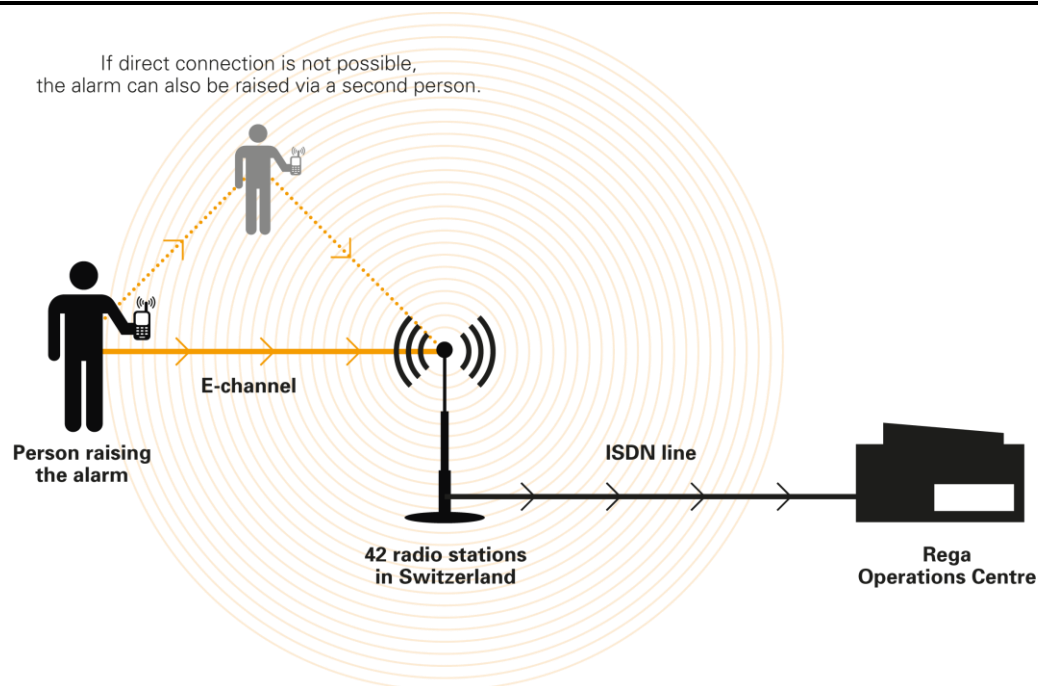


Leaflet: Emergency radio

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Basic rules for calling out Rega

- If a fixed telephone line is available, call the emergency telephone number 1414 (in canton Valais 144) to request emergency assistance by air.
- If only the mobile network is available, if possible raise the alarm via Rega's emergency app or by calling the emergency telephone number 1414 (144 in canton Valais).

Tip: If the mobile network is also not available, you can request emergency assistance via Rega's emergency radio channel (see example below). If you are not successful, change your location or try to raise the alarm via the European emergency telephone number 112.

Basic rules for using a radio

- Unlike with a telephone, only one person can speak over the radio at a time.
- To transmit a message, press down the transmit button, swallow once and then talk calmly at normal volume.
- End each communication with "Over", then release the transmit button. If the last communication received was incomprehensible, reply with "Not understood, say again, over".
- Confirm each communication from the other station with "Understood".
- The quality of the connection can sometimes be considerably improved by changing your location.

Example: Raising the alarm via the emergency radio e-channel

- Raise the alarm by triggering the alarm button on your radio set and wait until the Rega Operations Centre responds with "Rega, who is calling Rega?"
- Hold down the transmit button, swallow and then say, "Rega from Urs, accident in the mountains, 900 metres south of Mattstock, over", then release the transmit button.
- The Rega Operations Centre answers, "Urs understood by Rega, how many people are injured? Over."
- Hold down the transmit button, "Understood, three casualties, over", then release the transmit button.
- Continue your conversation in this fashion.
- The Rega Operations Centre ends the radio conversation with "Understood, out".

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Tip: If you are unable to establish a radio connection with the Rega Operations Centre, transmit a global call: “Calling all stations, emergency, is anyone receiving me? Over.” You may be heard by other radio users, who will then relay your call to the Rega Operations Centre.

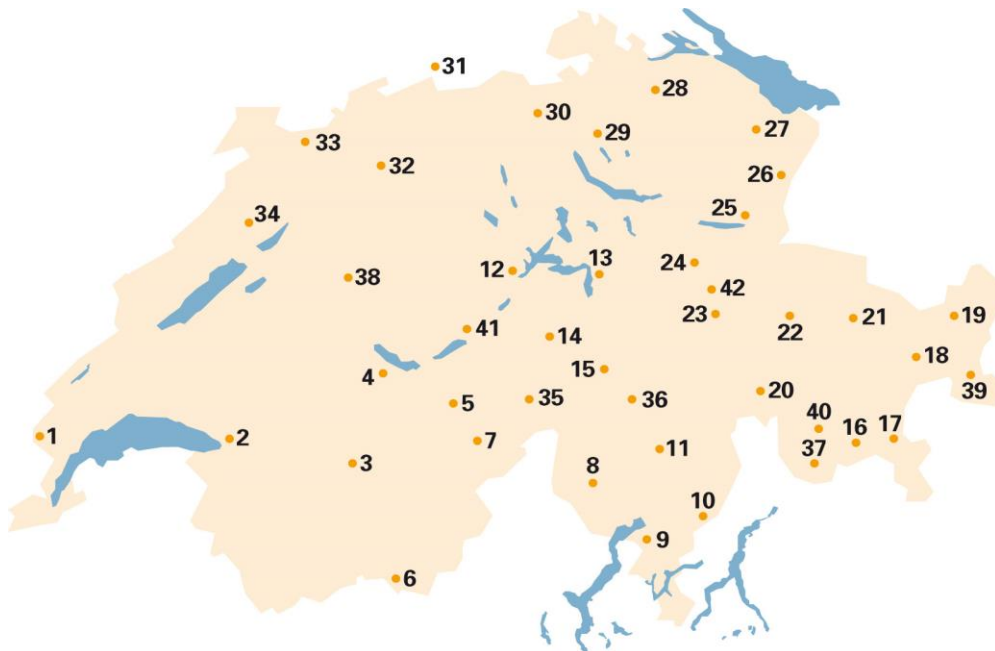
Tips on using the emergency radio e-channel

- Switch on your radio set and continually listen to the e-channel.
- Take with you a set of spare, unused batteries in case of emergency.
- When speaking over the radio, hold the radio set vertically in front of your mouth. Talk distinctly and at normal volume.
- Be simple and brief, and dispense with courtesies.

Technical information relating to raising the alarm

- Alarm: Alarm button or 5-tone calling signal 21414 (ZVEI-1/2); acknowledgement: 3 long tones
Rega Operations Centre responds with “Rega, who is calling Rega?”
- Test: Test button or 5-tone calling signal 21301 (ZVEI-1/2); acknowledgement: 2 long tones
- Alarm calls to the Rega Operations Centre are made using the 5-tone calling signal and are possible with or without a 123.0 Hz tone squelch system. When purchasing a new emergency radio set, you should ensure that it operates with the 123.0 Hz tone squelch.

Location of Rega’s radio stations



1 La Dôle	2 Rochers de Naye	3 Plaine Morte	4 Niesen
5 Jungfrauoch	6 Trockener Steg	7 Eggishorn	8 Castello
9 Tamaro	10 Gesero	11 Matro	12 Pilatus
13 Fronalpstock	14 Titlis	15 Oberalp	16 Corvatsch
17 Lagalb	18 Zermz	19 Motta Naluns	20 Lai da Vons
21 Weissfluh	22 Brambrüesch	23 Crap Masegn	24 Sool
25 Chäserrugg	26 Hoher Kasten	27 St. Gallen	28 Reutenen
29 Wangener Berg	30 Lägern	31 Wehr	32 Laupersdorf
33 Les Ordots	34 Chasseral	35 Grimsel	36 Lucomagno
37 Bregaglia	38 Bantiger	39 Müstair	40 Bivio
41 Brienzer Rothorn	42 Elm		