

Rega: Accidents on the piste

The masses converging on the ski pistes have remained constant: according to an analysis by the Swiss Council for Accident Prevention (bfu), some 3.2 million people ski or snowboard in Switzerland. Of the approximately 80,000 winter sports enthusiasts who injure themselves on the ski slopes each year, between 1600 and 2100 are flown to hospital by Rega helicopter.

What happens after an accident?

Considerate skiers and snowboarders 1 stop if somebody in front of them suffers a fall on the piste. If the casualty needs help, they secure the accident site 2 and alert the piste rescue service. Depending on the nature of the accident and the injuries, the piste patroller 3 decides which means of rescue makes the most sense (rescue sled and ambulance or Rega helicopter). If the rescue helicopter is called out, the Rega emergency flight physician and paramedic 4 provide medical assistance and decide which hospital the patient should be flown to for further treatment.



How you can help

1. Secure the accident site: mark the area by placing crossed skis upright in the snow at a sufficient distance from the casualty and post someone to give warning.

2. Administer first aid: ascertain the general condition of the injured person, position them correctly, attend to any wounds, and protect them against the cold.

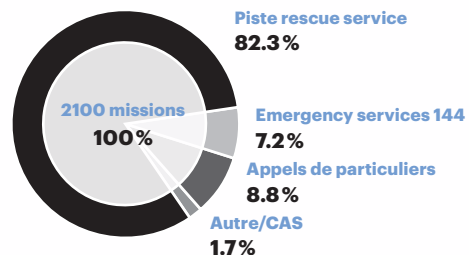
3. Alert the piste rescue service: report the place and time of the accident, the number of casualties and the nature of the injuries.

After a collision: Establish the facts, note the names and addresses of those involved and of any witnesses, as well as the place, time and circumstances of the collision, and take account of the terrain, snow and visibility conditions.

In the event of life-threatening situations/avalanches: Call out Rega direct via emergency number 1414.

Calling out Rega after an accident on the ski piste

Rega rescue helicopters are only needed in around 2.7 percent of all winter sports accidents (2022: 2100 missions). In the vast majority of these cases, Rega is called out to the accident site by the piste rescue service.



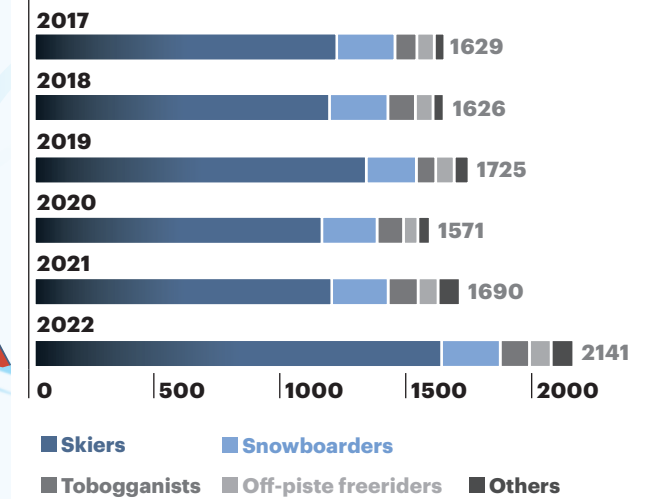
Rega, primary missions by helicopter 2022



Rega missions on the piste

Rega transports between 1600 and 2100 injured winter sports enthusiasts every year. The vast majority are skiers and snowboarders who injure themselves on the ski slopes (see below). Due to the varying weather and snow conditions, the number of helicopter missions for winter sports casualties varies depending on the season.

Number of casualties transported by Rega following a winter sports accident (primary missions):



Injuries incurred by skiers and snowboarders

According to the Swiss Council for Accident Prevention (bfu), the risk of injury incurred by skiers and snowboarders on Switzerland's pistes, as well as the severity of their injuries, has largely remained unchanged in recent years. The patients most frequently treated by the Rega crew are those with shoulder and arm injuries, spinal or head injuries, and lower leg and foot injuries.

Sources: Rega, primary helicopter missions in 2019