everything that is happening to her is for her own good. Emilia spends most of the flight fast asleep. Nevertheless, the transport still represents a medical challenge. Babies that are born preterm often have difficulty breathing because their lungs are not yet fully functional. Rega’s mobile incubator ensures that, among other things, ventilation does not need to be interrupted while transferring the newborn baby between hospitals and that the top-quality treatment can continue seamlessly throughout the entire journey. “With premature babies, many organs are still not fully developed”, explains André Keisker. “For example, they are not able to maintain their body temperature themselves, or the fine

K Rega’s tiniest patients receive optimal care



The mobile transport incubator can be used in all of Rega’s aircraft, both the ambulance jets and the rescue helicopters. Since there are only very few mobile incubators in Switzerland and in order to expand the existing capacities, five years ago Rega invested in its own incubator and, in a very laborious process, had it certified for use on board its ambulance jets and rescue helicopters.



On board the Rega ambulance jet: neonatal nurse Nicole Grieder lovingly attends to Emilia during the flight.

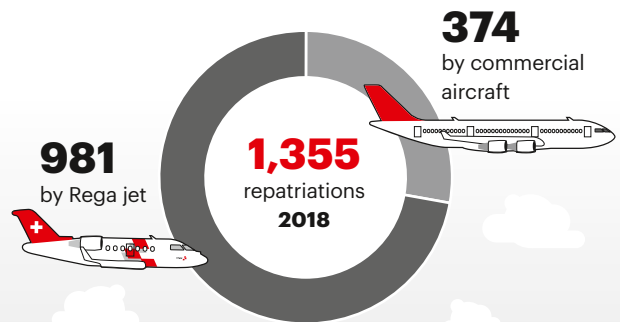
blood vessels in the brain are still developing and are extremely susceptible to bleeding. This is why gentle transport and precise monitoring are so important for our tiny patient.”

Safe arrival in Switzerland

Accompanied by her jet soft toy, Emilia lands safely in Zurich and is taken by ambulance to a hospital with a specialised neonatal unit. Here, her own personal “bedtime story” continues. Emilia is given her own room at the children’s hospital. She drinks plenty of breast milk, and so rapidly grows and puts on weight. Her parents visit her every day and spend many hours with her. Ointment is regularly applied to her injured foot and the wound is freshly bandaged. In addition, a specialist often comes by to check Emilia’s foot. Thanks to effective treatment, the burn heals better than expected. But despite all the care, the front part of her big toe and some of her heel do not heal completely. But this does not bother the baby girl. Several weeks later, she is finally allowed to go home. Emilia fought for her recovery and it was worth it: now, she is almost one year old, attends nursery and enjoys baby swimming classes – and her parents are extremely proud of their little heroine.

Karin Zahner

K Always there for you – in countries abroad, too



Rega’s international activities generally reflect the travel behaviour of the Swiss population. According to the Federal Statistical Office, Swiss nationals go on over 16 million trips abroad each year. The majority of these – almost 70 percent – are for recreational purposes, in other words, holidays. A quarter of the trips are visits to friends and relatives, while a good one in twenty comprise a business trip.

Regardless of whether a business or private trip

If you suffer medical problems abroad, you can contact Rega around the clock on its international emergency number +41 333 333 333. Often the Rega medical consultants can provide you with the help you require over the phone. In serious cases, the medical consultant on duty decides whether repatriation is necessary and the best option for the patient. In order to do so, he discusses the diagnosis with the local doctor and talks to the patient, their relatives and the patient’s GP. In liaison with the flight coordinators, the medical consultant decides whether, when and how repatriation should take place.

Help – hand in hand

The weather situation is precarious when Air Zermatt is called out to fly a stroke patient to the Inselspital in Berne. It quickly becomes clear that for the flight through the high-lying blanket of fog, Rega’s help is needed.



28

Saas Fee (VS), 29.12.2018

Above blue, below grey: this is the weather situation on the last Saturday of the old year, when Rega’s colleagues from Air Zermatt are called out on a mission in Saas Fee. A patient who has suffered a stroke urgently needs to be flown to the Inselspital in Berne. But Berne is engulfed in a thick sea of fog. For the Valais crew, who only fly by sight, these weather conditions represent an insurmountable hurdle. As a result, they ask the Rega Operations Centre for help. For Rega is the only civilian air rescue organisation in Switzerland that can fly to the Inselspital under instrument flight rules (IFR) even in poor visibility. Rega flight coordinator Daniel Frei immediately contacts the crew of “Rega 3” in Berne and asks them to assess the local weather conditions. “They reported back that an IFR approach to the Inselspital was feasible,” he explains. The Rega crew

Walter Mayer, helicopter pilot

“IFR approaches supplement our scope of operations.”

and their colleagues from Valais arrange to meet at the Rega base in Zweisimmen and to hand over the patient there. The Bernese H145 rescue helicopter takes off towards the Simmental. During takeoff, pilot Walter Mayer has another opportunity to get an exact picture of the approach situation at the Inselspital. The helicopters from Valais and Berne arrive in Zweisimmen almost simultaneously, and the transfer goes off without a hitch. The crew of “Rega 3” fly the patient safely along the flight route stored in the in-flight computer through the high-lying fog to the Inselspital. Pilot Walter Mayer remembers the mission clearly: “IFR approaches supplement our scope of operations wonderfully. As a crew, we are always delighted when cutting-edge technology and uncomplicated collaboration with our partners enable us to transport our patients swiftly by air.”

Wanda Pfeifer

Rescued alive from an avalanche

Göscheneralp (UR), 9.4.2019 On the road to the Göscheneralp (UR), a man is buried beneath a wet snow avalanche while clearing the snow. After around one-and-a-half hours, he is found, still alive, by an avalanche search dog and flown by Rega to the nearest hospital.

Paraglider airlifted from a tree

Malleray (BE), 31.3.2019 The Rega crew from the Berne base and four mountain rescuers from the SAC rescue a paraglider pilot who has collided with a tree. As it is not possible to recover him directly with the helicopter, the Rega pilot sets down a mountain rescuer, suspended on the end of a rescue hoist, on the crown of the tree so that he can get to the paraglider pilot, secure him and airlift him off the tree.

Hoist rescue from the Lägern

Lägern (AG), 23.3.2019 A hiker injures himself during a fall in inhospitable terrain and is airlifted from the Lägern mountain ridge by the Rega crew from the Basel base using a rescue hoist.

K In contact with patients abroad

9 telephone conversations are necessary on average before a medical consultant can make a decision on whether repatriation is necessary or until a request for medical advice has been fully dealt with.

7,500 clarifications are carried out every year by Rega’s medical consultants – around the clock, 365 days a year.

12 languages in total are spoken by Rega’s medical consultants.





Rega kids

Competition Name these animals that are native to Switzerland and inhabit our woods, fields and waterways. Add the numbered letters to the field below to find the solution word.

Solution:

1 2 3 4 5 6 7 8

Jumbled-up letters The letters in these clouds have become jumbled up. Put them in the right order to find out the words!

Cloud 1: A l u a t, e b j m c, n e. **A** _____

Cloud 2: P i c o l, e r a c l. **P** _____

Cloud 3: A u a e, m c l n b. **A** _____

Cloud 4: F r i n n, e g e i. **F** _____



Which number is the odd one out? Our Da Vinci helicopter has got its work cut out for it. It has to transport all of the numbers that can be divided by three. But one of them is not a multiple of three. Can you show the helicopter which one?

29

Competition

Write the answer on a postcard and send by 31 July 2019 at the very latest to:
 Swiss Air-Rescue Rega
 "Competition" Rega Magazine 1414
 PO Box 1414
 CH-8058 Zurich Airport

Ten winners drawn from the correct answers will each receive a city backpack worth CHF 49.-.

We're keeping our fingers crossed for you!



Solution from No. 91: 5

Each of the following entries has won an AgustaWestland Da Vinci model rescue helicopter to the scale of 1:43:

- M. Hauri, Uster | J. Gwiss, Samedan | A. Ringger, Buhwil | F. Aebi, Basel | M. Zangg, Biel | E. Gotti, Buchs | N. Plozza, Poschiavo | A. Chassot, Corcelles | S. Erard, Lausanne | O. Newman, Suchy

Congratulations!

Knowledge

30

Help in your pocket: the new Rega app offers many benefits and helps save time in an emergency

Rega's emergency app has proved its worth in thousands of missions and enables us day after day to come to the aid of people in distress as swiftly as possible. Now we have further improved the Rega app for you and developed some new features in addition to the tried-and-tested alarm function – some of them for Rega patrons. Read here about the benefits that the new app offers and find out based on some simple examples how you can use the new features in your activities.

Share position to enable a more efficient search

The new “Share position” feature helps Rega to find you faster if you have suffered an accident while you are out and about on your own and are unable to activate the alarm yourself. If this feature is enabled, the Rega app in the background regularly

transmits your current position – either to Rega or to contacts selected by you, such as friends or family.

If you enable the “Share position with Rega” option before a bike tour, for example, your location will be automatically transmitted to Rega on a regular basis. This means that if something happens and you go missing, Rega can determine the last transmitted coordinates and thus search for you more efficiently. Rega only uses your position data in an emergency and only stores them as long as necessary. If you also want to share your current position with

Rega tip

“First test the new Rega app at home and familiarise yourself with the added features.”

friends or family, simply enable “Share position with contacts”. Then they can follow your bike tour and know exactly where you are at any given time.

Monitoring your activity

If you embark on a demanding mountain tour on your own or go jogging alone, you can have your activity monitored by means of the new “Acknowledgement” feature. With this function, you can specify at what time intervals or at what particular time the Rega app should ask you if everything is ok. At the specified time – for example, every ten minutes – the app will, by means of a warning tone, request you to confirm that everything is all right by pressing a button. If you fail to do so, the app will initiate a check call to your device. If you still do not respond, the emergency contacts that you entered

when installing the app – such as friends or family members – will one after another be sent a voice message informing them of a potential emergency situation.

The idea behind this feature is that if something should happen to you and you are not able to acknowledge the app's confirmation request, your emergency contacts can investigate further and if there is reason to suspect an emergency situation alert Rega or the police.

The “Monitor activity” feature functions in a similar way. If your mobile phone does not move for 10 minutes, you will first be contacted by means of an acoustic signal and subsequently with a call. If you

Rega tip

“People who raise the alarm via the Rega app can be found more easily and rescued more quickly.”

fail to respond, your emergency contacts are notified one after the other. So make sure you do not forget to disable the “Monitor activity” feature when you are taking a break.

The right map always to hand

In the new Rega app, you also benefit from detailed map material from Swisstopo. You can use this while

pursuing outdoor activities in both summer and winter, as well as in your everyday life. Map sections can be downloaded to the app and used later, even if you have no network coverage. With the Rega app, good preparation and the necessary caution, you are optimally equipped for future excursions.

Wanda Pfeifer

► Explanatory video and FAQs

A video explaining in a comprehensible way how the Rega app and its various features work is available on the Rega website. You can also find answers to the most frequently asked questions about the Rega app. www.app.rega.ch

K How to enable the additional features

Rega app features



Call out Rega

Alert the Rega Operations Centre with a single swipe and your position coordinates are transmitted automatically.



Share position

Regularly share your position coordinates with Rega or selected friends – so that you can be rescued more quickly in an emergency.



Monitor activity

Regularly acknowledge the Rega app's confirmation request. If the app cannot detect any activity on your part, your emergency contacts will be automatically notified by means of a voice message.



Perform test

Perform a test alarm. This allows you to check that the app has been correctly installed and also to familiarise yourself with how the alarm function works.

Additional features for Rega patrons

The two features, “Share position with contacts” and “Monitor activity”, are reserved for patrons – as a token of thanks for your support.

This is how to enable these additional features within the app:

1. Download or update

Download the Rega app for iPhone or Android or update your Rega app to the latest version*.

2. Open

Open the Rega app on your smartphone.

3. Configure

Click on “Configure now” and follow the instructions.

4. Enable the additional feature

Select the menu option, “Patrons”, at the bottom of the screen.

5. Login

Select “Patron login” and enter your personal patronage number and the area code of your home address. You can find your patronage number on your patronage card, as well as together with your address on the back of this magazine.

* System requirements: iOS 10.3 or Android 6.0 or newer system



Joun Chamas,
Freiwilliger Jugendrotkreuz

**«Ich bin Fan vom Roten Kreuz.
Gemeinsam bringen wir
benachteiligten Menschen Freude
und Entlastung im Alltag.»**

Gemeinsam Gutes tun
fan.redcross.ch

Joun Chamas findet, dass er seine Freizeit als Freiwilliger des Jugendrotkreuzes sinnvoll einsetzt, wertvolle Erfahrungen sammelt und viel bewirken kann. Engagiere auch du dich gemeinsam mit dem Roten Kreuz: Inspirationen und Möglichkeiten auf fan.redcross.ch. Wir freuen uns auf dich!

Schweizerisches Rotes Kreuz



Für mehr Menschlichkeit

Rega Shop

Fan articles and practical items for all ages

OUR
HIGH-
LIGHTS

NEW



1 Wellness bag 59.—

Elegant bag for a weekend away or for a fitness day. Spacious main compartment with useful side pockets and a padded shoulder strap. The reinforced bottom protects against the wet. Thanks to its narrow sides, the bag fits easily into a wardrobe.

- Detachable, extendable shoulder strap with shoulder pad (max. 138 cm long)
- Colour: anthracite
- Material: 300D polyester
- Volume: 45 litres
- Dimensions: 45 × 45 × 23 cm (L × H × D)

► **Extra:** free laundry bag, 47 × 33 cm (L × W)

2 City backpack 49.—

Perfect everyday companion: the modern city backpack features a padded laptop compartment (for laptops between 13" and 17.3" in size) and numerous slots and pockets inside and outside, four of them with zips. The backpack is comfortable to carry thanks to its back padding and adjustable shoulder straps. The integrated USB charging port allows electronic devices to be charged on the move.

- Integrated USB port
- With pass-through trolley strap
- Colour: anthracite
- Material: 300D polyester
- Volume: 15 litres
- Dimensions: 41 × 29 × 14 cm (H × W × D)



CLASSIC



3 "Traveller" multitool by Victorinox 112.—

Pocket knife, thermometer, altimeter and barometer all in one. Free extra: high-quality leather case.



6 Capcool 39.—

This intelligent cap provides high UV protection (UPF of 100+) and thus protects the scalp from harmful UV sun rays. The top-quality fabric is made in Switzerland and thanks to its functional textile properties has a cooling effect, prevents the build-up of heat, and is also water- and dirt-repellent. In addition, reflective elements increase visibility in the dark.

- Colour: black
- Material: 92% polyamide, 8% elastane
- Dimensions: one size, adjustable
- Washing instructions: wash separately at 40° C (do not use fabric softener)

► **Prevention:** 100% UV protection, Capcool is recommended as head protection by dermatologists.

34



4 Challenger 650 29.—

Light as a feather, elegant, detailed: Rega's new twin-engine Challenger 650 ambulance jet to a scale of 1:100, 21 cm, plastic (ABS), collector's model. Not suitable as a toy.



5 AgustaWestland Da Vinci 29.—

The Da Vinci mountain helicopter to a scale of 1:43, 27 cm, metal, collector's model. Not suitable as a toy.

NEW



7 Silk sleeping bag 79.—

Small, light and compact, the silk sleeping bag (liner) easily fits into your hand luggage. An ideal travelling companion that protects you from dirt and softly envelops your body. Includes a pocket for a pillow.

- Colour: silver-grey
- Material: silk
- Dimensions: 220 x 90 cm; folded up: 7 x 15 cm
- Washing instructions: wash separately at 30° C

SPECIAL OFFER

8 Solar watch 230.— instead of 289.—

A great deal of Swiss handcraft has gone into creating the Rega solar watch. A family firm domiciled in Langenthal has designed this timepiece exclusively for our patrons. The red bezel and numerals of the "Passenger" model create distinctive accents on the wrist.

Solar cells transform light into energy, which is used to power the Swiss quartz movement. The lithium ion battery has a power reserve of up to four months. The luminous white hour and minute hands glow in the dark, while a red & white hand indicates the seconds. There is also a date display at 6 o'clock. Bezel made of anodised aluminium, with hardened mineral crystal.

- Black rubber strap with tyre profile
- Case diameter: 42 mm
- Water resistant 5 ATM / 50 metres
- Two-year guarantee on manufacturing and material defects

► Only a few left in stock



Swiss made

9 Headlamp 49.—

The multifunctional "Spot" headlamp from the Black Diamond brand brings light into the darkness – with two beams for close range and distance, as well as a red signal lamp. Adjustable head strap. Comes with a free pouch to protect it from dust, sand and water.

- Brightness: 300 lumens
- Distance: up to 80 metres
- Burn time: between 30 hours (300 lumens) and 125 hours (4 lumens)
- Blinking, dimming and strobe modes
- Memory mode
- Waterproof IPX8 standard
- 3 AAA batteries (included)
- Weight with batteries: 88 g
- Guarantee: 3 years

10 Sports sunglasses 179.—

"TN Air" sports sunglasses with 4 interchangeable lenses, Swiss brand. High-tech frame made from high-grade material, flexible yet stable. The Class 1 lenses (TALT system) are shatterproof. 100% UV protection up to 400 nm. CE-certified. The sunglasses come in a protective case with a microfibre pouch for storing and cleaning them.

Four interchangeable lenses:

- Clear (category 0, dusk)
- Orange (category 1, sunny)
- Smoke (category 2, medium sun exposure)
- Black revo (category 3, beach, snow, mountains)
- Colour: black frame
- Protective pouch for the lenses
- Case with belt buckle and karabiner
- Microfibre pouch
- More information: www.tnsunglasses.ch

► Order now – only a few left in stock



11 Wall clock 49.—

Radio-controlled wall clock with a nostalgic design featuring a cockpit altimeter.

- Plastic housing Ø 24.5 cm
- Flat standard glass
- Dial with an altimeter design
- White hour and minute hands, red second hand
- For indoor use only
- Weighs approx. 800 g
- Includes 1.5 volt AA battery
- Guarantee: 2 years

BESTSELLER



Contents

- Face shield (for protected mouth-to-mouth resuscitation)
- Tick removal card
- Sterillium hand disinfection wipes
- Antiseptic wipes for cleaning wounds
- Tear-resistant Nitril disposable gloves
- Waterproof spray plaster 21.5 ml
- Pouch containing adhesive plasters
- Graze and burn plasters
- Blister plasters
- Sterile compresses
- Cooling bandage 6 cm x 4 m
- Self-adhesive bandage 6 cm x 3 m
- Gauze finger bandage 4 x 50 cm
- Set of wound closure strips 6 x 76 mm
- Set with scissors, tweezers and safety pin
- Roll of adhesive plaster to secure bandages 2.5 cm x 5 m
- Foil emergency blanket
- Storage container for medicaments
- First aid checklist
- External dimensions: 20 x 13 x 6 cm (L x W x D)
- Weight: 598 g

12 Outdoor first aid kit 89.—

The most important first aid items for outdoor use, compiled by Rega doctors. This set contains top-quality material (from IVF Hartmann) and is characterised by its innovative moist wound dressings. The case can be expanded by means of an extra zip, making room for additional products.

Online Shop

Place your orders in comfort and around the clock online via the Rega Shop.

www.shop.rega.ch

Orders by telephone or fax

We would also be pleased to accept your orders direct via the following Rega Shop numbers.

Telephone orders **0848 514 514**

Fax orders **0848 514 510**

Terms and Conditions

- Articles are available as long as stocks last.
- Articles can be returned within 7 days.
- A charge of CHF 8.80 is made per order to cover postage and packaging costs within Switzerland.
- Delivery abroad (Europe): against advance payment only. A charge of EUR 30.- (CHF 30.-) will be made per order to cover postage and packaging costs. Any import charges (VAT, customs duty, etc.) are levied in accordance with the regulations of the destination country and are payable by the recipient.

The articles sold in the Rega Shop are of high quality and have been specially selected for our patrons. By purchasing an item, you are helping Rega to transport emergency medical assistance by air to people in distress 365 days a year.

You can order Rega Shop articles through our online shop at www.shop.rega.ch or by completing the order form and sending it in a stamped envelope to: Rega Shop, Bolligenstrasse 82, CH-3006 Bern.

Sender (please complete in block letters)

Ms Mr

Family name _____

First name _____

Street/No. _____

Area code/Town _____

Tel. _____

Patron no. _____

Signature _____

Thank you for your order.

For the youngest Rega fans



13



14



15



16



17

NEW

13 Child's T-shirt 19.—

What better way of showing your enthusiasm for the Rega rescue helicopter than with this summer T-shirt? Tight-fitting round neckline, popular basic cut, short sleeves, unisex. Made from light & airy organic cotton.

- Material: 100% organic cotton, 140 g
- Colour: sky-blue
- Various sizes, unisex

► **Special feature:** certified according to Standard 100 by Oeko-Tex

14 Wooden Rega helicopter 10.—

For children aged 10 months and over. The wooden helicopter from Hape Toys complies with European toy standards.

15 Helicopter and jet soft toy 10.— each

Rega toy for young children to play with and cuddle.

CLASSIC

16 Globi storybook 20.—

"Globi bei der Rettungsflugwacht" storybook, 99 pages (only available in German).

17 Globi colouring book 5.—

Colouring book, 6 pictures to colour in.

Order Form

Please write your name and address clearly on the front of this card, detach and send in a stamped envelope.



No.	Article	Price (CHF)	Amount	Ref.
1	Wellness bag	59.—	_____	90083
2	City backpack	49.—	_____	90084
3	Victorinox "Traveller" multitool	112.—	_____	90082
4	Challenger 650	29.—	_____	50020
5	AgustaWestland Da Vinci	29.—	_____	50024
6	Capcool	39.—	_____	30050
7	Silk sleeping bag	79.—	_____	30051
8	"Passenger" solar watch, red, instead of 289.—	230.—	_____	60012
9	Headlamp	49.—	_____	90079
10	Sports sunglasses	179.—	_____	90075
11	Wall clock "Cockpit"	49.—	_____	60013
12	Outdoor first aid kit	89.—	_____	90080

No.	Article	Price (CHF)	Amount	Ref.
For the youngest Rega fans				
13	Rega child's T-shirt			
	3-4 years, size 98/104	19.—	_____	40041
	5-6 years, size 110/116	19.—	_____	40042
	7-8 years, size 122/128	19.—	_____	40043
	9-11 years, size 134/140	19.—	_____	40044
	12-14 years, size 146/152	19.—	_____	40045
	15-16 years, size 158/164	19.—	_____	40046
14	Helicopter soft toy	10.—	_____	50004
	Jet soft toy	10.—	_____	50022
15	Wooden Rega helicopter	10.—	_____	40028
16	Globi storybook, in German	20.—	_____	40040
17	Globi colouring book, 6 pictures	5.—	_____	40038

For more articles in our range: www.shop.rega.ch

Daypack	79.—	_____	90076
Toiletry bag	29.—	_____	90078
Sports and travel bag	49.—	_____	90081

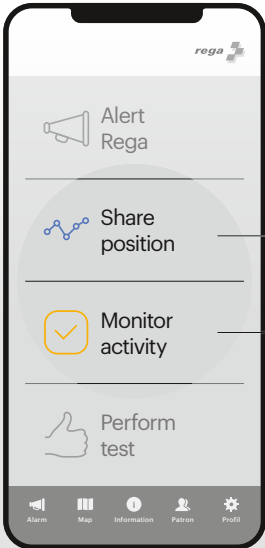
● New ● Bestseller ● Classic ● Special offer

For more articles in our range: www.shop.rega.ch

We say thank you

Rega's new emergency app offers additional features for its patrons – to thank you for your support.

The new Rega app offers the following:



Alert Rega

Share position

Monitor activity

Perform test

Share position

Regularly share your position coordinates in the background with Rega or selected friends – so that you can be rescued more quickly in an emergency.

Monitor activity

If after a period of time specified by yourself you fail to acknowledge the Rega app's confirmation request, the emergency contacts stored in your device will be automatically notified by means of a voice message.

Rega's free emergency app has already proved its worth in thousands of rescue missions. It automatically transmits the position coordinates of the person raising the alarm directly to the Rega Operations Centre. This can save valuable time in an emergency. We have now improved the Rega app even further – with new additional features, some of them for the use of our patrons. Download the app now.

► **You can find more about the Rega app** at www.app.rega.ch, as well as in the "Knowledge" section in this magazine (from page 30).

Emergency numbers

Emergency number, Switzerland **1414**
 Emergency number, abroad **+41 333 333 333**

Rega Newsletter

www.newsletter.rega.ch

Patronage Centre

Changes to patronage **www.info.rega.ch**
 Tel. Switzerland **0844 834 844**
 Tel. international **+41 44 654 32 22**

Rega Shop

Website **www.shop.rega.ch**
 Tel. Switzerland **0848 514 514**
 Tel. international **+41 848 514 514**

Monday – Friday

8.00am – 5.00pm

General information

Website **www.rega.ch**