



Safety in the company

Safety training for you and your staff

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Fire protection training

On average, 18,000 emergencies occur in Switzerland each year. Prepare yourself by conducting emergency drills. The SBIS will bring its mobile training unit to your premises.

Conduct emergency drills!

In the event of emergency, your conduct, personal protection and the correct use of fire extinguishers all play a major role. What good is the best firefighting equipment if no-one in the company knows how to use it properly?

Realistic training

During training, all participants get to realistically fight and extinguish different fires with various extinguishing agents and equipment.

Ecological and environmentally friendly

Our training doesn't pollute the environment. We don't release any smoke or pollute the soil. The technology we use is a modern training unit that meets the highest standards of nature conservation and environmental protection. Gas fire technology is safe, environmentally friendly and low in pollutants.

Autonomous and flexible

The training unit is autonomous: it can be set up anywhere – in a courtyard or a car park, on a roof terrace or a factory floor.

Course information

PARTICIPANTS

Suitable for all staff

RECOMMENDED NUMBER

8-13 participants per course

PURPOSE

Participants are given theoretical and practical training in preventing and fighting fires. They will be able to use fire extinguishers and fire blankets correctly.

OBJECTIVE

Course participants will ...

- ... recognize their firefighting options
- ... be familiar with the principles of fire prevention and firefighting
- ... be familiar with the most common extinguishing agents and able to use them correctly in different situations.

DURATION

Short course (40 minutes):

optimum cost-effectiveness – all employees are given some training.

Detailed course (3 hours): including in-depth theory for specialists such as caretaking services etc.

Special training courses:

firefighting in the specific business environment.

CONTENT

- Theoretical understanding is conveyed using a flipchart and examples.
- Each participant actively extinguishes a fire using a fire extinguisher and a fire blanket.
- How to put out wastepaper bin fires, solid-substance fires, deep fryer fires and oil fires.
- In the 3-hour course, in-depth theoretical knowledge is acquired in a theory room, and there are more intensive practical exercises.
- Specific content as required, e.g. electrical fires, battery fires, fires causing injuries to persons.

MODULE

Training can be conducted on site, on customer premises. The training unit is autonomous: it can be set up anywhere – in a courtyard, a car park or a factory floor.

INDICATIVE COSTS

Costs depend on the length of the course, the venue and the number of participants.

Firefighting courses are subsidized by building insurers in some cantons.

Cost example: eight 40-minute courses in one day, 110 participants

– CHF 4,400 (CHF 40 per person)

INFORMATION

Training is adapted to the customer's needs and specific circumstances.

We would be happy to prepare a specific proposal or an individual training concept.



First aid

An emergency requires fast response times. First aid is crucial, as are good organization, alerting the emergency services correctly and giving them rapid access. All these points must be tailored to the company and its staff.

From refresher to professional courses

Would you like to refresh your employees' first-aid knowledge, or provide certified training for the company's first-aiders and paramedics? If so, our training team – certified by the SRC*, recognized by the SRA** – is at your disposal.

* Swiss Resuscitation Council

** Swiss Rescue Association

We can provide whatever you need – repeated short courses for a large number of employees in a short period, in-depth training for specialists or company first-aiders, comprehensive training to become a company paramedic at the highest non-professional level.

All our training is adapted to the customer's needs and specific circumstances. It is tailored to the company, the hazards to which it is exposed, its means and its possibilities.

In first aid particularly, training in practical applications is very important. We cover not only the theory, but also the practical aspect.

Course information

PARTICIPANTS

Suitable for all staff

RECOMMENDED NUMBER

6-12 participants per course

PURPOSE

Course participants are given theoretical and practical training on what to do in a medical emergency.

COMPLETE BLS-AED-SRC COURSE

(generic provider)

This full 4-hour training course is designed to optimize and apply basic BLS-AED skills in various cardiovascular-arrest situations, including the use of the defibrillator. This course bears the SRC seal of approval and concludes with the award of SRC-recognized certificates.

INDICATIVE COSTS

CHF 2,200 per course, excl. VAT
(plus travel time and transportation)

SPECIAL TRAINING

Short course (40 minutes):

Quick, competent refresher training for all staff.

INDICATIVE COSTS

Costs depend on the length of the course, the venue and the number of participants.
Cost example: eight 40-minute courses in one day, 110 participants
– CHF 4,400 (CHF 40 per person)

SRA FIRST AIDER, LEVEL 1

Basic training: 14 hours

This two-day beginners' course for company first-aiders covers the common topics of basic first aid, in particular the "Top ten medical emergencies" in the guide to the Employment Act, Ordinance 3.

INDICATIVE COSTS

CHF 8,800 per course, excl. VAT
(plus travel time and transportation)

SRA FIRST AIDER, LEVEL 2

Advanced training: 21 hours

Building on the SRA First Aider Level 1 training, this course deals with acute incidents that cause serious pain and suffering, though they are not directly life-threatening. Participants are trained to provide first aid in the event of everyday accidents and common ailments.

INDICATIVE COSTS

We would be happy to prepare a specific proposal for this course.

SRA FIRST AIDER, LEVEL 3

Company paramedic training: 35 hours

The highest level of the SRA training system, this five-day course trains company paramedics to assess patients and deliver expert treatment. Their activities support doctors and the emergency services, expertly managing the company's first-aid facilities.

INDICATIVE COSTS

We would be happy to prepare a specific proposal for this course.

INFORMATION

We would be happy to prepare a specific proposal or an individual training concept.



Robbery training

Wherever there's a cash register with cash in it, a robbery can't be ruled out. This is a delicate subject that employees prefer not to talk about. If something happens, this can lead to incorrect conduct – which can have disastrous consequences.

Experience an emergency safely

In an extreme situation, correct, focused conduct is vital for survival. Experience shows that theoretical knowledge is rarely of any value in such situations.

Realistic and authentic

In realistic exercise scenarios, participants experience various incidents and recognize the correct conduct.

They can see first-hand that protecting themselves is not that difficult. The trainers gradually introduce participants to the topic, strengthening their awareness of the correct conduct in such situations.

It's only realistic in your own workplace

If possible the course takes place on the participants' own premises – outside opening hours. This allows the emergency to be practised in a familiar environment.

Course information

PARTICIPANTS

Reception and cashier staff, shop employees

RECOMMENDED NUMBER

5-15 participants per course

PURPOSE

Participants are given practical training for extreme situations such as robbery, aggression and threats.

- Improving their ability to act in extreme situations
- Communicating internal conduct guidelines
- Increasing employees' security and self-confidence
- Minimizing reputational damage in the event of an incident

OBJECTIVE

Course participants will ...

- ... recognize the possibilities and hazards in conflict and extreme situations
- ... know how they can positively influence the situation
- ... recognize the importance of acting correctly in order to protect themselves
- ... recognize their own capabilities and limits.

DURATION

2 hours (outside opening hours)

CONTENT

Various interactive scenarios are played out realistically. Each one is discussed, and the best possible conduct is worked out together with the participants.

Recommended scenarios:

- dissatisfied customers (introduction/awareness)
- dealing with people who are drunk/unruly/aggressive
- medical emergency (heart attack, asthma etc.)
- armed robbery with firearm/knife
- optional: theft

INFORMATION

Training is conducted exclusively by professional trainers with a wealth of experience and social skills.

- Training is adapted to the customer's needs and specific circumstances,
- It is conducted directly on site.
- Exercises include alarm activation wherever possible.

INDICATIVE COSTS

CHF 1,800 per course, excl. VAT
(plus travel time and transportation)

INFORMATION

We would be happy to prepare a specific proposal or an individual training concept.



Initial safety training

Detailed safety concepts and emergency plans are often in place, and evacuation signs and fire extinguishers are installed. But what do employees do in an actual emergency?

Saving lives through mental preparation

In an emergency, employees are often caught off guard and overwhelmed. Their actions are usually no longer focused, but instead chaotic and dangerous. Are they really able to implement the safety guidelines, operate a fire extinguisher or take the right escape route?

Improving safety immediately and in the long term

Initial training serves to raise awareness of safety. This course shows that mentally preparing ourselves for incidents is both possible and necessary. Employees will learn how they can make the company safer immediately and in the long term.

In addition to the theoretical basics, various exercises are conducted to help employees find out what is feasible and what is not in an emergency situation. The company's internal safety measures are integrated into the training course.

Course information

PARTICIPANTS

Suitable for all staff

RECOMMENDED NUMBER

8-15 participants per course

PURPOSE

Participants are given theoretical and practical training in handling emergency situations:

- Raising employees' safety awareness
- How to handle conflict situations
- Improving employees' safety and self-protection
- Recognizing and correctly reacting to threats
- Communicating internal company conduct guidelines and emergency organization
- Minimizing reputational damage in the event of an incident

OBJECTIVE

Course participants will ...

- ... recognize their own capabilities and limits in an emergency
- ... recognize the importance of correct conduct in an emergency
- ... be able to act in a focused manner in the event of an incident
- ... be familiar with the company's internal code of conduct.

DURATION

4 hours

CONTENT

Communication/de-escalation

- Focused communication in difficult situations

Self-protection

- Working out the self-protection pyramid
- "Visualization" as a technique for preparing for conflicts

Emergency principles/alarm organization

- Look – Think – Act as the path to success
- Mental preparation improves personal safety
- Internal safety instructions and procedures – conduct in an emergency

Aggression and threats

- Escalation levels in aggressive situations
- Dealing with threats (non-verbal, written, telephone, verbal)

Interactive scenarios

The course features interactive scenarios in which participants are exposed to realistic situations and can put theoretical knowledge into practice.

INDICATIVE COSTS

CHF 2,500 per course, excl. VAT
(plus travel time and transportation)

INFORMATION

Training is adapted to the customer's needs and specific circumstances, and is conducted on customer premises.

We would be happy to prepare a specific proposal or an individual training concept.



TDLO training/public transport attendants

Recent years have seen significant increases in violence and aggression towards public transport employees. In such extreme situations, judicious action is required.

What can I do without endangering myself? Which measures are reasonable, and which actions will lead to the desired outcome?

These and many other questions are clarified in the course. The course is packed with practical exercises in which participants will find out which measures are suitable and which are dangerous. Rather than prescribing solutions, we help participants to come to the right conclusions themselves.

SBIS AG is a TDLO-certified training institution. In addition to standard training, we offer courses specifically adapted to your needs – which can be certified if required*.

Content is created and implemented in consultation with the customer to meet the company's needs and adapt to its problems.

Tip:

There is potential here for designing exciting and instructive courses combining firefighting and first aid.

*Entire TDLO training courses can be conducted by SBIS AG, and certified if required.

Course information

PARTICIPANTS

Drivers, public transport attendants, train drivers, mountain railway employees etc. This course is recognized by the Transport Driver Licensing Ordinance (TDLO)

RECOMMENDED NUMBER

8-12 participants per course

PURPOSE

Participants are given theoretical and practical training on relevant topics. Raising awareness and providing perspective are the key factors in these training modules.

OBJECTIVE

Course participants will ...
... recognize possibilities and hazards in extreme situations
... know how they can positively influence the situation
... recognize the importance of correct conduct in an emergency
... recognize their own capabilities and limits.

DURATION

8 a.m. to 5 p.m. (7.5 hours of training, 90-minute break) or as the customer wishes

CONTENT

Legal basis

- Self-defence, self-defence assistance, domiciliary rights, appropriateness
- Key points from the Public Transport Act

Aggression/self-protection

- How aggression arises and what you can do about it
- Self-protection pyramid (mental preparation)

Conflict management

- Identifying the causes of conflict and preventive possibilities

Practical exercises in the vehicle

- Acting correctly and confidently in critical situations
- Simple techniques for influencing a situation positively
- Handling an extraordinary situation realistically.

Interactive scenarios

The course features interactive scenarios in which participants are exposed to realistic situations and can put theoretical knowledge into practice.

INDICATIVE COSTS

from CHF 2,950 per day, excl. VAT (plus travel time and transportation)

INFORMATION

Training is conducted on the customer's premises, scenarios are played out in an original vehicle. The course is staffed with two instructors (scenarios in the course).

We would be happy to prepare a specific proposal or an individual training concept.



Dealing with difficult persons

**Termination interviews,
consultations,
difficult customers...**

**Employees increasingly find
themselves confronted by
difficult, aggressive or even dangerous
individuals.**

When does it become dangerous for me?
What do I do in such cases?
What do I have to consider when
preparing/following up?

Let's talk about it!

When the course addresses this topic,
participants are guided into the situations
in a targeted manner.

Training is specifically adapted to the
needs of the relevant department,
highlighting the questions and fears of
those affected.

The course focuses on enabling
participants to find out what they can do
and how they can protect themselves.

Course information

PARTICIPANTS

Persons who conduct customer consultations and employee interviews.

RECOMMENDED NUMBER

5-12 participants per course

PURPOSE

Course participants are given theoretical and practical training on how to act in difficult interviews.

OBJECTIVE

Course participants will ...

- ... recognize aggressive and violent persons at an early stage
- ... know which measures are to be taken in advance if staff discussions are expected to be problematic
- ... be able to respond adequately to developments and de-escalate the situation.

DURATION

2 hours

CONTENT

- Identifying problems in advance and taking appropriate action
- Preparation and conduct during a difficult or dangerous interview
- Conduct during an interview and in the event of escalation.

INDICATIVE COSTS

from CHF 1,800 per person, excl. VAT (plus travel time and transportation)

INFORMATION

Qualified instructors with several years of sound operational experience and social skills provide targeted, interactive training.

Training is adapted to the customer's needs and specific circumstances,

We would be happy to prepare a specific proposal or an individual training concept.



Evacuation drill/audit

Various hazards such as fire, threat, explosion etc. can necessitate evacuation. The objective is always the same: to protect people. But the question here is how smoothly the evacuation will be conducted.

Experience shows that employees are quickly overwhelmed and struggle to think rationally in emergency situations. You should therefore conduct an evacuation drill so that employees are prepared for the eventuality.

During the drill a realistic evacuation is carried out. Our team observes the entire evacuation and notes any difficulties and hazards that arise. An observation report is subsequently prepared, documenting the course of events and the dangers that arose, and indicating areas for action.

Lack of organization/process?

Never carried out an evacuation? Don't have a process for one? No problem: our project office would be happy to support you in this area.

Whether your organization is simple or complex, we will help you to create the security organization you need.

Information

PARTICIPANTS

Entire company/organization

PURPOSE

- Raising the awareness of those responsible for evacuation
- Reviewing the conduct of employees in an evacuation
- Pointing out possible dangers and omissions during an evacuation.

OBJECTIVE

Course participants will ...

- ... familiarize themselves with the process and gain experience
- ... recognize possible errors in their own process/actions
- ... benefit from an efficient practical exercise
- ... physically go to the assembly point.

DURATION

We allow for approx. 45 minutes on site for participants. Evacuation plus a short debriefing/information session.

CONTENT

Pre-announced drill

- Opportunity for prior recall of the process
- Verifying whether participants are familiar with procedures, processes and resources
- Raising the alarm appropriately on the premises
- Evacuation procedure practised in full

Unannounced drill

- Similar to a pre-announced drill, but the procedure takes place under greater stress
- Expandable with scenarios
- NB: increased risk of accidents.

INDICATIVE COSTS

The number of observers depends on the size of the premises (the calculation is based on 5 observers and one team leader).

About CHF 2,400 per evacuation, including a report recommending measures excl. VAT (plus travel time and transportation)

INFORMATION

Evacuation drill designed for your organization, expandable with scenarios (first aid, smoke etc.).

Trained observers are on site at each drill to report findings and assess the process.

We would be happy to prepare a specific proposal or an individual training concept.

Kurseinstieg



Arbeitslektion



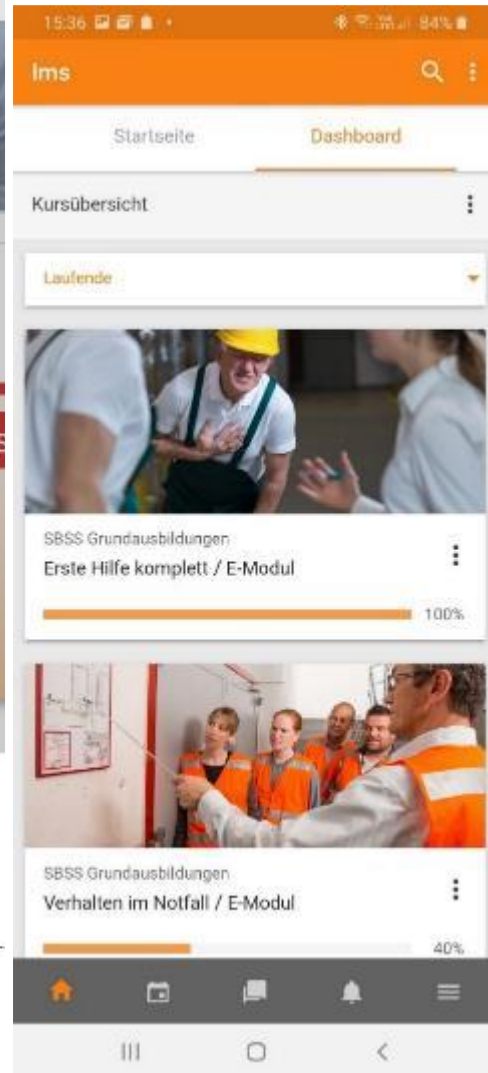
Abs

Dokumente



Broschüre Verhalten im Notfall

1.2MB PDF-Dokument Geändert 14.05.2020 14:34



E-learning

E-learning as a supplement or alternative

Web-based learning has become much more important in recent years.

Online learning can take place at any time of the day. Classrooms and instructors are not required. You will need a computer, tablet or smartphone. You can learn at your own pace. Interactive graphics and videos enhance your individual learning process. E-learning is efficient and requires fewer resources.

The combination of e-learning, webinar, face-to-face teaching and a learning platform

Modern learning often combines different methods and resources. Proper planning can make learning much more successful. Among other things, SBIS AG operates its own learning platform.

We can also create and maintain a customized learning platform for your company.

Basic e-learning modules

- What to do in an emergency (basics)
- First aid/BLS-AED
- Firefighting training
- Individual safety briefing

E-learning information

- E-learning as a single module, in combination with face-to-face teaching or a webinar.
- The combination options give you more time on site for practice and particularities.
- E-learning is also suitable as a refresher course.



Interactive safety training

Why a webinar?

The webinar makes you totally independent. There is no need for time-consuming travel and planning.

SBIS has 3 types of webinar on offer:

Type 1) Standard webinar – classic

Topics are presented to participants via MS Teams. In addition to the presentation, tools such as e-pinboards, question boards etc. are used.

Type 2) Active webinar

In addition, specific topic videos (**case studies**) are included. These are watched and discussed with participants, and lessons are learned from them.

Participants are actively involved in the training. Group size approx. 8 persons

Type 3) Interactive safety training

Interactive safety training is conducted as if it were a real-life situation. Training is presented in real time in a classroom/training venue.

An additional individual is present, and scenarios are conducted as if in real life.

Participants are actively involved in live demonstrations, so that they can have a direct impact in decision-making exercises.

Material such as a resuscitation dummy and a fire blanket will be sent to participants before the course begins.

"An exciting and very interesting experience"



PENETRATION TEST

Penetration testing

Penetration testing protects your business.

Sophisticated security measures should be constantly examined for their effectiveness and shortcomings.

We simulate an attack on your company to reveal vulnerabilities without causing actual damage.

How the penetration test works

Scope and time frame

We discuss the scope and time frame with you. Systems, infrastructures and employees can be tested individually and in combination, each with different preconditions.

The penetration test

We carry out the test within the agreed time frame, notifying you immediately of any critical weaknesses. You react as if

you didn't know the tests were being carried out. You wouldn't know in the event of a real attack, after all.

Report

We report back to you on the steps we have taken and the weaknesses we have discovered. Each weak point is evaluated for criticality, and a proposal for action is formulated.

Checks

After vulnerabilities have been eliminated, we repeat the test to confirm that they no longer exist and that no new ones have arisen.



Emergency and crisis management

Prepared for the unexpected

There are countless events that can push a company and its employees to the limits, or even beyond. When dealing with them it's crucial for the company to be well prepared.

From basic training ...

Working processes and management in the event of an incident are not completely different from those in everyday life. But if the right measures are to be taken quickly, purposefully and highly effectively under pressure, and their effectiveness checked, systematic problem-solving and a stringent, uniform approach are required.

A basic course on emergency and crisis management can teach the correct procedure, useful resources and any stumbling blocks.

... to company-specific scenario training

Reacting quickly and correctly in an emergency or crisis requires training. The problem cannot be successfully overcome unless everyone speaks the same language, everyone knows what they have to do and when, and insights can be recalled from previous experience.

What we offer

We train crisis and management teams from the ground up. We show managers what is important and train them in scenarios tailored to the company.

Mögliches Ausbildungskonzept

	2023	2024	2025	2026	2027	2028
Initialschulung (4 Stunden) <ul style="list-style-type: none"> Schulung für alle neuen Mitarbeitenden Grundlagen Sicherheit Notfall / Drohungen / Extremsituationen 	Initialschulung x Kurse CHF x	Initialschulung nach Bedarf CHF x	Initialschulung nach Bedarf CHF x	Initialschulung nach Bedarf CHF x	Initialschulung nach Bedarf CHF x	Initialschulung nach Bedarf CHF x
Szenarioschulung (2 Stunden) Für exponierte Mitarbeitende Thema <ul style="list-style-type: none"> Extremsituationen Drohungen / Aggressionen 	Szenario Schulung CHF x	Szenario Schulung CHF x	Szenario Schulung CHF x	Szenario Schulung CHF x	Szenario Schulung CHF x	Szenario Schulung CHF x
Sicherheits- Workshop Für alle Mitarbeitenden Alternierende Themen <ul style="list-style-type: none"> Brandbekämpfung Erste Hilfe Verhalten im Notfall Mitarbeitende können während der Arbeitszeit den Sicherheitskurs besuchen.	Sicherheits- Training Brand- bekämpfung Verhalten im Notfall Gewalt und Drohungen CHF x	Sicherheits- Training Erste Hilfe Evakuierung Kommunikation Deeskalation CHF x	Sicherheits- Training Brand- bekämpfung Amok Terrorismus Eigenschutz CHF x	Sicherheits- Training Erste Hilfe Verhalten im Notfall Gewalt und Drohungen CHF x	Sicherheits- Training Brand- bekämpfung Evakuierung Kommunikation Deeskalation CHF x	Sicherheits- Training Erste Hilfe Amok Terrorismus Eigenschutz CHF x
Jahreskosten	CHF x'xxx	CHF x'xxx	CHF x'xxx	CHF x'xxx	CHF x'xxx	CHF x'xxx

Training concept

Training is something that never stops. Decisions are often made from year to year, which usually leads to a great deal of effort and uncoordinated course structures.

With a training concept, the strategy is defined once and the budget is fixed. This ensures that the employees concerned receive focused training, that safety is constantly improved throughout the company and that statutory requirements are met.

It's up to you to decide which groups of people are trained, at what intervals, and on what subjects. We will be happy to develop a tailor-made concept for you and make it available free of charge. Training naturally remains flexible. Current issues and situations are included on a continuous basis. At any time, you are able

to decide whether or not to continue with the training.

Tailored to your needs

Our aim is to provide customized training, highly efficient for the customer and participants. Courses are specifically adapted to your needs.

Our objectives

- A holistic safety and training concept
- Needs-oriented training
- Customized solutions with optimum cost-effectiveness
- Transparent long-term planning to protect employees



Regulations

Evacuation drill
Employee support
Safety briefing
What to do in an emergency
Workplace health and safety

Self-defence

Self-assertion/self-defence
Pepper spray training
Self-confident appearance
Baton training

Conduct training

Theft prevention and intervention
Blackmail/robbery/extreme situations
Rampage/terrorism/violence (internal/external)
Legal bases, threats
Termination with increased risk
Assistance

Special training

Department-specific training
Personal searches
Suspicious packages and consignments
Caretaker training

Development

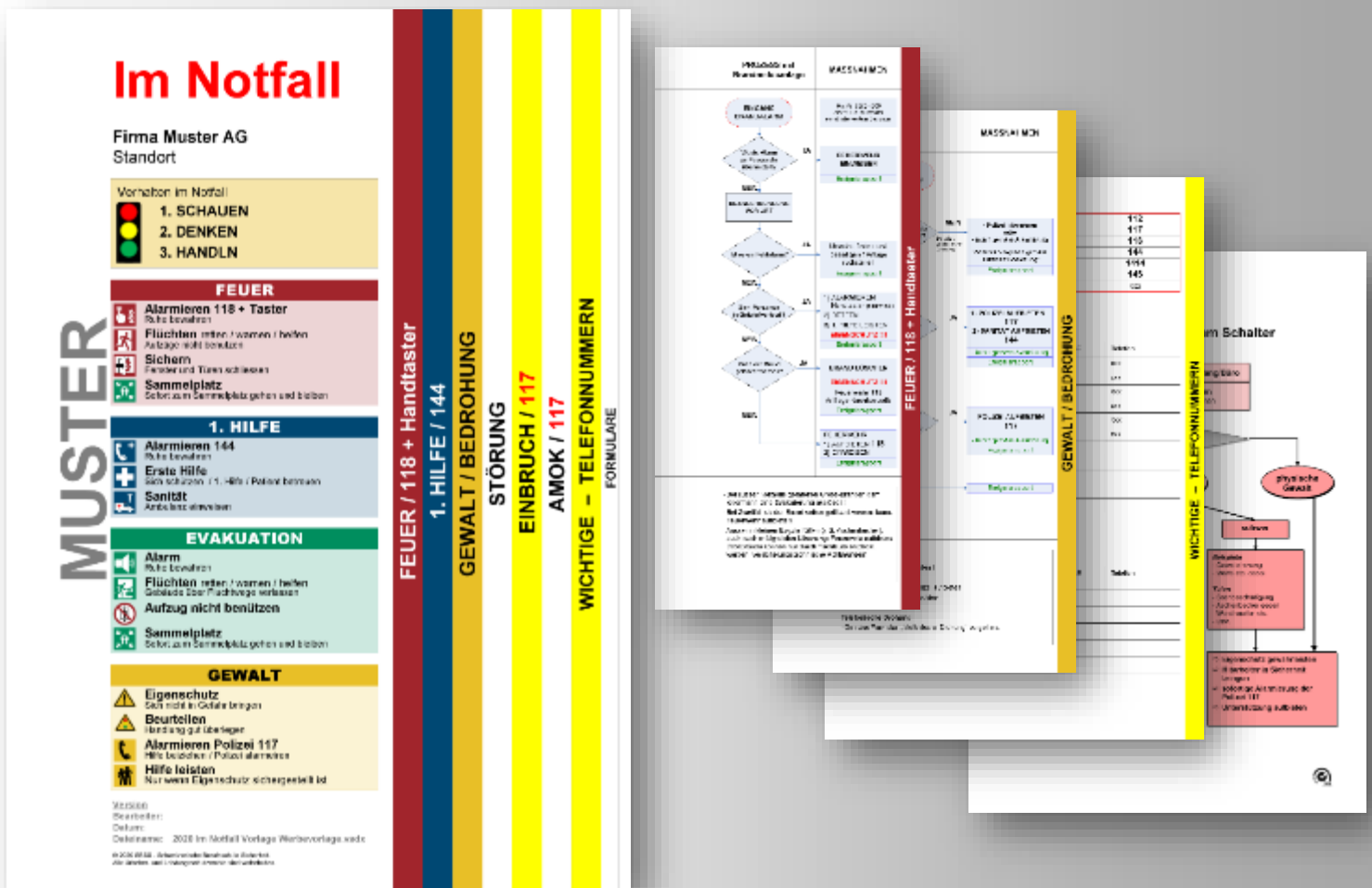
Communication/de-escalation
Dealing with stress and panic
Strategy development
Setting boundaries
Team building

I'm looking for a different kind of training...

Only the main areas are listed in the brochure. Do not hesitate to contact us. We will be happy to advise you and provide you with a non-binding offer, free of charge.

From our training repertoire

- **Theft prevention/shop security**
Learn to reduce theft through preventive measures, to identify suspicious persons and to proceed correctly when stopping them.
- **What to do in the event of rampages and terrorism**
- **Communication and de-escalation**
In difficult and/or dangerous situations, your reactions should be calm and focused
- **Self-protection** with mental, tactical, technical and physical preparation
- **Legal basics** specifically adapted to the relevant training topic
- **Extreme situations:** assault, hostage-taking, kidnapping, blackmail
- **Self-defence** and self-assertion courses, handling and using pepper spray
- **Jeweller training**
- **Threat management training**
- **SVEB 1**
- **Exam preparation** for federal certificates of proficiency
- **Leadership courses** (FLG 1-3)
- **De-escalation team training**
- **and much more**



Emergency concept: "In the event of an emergency"

In an emergency, minutes can make the difference between life and death. In operational emergencies such as fire, occupational accidents or aggression by employees or customers, it is important to react quickly and correctly – and then to notify the appropriate authorities for follow-up. Anyone can be confronted with an emergency and must know what to do.

We often find that only individual areas in a company are covered by emergency instructions, or that the safety concept is so comprehensive and complex that it is neither understood by employees nor implemented in an emergency.

Both can lead to incorrect conduct in an emergency situation, which can thus quickly escalate into a crisis. The safety concept "In the event of an emergency" is a simple and comprehensible solution for all relevant emergency situations. Together with the responsible managers, emergency processes are reviewed and the documentation is prepared in line with the operating structures.

Indicative costs: basic charge	CHF 3,000
Company-specific adjustments (indicative figure)	CHF 3,500
"In the event of an emergency" indicative costs plus printing:	CHF 6,500

SICHERHEITS - ANWEISUNG / SAFETY INSTRUCTIONS



1. SCHAUEN / OBSERVE

Situation überblicken / Examine situation



2. DENKEN / THINK

Gefahren erkennen / Recognise danger



3. HANDELN / ACT

Eigenschutz sichern / Protect one

FEUER / FIRE

Alarmieren
+ Taster
Ruhe bewahren

Alert 118
+ push-button
Keep calm

Entscheiden
Warnen
Helfen
Nicht benutzen

Escape
Save / Warn
Help others
Do not use elevator

Sichern
Fenster und Türen
schliessen

Secure
Close windows
and doors

Sammelplatz
zum
Sammelplatz
bis weitere
Anweisungen folgen

Assembly
Go directly to
assembly
Stay and wait for
instructions

1. HILFE / HELP

Alarmieren
144
Ruhe bewahren

Alert 144
Keep calm

Erste Hilfe
Sich schützen
1. Hilfe leisten
Patient betreuen

First Aid
Protect yourself
Provide first aid
Patient care

Sanität
Ambulanz
einweisen

Ambulance
Inform
paramedics

ABCD			
Atemwege	A	Airways	
Beatmung	B	Breathing	
Cirkulation	C	Circulation	
Defibrillation	D	Defibrillation	

EVAKUATION

Alarm
Ruhe bewahren

Alarm
Keep calm

Flüchten
retten / warnen
Gebäude über
Fluchtwege
verlassen

Escape
Save / Warn
Leave building
by emergency
exit

**Lift nicht
benützen**

**Do not use
elevator**

Sammelplatz
Sofort zum
Sammelplatz
Bleiben bis weitere
Infos folgen

Staging Area
Go directly to
assembly
Stay and wait for
instructions

GEWALT / VIOLENZ

Eigenschutz
Sich nicht in
Gefahr bringen

Self-protect
Do not
put yourself
in danger

Beurteilen
Handlung gut
überlegen

Cons

Alarmieren
Hilfe beiziehen
Polizei 117

Org

Hilfe leisten
Nur wenn
Eigenschutz
sicher gestellt ist!

Help
self-protect
guard

Wichtige Nummern – Emergency Numbers

Internationaler Notruf Emergency call
Polizei

Safety instruction/flyer

Safety instruction (uniform and complete)

Basic emergency and evacuation procedures must be made available to all staff and visitors. Uniform, simple and comprehensible safety instructions should thus be available at all sites.

Emergency flyer

The emergency flyer contains information from the safety instructions. Site plans, house rules, personal contacts etc. can also be placed on it. The emergency flyer is distributed to individuals, and small enough to fit into a pocket. It can also be used as a safety briefing for guests/staff.

Emergency brochure – what now?
(Conduct guidelines for staff) Further

information for "evac assistants", key positions and staff training.

Further brochures/flyers

Whether for the de-escalation team, floor helpers or instructions in the event of rampages, threats, etc. please contact us.

Safety instructions:	CHF 1,500*
Emergency flyer:	CHF 2,000*
Emergency brochure:	CHF 1,100*

* indicative figure including company-specific

adjustments



Safety officer training

We offer numerous other courses alongside classic safety officer training.

Basic OHS course for safety officers

Occupational health and safety
2 days, SBIS safety officer OHS certificate
(Suva-recognized)

Basic fire protection course for safety officers

Structural, technical and organizational fire protection
3 days/SBIS safety officer fire protection certificate (VKF-recognized)

Basic security course for safety officers

2 days, SBIS safety officer security certificate

Integral risk management for safety officers

RM/BCM/security concepts
1 day, SBIS participation certificate

Upon successful completion of all four modules.

➔ **SBIS integral safety officer certificate**

Our courses are designed for specialist staff and responsible managers.

Course extract

- Advanced course in occupational health and safety
- Occupational health and safety management, ISO 45001
- Environmental protection (basic knowledge and environmental protection management, ISO 14001)
- Hazardous substances/asbestos officer
- Investment and promotion
- Safety officer, threat management
- Moving goods with cranes and forklifts, working with lifting platforms
- Safe working with electrical engineering (occupational safety on the basis of EN 50110)
- Electrical test equipment (EN 50191)

You can find current courses on our website.



Safety officer support/advice

On the one hand, compliance with laws such as the Employment Act, the Accident Insurance Act and the Environmental Protection Act is mandatory. On the other hand, there are purely commercial reasons that make effective preventive measures essential. We will support you in creating, optimizing and reviewing processes.

Occupational health and safety
Controlling occupational and health risks.
Continuously improving safety culture.

Occupational hygiene
Minimizing workplace stresses that reduce health and performance, e.g. hazardous substances (asbestos), radiation, noise, climate, ergonomics and psychosocial risks.

Fire protection
Optimum solutions for the best protection of your employees, the environment and material assets, as well as compliance with official requirements.

Environmental protection & energy
Minimizing environmental impact, increasing efficiency and enhancing image.

Process management
Establishing a process architecture appropriate for your organization.
Continuously improving process control and performance.

Tools
Tools for the efficient development of a management system. FCOS-compliant OHS web solution.



SBIS Academy

The training department of the Swiss Bureau for Integral Security

Nationwide, in all Swiss national languages

The SBIS Academy has a large network of trainers throughout Switzerland. Standardized, high-quality safety training can be provided in all parts of the country and in all national languages.

Trainers: With several years of in-house training experience, all trainers are regularly updated on the latest adult education methods.

Practical: All trainers are employees with many years of practical experience in the relevant subject. This means that the training can be very practice-oriented.

Quality: We guarantee high quality standards for all training courses.

Flexible: Training courses are always developed and conducted on a customer-specific basis. This provides enormous flexibility, allowing for the integration of internal company guidelines.

Evaluation: After each course, participants and trainers are invited to provide feedback – which is used for quality assurance and improvement.

Trustworthy: SBIS AG is part of the Securitas Group, making us a market and quality leader in the security field.



SBIS – integral security and safety

The Swiss Bureau for Integral Security is the competence centre for comprehensive safety. SBIS staff support public authorities, companies and organizations from industry, trade and construction in the implementation of integral safety management.


SBIS services include audits and consulting in the areas of safety & security, creating and implementing integral safety concepts based on professional hazard and risk analyses, and training specialists required for sustainable implementation at basic and advanced levels.

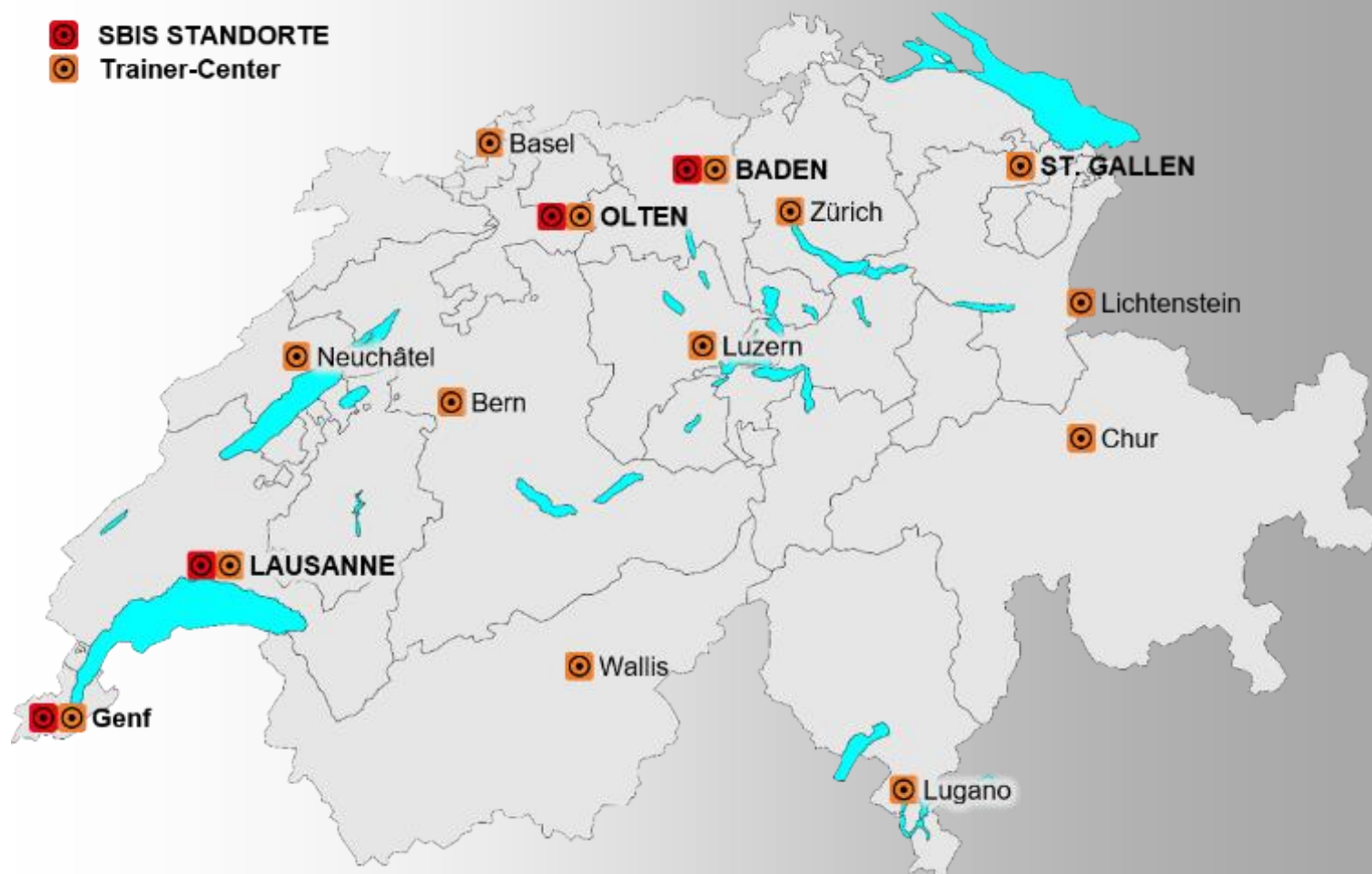
SBIS cultivates a holistic approach to security-relevant areas. In contrast to companies that specialize in only one area, the Swiss Bureau for Integral Security offers everything from a single source – including state-of-the-art security

technology and manpower of market-leading quality.

Integral safety includes:

- protection from fire and other natural hazards
- health and safety in the workplace
- safety and emergency organization
- site and building security
- risk management, business continuity management.

 **SBIS STANDORTE**
 **Trainer-Center**



Schweiz-Suisse-Svizzera-Switzerland

SBIS AG is represented throughout Switzerland.

In addition to our own specialists, the SBIS Academy has other trainers in all regions of the country.

Our affiliation with the Securitas Group enables us to draw on a large pool of trainers.

Trainers are specifically tested by the SBIS Academy, and they themselves undergo regular training courses.

With such a broad-based pool of trainers, we can offer training courses of a high and uniform quality standard – throughout Switzerland and in various languages. Regional trainers for regional participants.

Main locations

Baden – headquarters

Segelhofstrasse 1
5404 Baden-Dättwil
+41 56 486 71 71 / info@sbis.ch

Olten

Baslerstrasse 90
4601 Olten
+41 58 910 71 71 / info@sbis.ch

Lausanne

Chemin de Bérée 4c
1010 Lausanne
+41 58 910 70 50 / info@sbis.ch

Geneva

Avenue du Mail 22
1205 Genève
+41 58 910 70 50 / info@sbis.ch



SBIS

Schweizerisches Büro für integrale Sicherheit
Bureau suisse pour la sécurité intégrale
Ufficio svizzero per la sicurezza integrale

SBIS AG

Swiss Bureau for Integral Security

Segelhofstrasse 1, 5405 Baden-Dättwil

+41 56 486 71 71 / info@sbis.ch / www.sbis.ch

Locations in Baden, Olten, Lausanne and Geneva, St. Gallen

