Where should you place the needle or syringe after collecting it? -ANSWER--In an empty bottle or container. If none are available empty the first aid kit into a bag and put the needle into the empty box

What is the CC chain of command based on? - ANSWER--Based on rank and who has been there for the longest.

What is the primary role of CC? - ANSWER--Safety of passengers, crew & aircraft

How many hours before commencing duty should CC stop consuming alcohol according to Ryanair requirements? - ANSWER--8 hours before commencing duty

How often should CC call the flight deck in order to monitor their well being? - ANSWER--Every 20 minutes using the interphone.

When should CC conduct PDI's? - ANSWER--The first flight of the day / change of aircraft

How often should CC carry out general surveillance checks of the cabin? - ANSWER--General surveillance checks must be made every 20 minutes

What should CC complete in their 30 second review? - ANSWER--Safety and emergency procedures

Why are the cabin lights dimmed for take-off and landing in the hours of darkness? - ANSWER--In order for passengers and CC's eyesight to adjust to darkness.

What does FOD stand for? - ANSWER--Foreign Object Debris

What is the common language in the Ryanair Group of airlines? - ANSWER--English

Who holds final responsibilities for the operation and safety of the aircraft, passengers, Aircrew and cargo on

board? - ANSWER--The Captain

Which organisation is responsible for surveillance and oversight of training and operating standards in Ireland? - ANSWER--IAA

CC shall seek advice from an Aero Medical Examiner after he/she has been suffering from any illness involving incapacity to function as CC for a period longer than? - ANSWER--21 days

What could be a reason for go around/missed approach? - ANSWER--Weather condition, technical problem, runway unsuitable for landing.

Who could occupy vacant crew seat? - ANSWER--Properly ticketed ryanair staff passenger or IAA inspector.

How often should CC check the toilets? - ANSWER--Every 20 minutes.

What are SPIs? - ANSWER--Safety procedure instructions

What is the procedure for pregnant cabin crew? - ANSWER--CC must stop flying as soon as the pregnancy is confirmed. The base supervisor and Crew control must be informed immediately.

How many hours of duty can CC be rostered to operate? - ANSWER--13 hours

What are your PDIs on assigned door? - ANSWER--Open door - check exterior handle in place

An open door way, without airbridge/stairs in place, has a safety strap attached.

Closed door - handle is horizontal, door is flush with the fuselage and safety strap is stowed.

What are your PDIs on jump seat area? - ANSWER--Seat retracts correctly

Seat belt/harness operational

Mirrors, where fitted, provide an adequate view of the cabin from the seated position

Covers for electrical sockets are present and intact.

What are your PDIs on galley? - ANSWER--Waste bins and waste cart operational.

Trolleys and restraints operational.

Bar seals intact, with no sign of tampering and seal numbers correspond correctly.

Galley stowage locked/secured

Galley power functions checked

Curtains where fitted are secured open.

Water shut off valve ON

Boiler tap ON check for continuous flow

Oven ON heat oven up for 5 min then turn off

What are your PDIs in the cabin? - ANSWER--ELS and PEM operational if present.

Seat cushions in place.

Ensure seat cushions at the overwing exits are fitted with a once inch diameter grey identification circle on the front edge of the seat cover.

Seat belts are in place.

Tables are stowable.

Correct safety card in each seat pocket at row 1ABC and 2DEF

All no smoking and fasten seat belt signs are serviceable.

All life jackets for pax seats are present and correctly stowed. For life jackets in the PSU – check each viewing window is yellow/white, red tag not visible.

Carpets secure and not frayed

All cabin mouldings are secure

What are your PDIs on toilet? - ANSWER--Waste bin flap operational

ensure water supply selector is set to supply,

flush, water and vacuum systems cut out and water not overheating,

all stowage/compartments closed and secure,

internal lights function correctly,

lock toilets after checks completed to prevent unauthorised carriage of pax,

PDIs on the freon,

PDIs on smoke detector

What are the different fire prevention actions? - ANSWER--Smoking is not permitted at any time on board.

Ovens are only to be used for cooking food and not as a stowage compartment. Failing to comply with this can lead to the oven becoming inoperative and a serious fire risk.

All aircraft electrical equipment should only be used for their intended purposes. Circuit breakers must only be pulled if you suspect an electrical problem or fire hazard with the piece of equipment.

The smoke detector sensors in each toilet must be checked to ensure that they have not been disabled or tampered with.

Access doors to waste bins are fully closed and securely latched.

What are your actions during the command "CC return to your seats"? - ANSWER--Immediately stop what you are doing, stow trolleys and return to assigned seat.

After which period of time do cabin crew have to contact the flight crew to enable their well-being? - ANSWER--Every 20 minutes using the interphone.

What is Ryanair policy on carrying weapons & ammunition onboard our aircrafts? - ANSWER--We do not carry any weapons or ammunition on board, it is prohibited

What does PSU stand for? - ANSWER--Passenger Service Unit

What does PA stand for? - ANSWER--Passenger Announcement/Public Address

What is the definition of outboard? - ANSWER--The direction towards the outside of the aircraft.

What is the definition of load sheet? - ANSWER--A mass and balance document which includes information such as pax and baggage numbers, weights and location.

What is the definition of landing gear? - ANSWER--The wheels and it's components on which an aircraft lands. May also be called undercarriage.

What is the definition of inboard? - ANSWER--The direction towards the center line of the aircraft.

What is the definition of infant? - ANSWER--A person under the age of 2 years.

What is the definition of hold? - ANSWER--Compartment in the lower deck of the aircraft where pax baggage and cargo is stowed.

What does GPU stand for? - ANSWER--Ground Power Unit

What does SPI stand for? - ANSWER--Safety Procedure Instructions

What does SEP stand for? - ANSWER--Safety and Emergency Procedures

What does ICAO stand for? - ANSWER--International Civil Aviation Organization

What does IATA stand for? - ANSWER--International Air Transport Association

What does IAA stand for? - ANSWER--Irish Aviation Authority

What is the definition of taxiway? - ANSWER--Airport routes linking runway with the ramp area.

What does THOB stand for? - ANSWER--Total Heads on Board

What is the definition of taxiing? - ANSWER--All aircraft movements on the ground prior to take off and after landing.

What is the definition of stand? - ANSWER--Parking area for aircraft

What does SOP stand for? - ANSWER--Standard Operating Procedure

What is the definition of runway? - ANSWER--An airport area designed for aircraft to take off and land.

What is the definition of ramp? - ANSWER--Manoeuvring area for aircraft beside the terminal building

What is the definition of girt bar? - ANSWER--Metal bar which connects to brackets on the floor when aircraft slide is armed.

What is the definition of girt apron? - ANSWER--Piece of heavy material which connects the evacuation device to the girt bar.

What is the definition of fuselage? - ANSWER--The outer skin of the aircraft

What is the definition of FR? - ANSWER--IATA assigned prefix to all ryanair flight numbers.

What is the definition of flight deck? - ANSWER--Compartment from which the aircraft is flown. Also called the cockpit.

What is the definition of flight crew? - ANSWER--Normally consists of captain and first officer.

What is the definition of FWD? - ANSWER--Towards the nose of the aircraft.

What is the definition of diversion? - ANSWER--When an aircraft does not land at its intended destination. Can be due to bad weather, fuel requirements, a medical emergency, bomb alert etc

What is the definition of ditching? - ANSWER--An emergency landing by an aircraft on water.

What is the definition of drill? - ANSWER--A sequence of actions which should be followed.

What does CC stand for? - ANSWER--Cabin Crew

What does CB stand for? - ANSWER--Circuit breaker

What is the definition of cabin crew? - ANSWER--An aircrew member, other than flight crew, who performs in the interest of pax, aircrew and aircraft safety.

What is the definition of brace position? - ANSWER--A position adopted, when seated, by all pax and CC during an emergency landing. It helps to minimise injuries which result from forced body movement.

What is the definition of assist space? - ANSWER--A defined area at each emergency door allocated for CC to stand in for the purpose of evacuating pax without causing an obstruction at the exit

What does APU stand for? - ANSWER--Auxiliary Power Unit

What is the definition of airstairs? - ANSWER--Folding boarding/disembarking stairs which are self stowing beneath the main passenger door

What is the definition of aircrew? - ANSWER--All crew required to operate a flight, includes flight crew and CC.

What is the definition of airbridge? - ANSWER--A manoeuvrable enclosed access way to aircraft available at some airports.

What does AFT mean? - ANSWER--Towards the tail of the aircraft

What does A/C stand for? - ANSWER--Aircraft

What does ABP stand for? - ANSWER--Able Bodied Passenger

What does EASA stand for? - ANSWER--European Aviation Safety Agency

What are FCI? - ANSWER--Flight crew instructions

What does INOP mean? - ANSWER--Inoperative or having technical problems

What are minimums? - ANSWER--Weather conditions restricting take off and landing

What is a NOTOC? - ANSWER--Notification to Captain

What is the Ops Manual? - ANSWER--Governing document approved by the IAA that sets out company policy and regulations covering all aspects of the company's operation.

What is PRAM? - ANSWER--Pre Recorded Announcement Machine

What are PIGS? - ANSWER--Passenger Ideal Guiding System

What is a PSU? - ANSWER--Passenger Service Unit, area above a row of pax seats which holds air vents, reading lights, drop down oxygen masks, a CC call light and the no smoking and fasten seatbelt signs

What is an RTO? - ANSWER--Rejected take off, stopping the aircraft in the runway during the take off.

The notification of emergency PA to the cabin crew is done by whom? - ANSWER--Captain (if the captain is incapacitated - by the First officer)

Where would you stow an unusual item eg Cello? - ANSWER--In a window seat and not in an emergency exit row

What are the levels of turbulence? - ANSWER--light, moderate, severe

What is part of Crowd Control Procedures? - ANSWER--Stay in control, do not let pax take control

Be forceful and shout with authority

Move all survivors upwind of a/c at safe distance

Head counts of all pax and aircrew shall be made

If at an airfield or populated area, rescue services should arrive quickly. Otherwise, aircrew must organise survival plans

How much time do we have to fully evacuate an aircraft? - ANSWER--90 seconds

What should you consider when stowing an unusual item of cabin baggage eg Cello? - ANSWER--It must be placed by the window

Not in an emergency row

The passenger must be seated next to it

Must be secured with an extension seat belt

Top of the item must be at least 18 cm from the PSU

How long is the Ryanair turnaround? - ANSWER--25 minutes

What procedure must be followed for a passenger travelling with a plaster cast above the knee? - ANSWER--They must purchase two extra seats to enable the passenger to elevate the leg to reduce swelling

What is a cabin preparation checklist? - ANSWER--High heeled shoes are removed - hatbin or hand baggage Glasses and false teeth removed - hand baggage or CC collect in gash bag Sharp objects removed from pockets - hand baggage Loosen tight clothing Fit warm clothing - cold weather Demonstration of brace position & show safety card Seatbelts fastened low and tight around hips Turn electrical equipment in galleys off

which command will be used if the slide needs to be used as an apron slide? - ANSWER--sit and slide

which command will be used at the main doors, when the slide is fully inflated, during an evacuation on land? - ANSWER--jump and slide

what information should be given to the rescue services after evacuation? - ANSWER--THOB

information regarding passengers or crew that are trapped inside the cabin

What is the evacuation command? - ANSWER--This is an emergency, evacuate the aircraft, using all available exits

what does PAA stand for? - ANSWER--Problem, Action, Additional Information

A time Available Short Notice can be up to? - ANSWER--5 minutes

What does NITS stand for? - ANSWER--Nature, Intention, Time available, Special instructions

How does the flight crew notify an emergency to the CC? - ANSWER--Captain makes the PA "no 1 to the flight deck"

what is the maximum amount of infants allowed on a ryanair group 737-800 aircraft? - ANSWER--35

when should the safety demonstration start if a headcount is not required by the captain? - ANSWER--when all pax are boarded and seated

when the doors are closed

when the doors are prepared for departure

SCP, what information will the CC provide to a visually impaired prior to departure ? - ANSWER--nearest exit and number of rows to this exit as well as direction to this exit

offer to bring the demo kit to the passenger as they may wish to familiarise themselves by touch with the equipment.

When would CC carry out Cabin secure checks? - ANSWER--Before take off

10 minutes before landing

Are infants included in THOB? - ANSWER--Yes

Where shall the documentation of potentially disruptive passenger be kept? eg deportees documentation – ANSWER--In the flight deck

For what reason would the flight crew make the PA "Cabin crew standby" - ANSWER--When they are aware of a situation on the ground that is not immediately life threatening or requiring evacuation

What actions should Cabin Crew take when they hear "Cabin Crew standby"? - ANSWER--CC shall immediately stop what they are doing

Move quickly to assigned doors

Check conditions inside and outside of aircraft

Be ready to evacuate

No 1 makes PA if time permits

What would the briefing of a physically disabled passenger, who requires a walking aid like crutches, include? - ANSWER--Inform them to leave their walking aid behind in an evacuation.

when should cabin crew verbally provide each SCP with relevant information not contained in the safety demo? - ANSWER--after the safety demo has been completed, always before departure

Can we place an infant on a baby car seat? - ANSWER--Yes, if the car seat is certificated

When do Cabin Crew have to be seated on their Jump seats? - ANSWER--During take off and landing

When the seatbelt signs are on

When flight crew makes PA "CC return to your seats"

What kind of restraint devices can be used on board for infants? - ANSWER--child restraint device

infant seatbelt

amsafe CARES

baby car seat

MERU chair

What are the CC responsibilities in relation to the Child restraint devices? - ANSWER--must be seated by a window, not in an emergency exit row, max 20

How many PRM with CRELLING postural support can we have onboard? Where will they sit? - ANSWER--2

row 33

one on each side in seats 33a and 33f

What kind of pax cannot occupy emergency exit rows? - ANSWER--Pax under 16

Pax using a seatbelt extender

Pax travelling with infant

Deportee/Prisoner

Elderly pax

Intoxicated pax

SCPs

Obese pax

what is the procedure to be followed when you have a deportee on board? - ANSWER--will be boarded before other pax accompanied to a/c by officer documents must be kept in flight deck must sit by the window deportee last to disembark met on arrival by officer

what is the procedure for expectant mothers in the case of single uncomplicated pregnancy? - ANSWER--not permitted to travel after 36 weeks

once pregnancy has entered 28th week, the passenger must have a fit to fly letter signed by their doctor stating:

pregnancy is uncomplicated

expected date of delivery

the passenger is fit to fly

there is no reason why they shouldnt fly

what is the procedure for expectant mothers in the case of multiple pregnancy? - ANSWER--not permitted to travel after 32 weeks

once pregnancy has entered 28th week, the passenger must have a fit to fly letter signed by their doctor stating:

pregnancy is uncomplicated

expected date of delivery

the passenger is fit to fly

there is no reason why they shouldnt fly

how would you brief a visually impaired pax? - ANSWER--Nearest exits - number and direction of the rows;

Equipment use and location - using demo kit;

Call bell location

what is the procedure for light turbulence? - ANSWER--Continue Cabin Service with caution;

Ensure that the trolleys not in use are secured;

Toilets shall be locked;

No1 makes PA.

what is the procedure for moderate turbulence? - ANSWER--Discontinue the cabin service;

Ensure the trolleys and galley equipment is secured;

Secure the items from the top of the galleys;

Infant shall be secured;

CC check the pax seatbelts fastened and hand baggage stowed;

CC take their seats once duties are complete;

Flight crew makes PA.

what is the procedure for severe turbulence? - ANSWER--Discontinue the cabin service immediately;

Place the hot drinks on the floor;

Set breakers on all trolleys at present location;

Take the nearest available seat;

When able Flight Crew will make a PA.

Emergencies can be categorized in three forms. What are they? - ANSWER--No time available

Time available short notice

Time available

What kind of demonstration is conducted when emergency has occurred on board. Explain each point. - ANSWER--SOS

Survive the impact; show seat belts and brace position Get Out; show exits and emergency strip markings Survive Outside; show lifejackets and lastly safety card

What is the CC response when they hear "No1 to the Flight deck" inflight? -ANSWER--indicates an emergency has arisen and the no 1 will immediately go to the interphone, press 2 and say "cabin to flight deck, no1 standing by"

What is the brace position for passengers? - ANSWER--Legs should be positioned with feet together, slightly behind knees.

High- heels shoes must be remover and securely stowed.

Adopt a crouched position.

Clasp hands firmly on top of the head with elbows tucked in tight against the head.

what is the brace position for CC? - ANSWER--Seatbelt/Harness fastened.

Legs together, feet flat on the floor, slightly behind knees.

Palms up under mid-thighs.

Aft Facing position shall ensure that their head is hard against the headrest.

what is the brace position for an adult with an infant? - ANSWER--sit the infant on the lap with one arm around the child's head

the parent should lean forward over the child and protect their own head with the other arm

legs should be positioned with feet together, slightly behind the knees

what are the two types of panic? - ANSWER--negative positive

Who are suitable ABPs? - ANSWER--Police office;

Fire crew;

Aircrew;

Ambulance Crew;

Military personnel;

Doctors and nurses

Who are non suitable ABP's? - ANSWER--elderly

disabled pax

deportees or prisoners

unwilling pax

intoxicated pax

pax under 16 years old

pax using seatbelt extender

pax travelling with infants

what is a buddy system? - ANSWER--In the event of a time available evacuation the CC will have briefed an ABP beside the reduced mobility passenger to assist them in an evacuation.

how long do you have to prepare the cabin in a time available situation? - ANSWER--more than 5 minutes

what is the full list of cabin preparation checklist? - ANSWER--high heel shoes removed

spectacles and false teeth removed

sharp objects removed from pockets

loosen tight clothing

fit warm clothes

demo of brace position

seat belts fastened low around the hips

in the galley ensure all electrical equipment is switched off

what is the command for impact for passengers in a time available landing? - ANSWER--brace, brace

what is the command for impact for passengers in a no time available landing on impact? - ANSWER--head down, grab ankles, stay down

List 10 evacuation commands? - ANSWER--Jump and slide, Sit and slide, Leg, shoulder, leg,

Hold the rope,

Go that way, Stop. Go back, Slide off the wing, Move faster, Come this way,

Keep moving

When do PRM pax evacuate the a/c? - ANSWER--They are the last to evacuate the a/c

where should passengers stow their bags? - ANSWER--under seats stowage or in the overhead lockers

What are the crowd control procedures? - ANSWER--- Stay in control, don't let passengers take a control.

- Be forceful and shout with authority - use loud hailer.

- Move all survival away and upwind of the a/c to a safe distance. Where there is a danger of fire from spilled fuel, consideration should also given to moving the survivors uphill.

- Head counts of passengers and a/c shall be made.

- If it an airfield or near a populated area, rescue service should arrive on the scene quickly, otherwise the a/c must organize survival plan.

list 5 passenger types who are not permitted to occupy emergency exit seats - ANSWER--unwilling pax

pax under 16

elderly pax

pax using seatbelt extender

pax travelling with infants

list 5 passenger types who are permitted to occupy emergency exit seats - ANSWER--pax over 16

pax without infants

pax without seatbelt extender

willing pax

expectant mothers

what is the full list of cabin secure checks? - ANSWER--all pax seated

seat belts fastened tightly around hips and infants secured in infant seatbelts on adults laps

IFDs distributed (where applicable) and parent or guardian has received a safety demo using pictorial steps in the safety card

tables stowed

window blinds open

overhead lockers securely closed with no bottles or heavy and hard items

free from all bags, jackeys, loose items at emergency exit rows, aisle and bulkheads

baggage may only be stowed in approved stowages ensuring the labelled weight limits are not exceeded

laptops and larger PEDs switched off and stowed in baggage either under the seat in front or in the overhead locker

all items of cabin baggage returned to approved stowage

lighting set to appropriate mode

full list of galley secure checks - ANSWER--galley curtains are secured open (where fitted)

all trolleys and boxes are stowed and secured

trolley brakes are on

all stowages are closed and secured

all galley surfaces are clear

turn off galley equipment

turn boilers off

ensure ovens are turned off

all CC bags must be stowed behind trolleys

lighting is set to appropriate mode

ensure all catering supplies are properly secured (if provided)

full list of toilet secure checks - ANSWER--toilets clear of pax

pax bags must not be placed in the toilet

only fire proof gash bags are permitted on the floor of the toilets, in the final phases of flight

close and lock toilet doors

heart attack, what is included in the care? - ANSWER--assess breathing and consider position of casualty (semi sitting)

administer oxygen

put casualty in semi sitting position

the casualty may lose consciousness rapidly

PA for a medically qualified person should be made as soon as possible, paramedics on arrival, diversion

heart attack is likely to lead to cardiac arrest

Angina, what are some of the signs and symptoms? - ANSWER--cramping chest pain which can spread to the arms, neck, upper back and jaw

cold clammy skin

sweating

breathlessness

weakness

pale in colour

what are the special considerations for a passenger that has gone into cardiac arrest? - ANSWER--CPR and AED must be utilised immediately. PA for a medically qualified person should be made ASAP. Diversion, paramedics on arrival, ensure ambulance crew are aware of the EAD being used

what position would you put a passenger in who was suffering from angina or heart attack? - ANSWER--semi sitting position

heart attack, what are some of the signs and symptoms? - ANSWER--very constricting chest pain (vice like) often radiating down either arm, into the neck, jaw (more often left side than right) and upper back

often the worst pain the casualty has ever suffered.

difficulty in breathing

ashen, cold and clammy skin

nausea and vomiting

casualty will be very frightened and may fear death

what is the duration of the 120L oxygen bottle? - ANSWER--High flow: 30 minutes at 4 litres per minute

Low flow: 60 minutes at 2 litres per minute

what is the duration of the 311L oxygen bottle? - ANSWER--High flow-77 minutes,

Low flow - 154 minutes

what medication is used if a passenger has angina? - ANSWER--Glycerine trinitrate GTN

are we allowed to take a pulse? - ANSWER--Yes, unless they are unconscious

When are CC allowed to let a medically qualified person assist cc during medical emergency? - ANSWER--After showing an id;

If the medically qualified person didn't have an id with him/her, after permission from the Captain

what is the correct recovery position for infants? - ANSWER--Hold them on their side, head tilted, as if you were giving them a cuddle, with their head lower than their tummy

what are the dangers of unconsciousness? - ANSWER--The tongue may relax and block the airway;

The casualty cannot cough;

The casualty cannot swallow

How old is an infant in first aid? - ANSWER--from birth to 1 year

How old is a child in first aid? - ANSWER--From 1 year to puberty

what documentation do CC fill out during/after dealing with a first aid incident? - ANSWER--Cabin crew report with flight number, date and all relevant details about the casualty

how do you check for breathing when dealing with an unconscious passenger? - ANSWER--look for chest movements

listen at the passengers mouth for breath sounds

What does response mean when dealing with an unconscious passenger? - ANSWER--speak, shake, pinch

speak loudly to the passenger "hello can you hear me?" use their name if you know it

shake gently on the passengers shoulder (you may have to move other passengers to reach the casualty)

pinch the casualty's earlobe if you get no response to speak and shake

Until when should CC continue CPR? - ANSWER--Until the casualty starts breathing normally;

Until you become exhausted and there is another CC to swap with you;

Until qualified medical help arrive

how do you know a casualty is unconscious? - ANSWER--Unable to get a response from a passenger to various stimuli

what is the maximum amount of time that should be given when checking if a passenger is breathing? - ANSWER--10 seconds

who is responsible for collecting first aid equipment in the event of a medical emergency? - ANSWER--the back up

how should compressions be given to an infant? - ANSWER--2 fingers

how should compressions be given to a small child? - ANSWER--one hand

what are the first aid roles? - ANSWER--- The First Aider

- Communicator
- The Back Up
- Other CC

what is the ratio of breaths to compressions for a child/infant CPR? - ANSWER--5 initial rescue breaths

then 30 compressions, 2 breaths

what is the current standard of CPR in adults? - ANSWER--100 compressions per minute

what are the pulse points for cc? - ANSWER--on the wrist below the thumb

in the upper arm

How many CC are involved in moving an unconscious passenger from their seat? - ANSWER--3 cc

what is the correct sequence when dealing with a potentially unconscious passenger? - ANSWER--response

send

airway

breathing

circulation

what is the normal pulse rate in an infant? - ANSWER--90-150 bpm

what is the normal pulse rate for a child? - ANSWER--70-140 bpm

what is the normal pulse rate for an adult? - ANSWER--60-100 bpm

in which scenarios do we use portable oxygen bottles stowed on board the a/c? - ANSWER--Emergency situations;

Therapeutic needs

What 3 basic questions would be asked to a conscious casualty during the Examine Stage? - ANSWER--What is the matter?

Have you had this condition before?

Do you have any medication with you?

how often should the observation chart be updated? - ANSWER--every 10 minutes

what are the objectives of first aid - ANSWER--3 p's

preserve life

prevent condition from worsening

promote recovery

what are the points to comfort the casualty in all first aid incidents? - ANSWER--Explain what you are doing

Tender loving care (TLC)

reassure

after administration of oxygen how long does it take to reverse symptoms of hypoxia? - ANSWER--15 seconds

what are the two insidious effects of hypoxia? - ANSWER--impaired judgement

euphoria

What is hypoxia? - ANSWER--a physical condition resulting from an insufficient supply of oxygen to the body tissues

what is the correct command to lift an unconscious passenger? - ANSWER--are you in position?

prepare to move

move

CPR: if you cannot kneel by the side of the casualty eg in the aisle where would you kneel? - ANSWER--Kneel at the head of the passenger looking down towards their feet

If a protective sterile barrier (laerdal pocket mask) is not available, what can we do? - ANSWER--Immediately commence CPR

what are the PDIs on the AED? - ANSWER--stowage

quantity

green light flashes every 5-10 seconds

what are some of the signs and symptoms of a passenger who has gone into cardiac arrest? - ANSWER--Casualty is unconscious

No sign of normal breathing

No sign of circulation

what two elements does the heart require to function efficiently? - ANSWER--oxygen and electricity

what is meant by the term abc's? - ANSWER--airway

breathing

circulation

what are some of the signs and symptoms of hypoxia? - ANSWER--pale grey skin (cyanosis)

impaired judgement

euphoria

confusion

increased breathing rate

drowsiness

headache

dizziness

light headed ness

impaired vision

slurred speech

unconsciousness

what is the treatment for hypoxia? - ANSWER--100% oxygen descent to safe altitude (below 10,000ft)

how long will it take for brain damage to occur if the brain is starved of oxygen? - ANSWER--3-5 minutes

how long will it take for brain death to occur after being starved of oxygen? - ANSWER--5 minutes

Who may assist CC in dealing with a medical emergency? - ANSWER--a medically qualified person

What does CPR stand for? - ANSWER--cardiopulmonary resuscitation

How do CC open a an unconscious passenger's airway? - ANSWER--head tilt

chin lift

can rescue breaths be given to a passenger who is fitted with a stoma (small hole in the throat)? - ANSWER--yes

what could be done for a passenger who is unconscious and breathing normally? - ANSWER--put them in the recovery position

what is the normal breathing rate of a child? - ANSWER--15-30 breaths per minute

how could you examine an unconscious casualty? - ANSWER--look and listen for breathing for up to 10 seconds

what part of the body should be used to check capillary refill for circulation? - ANSWER--fingernails

what should be done to check if a casualty is functioning normally? - ANSWER--

What barriers can be used to protect yourself when performing First Aid? - ANSWER--pocket mask

gloves

antiseptic wipes

sanitiser

what are examples of on board first aid equipment? - ANSWER--green first aid kit

white first aid kit

AED

what is part of primary survey? - ANSWER--ABC

Airway

breathing

circulation

what is part of secondary survey? - ANSWER--DE

Dysfunction

examine

what would indicate that a casualty is alert when checking levels of consciousness? - ANSWER--patients are fully awake

eyes open

can follow commands

what would indicate that a casualty is voice responsive when checking levels of consciousness? - ANSWER--patient responds to verbal stimulus

might open their eyes or obey simple commands

what would indicate a casualty is unresponsive when checking levels of consciousness? - ANSWER--if your casualty does not respond to pain or voice then they are unresponsive

heart attack, what are some of the special considerations? - ANSWER--PA for a medically qualified person should be made as soon as possible

diversion, paramedics on arrival

heart attack is likely to lead to cardiac arrest

what are precautions when using the portable oxygen? - ANSWER--use low flow on infants

do not use when fire fighting

ensure one full bottle at cc stations at all times

when fitted use child/infant oxygen mask

what is the care of a casualty effected by an angina attack? - ANSWER-assess breathing consider casualty position eg semi sitting encourage casualty to breath slowly and deeply administer oxygen encourage to take own medication (GTN)

actions if an unconcious child doesnt breathe? - ANSWER--start CPR immediately

5 initial rescue breaths, 30 compressions, 2 breaths

how old is an adult in first aid? - ANSWER--From puberty and over

what is the pulse rate in an adult? - ANSWER--60-100 beats per minute

breathing rate of a child? - ANSWER--15-30 breaths per minute

breathing rate of an infant? - ANSWER--25-50 breaths per minute

what is included in promote recovery? - ANSWER--consider actions which will help the casualty recover

eg

administer oxygen

arrange for professional medical assistance or aftercare (PA for medially qualified person, divert and/or ask for ambulance on arrival)

provide medication (if needed, administer only by medically qualified person)

give TLC - tender loving care

PDIs of portable oxygen? - ANSWER--stowage

quantity

strap is present

gauge reads 3/4 to full

mask attached to hi flow for emergency use bottles and low flow for therapeutic use

spare mask present

what is the operation of the portable oxygen bottle? - ANSWER--inform the flight deck

no smoking PA

in storage check o2 flow

turn fully anti clockwise and watch for green indicator

turn off

place carry strap around neck of cc or abp

sit patient upright

remove face mask, grease and make up from the face

turn on oxygen

fit mask securely, pinch at the nose

do not let go below 1/4 full

if needed for landing, brief abp and ensure captain is informed

operation of the AED? - ANSWER--ABC

perform cpr

turn on the AED - voice prompts will be heard

bare the chest area

open electrode pouches place the electrode pads do not touch the casualty follow voice prompts

Precautions of AED - ANSWER--do not touch the casualty during analysis period do not delay treatment based by determining the passengers age do not remove pads from chest if casualty recovers, done by paramedics do not pull the green tab on the pad pak

What does AMPLE mean? - ANSWER--allergies they may have medication they may be taking past medical history last food and fluid intake events/extras

what is the role of the first aider? - ANSWER--first cc to arrive at scene press call bell 3 times to alert other cc assess casualty and give first aid required if cpr is required: start compressions while back up sets up AED

be ready to swap position if necessary

continue resuscitation following AED prompts

what is the role of the communicator? - ANSWER--call captain via 222 and give PAA briefing

PA for medically qualified person

move pax away from area

collect qrg

what is the role of the back up? - ANSWER--immediately collect relevant equipment: both types of FAK, portable o2 and/or AED and take to first aider

remain at scene and provide assistance

if cpr required:

take out pocket mask and set up AED

be ready to swap position

what is the role of the other CC? - ANSWER--continue with normal duties

if cpr required:

be ready to swap position

When can we declare that a pax died? - ANSWER--never. only a medically qualified person can

care for emotional trauma/panic attack? - ANSWER--ensure there is no other medical reason for this behaviour remove the pax to the galley away from onlookers find out the cause of the problem and try to resolve always make promises you can fulfil talk calmly but firmly, stay with them until they have recovered remain calm and professional at all times

what do you do if choking child or infant becomes unconscious? - ANSWER--immediately commence CPR to try dislodging the item

in which first aid kit can you find a thermometer and antihistamine tablets? - ANSWER--white

what causes the condition called shock? - ANSWER--Heart attack,

severe bleeding,

severe burns,

severe fractures,

severe vomiting

diarrhea

what is involved in the care when a casualty is hyperventilating? - ANSWER--explain what has happened and why

call for another cc to try and sort out any problem that the casualty has

reassure and try to calm the casualty

it may take 5-10 minutes to reverse the symptoms

monitor the casualty for the rest of the flight

what is involved in the care when a casualty has fainted? - ANSWER--lay casualty down and elevate the legs

what is the treatment for a casualty affected by gastrointestinal disturbance? - ANSWER--encourage the casualty to lay down in the foetal position with their legs brought up to their chest

keep nil by mouth

administer oxygen

promote recovery

What is the care of a casualty with fractured bone? - ANSWER-immobilise affected area immediately with hands if necessary, then use bandages to immobilise

immobilise limb by using a sling or by splinting the injured part to an uninjured part of the body with bandages

dress any wounds

treat for shock

remove tight clothing/jewelery elevate injured part to avoid swelling check extremities for circulation, warmth and colour every 10 minutes if unconscious check abcs administer oxygen promote recovery

what are the three types of bleeding? - ANSWER--Arterial

Venous

Capillary

what is the treatment for threatened or complete miscarriage? - ANSWER--asses casualtys breathing and consider semi reclining position

prop her knees up with cushions to ease strain on the abdomen

administer oxygen

discourage from going to the toilet, this may induce further haemorrhaging

keep expelled products in a bag (out of womans sight if possible) for medical inspection

write down ample history

what are the contents of the green first aid kit? - ANSWER--gauze bandage

crepe bandage

medium wound dressing

burn dressing

burn ointment

antiseptic wipes

plasters assorted sizes

latex gloves

scissors

paracetamol

travel sickness tablets

pocket mask

nasal decongestion tablets

antacid tablets

anti diarrhoea tablets

what are the contents of the white first aid kit? - ANSWER--gauze bandage

crepe bandage

small crepe bandage

compressive bandage

triangular bandage

burn dressing

medium wound dressing

large wound dressing

tape first aid

safety pins

scissors

plasters assorted sizes

antiseptic wipes

adhesive closure strips

disposable barrier mask

analgesic tablets eg paracetamol

antiemetic tablets

nasal decongestant tablets

first aid instructions

wire splint

antacid tablets

anti diarrhoea tablets

foil blanket

thermometer

antihistamine tablets

biohazard kit

what is the treatment for bleeding? - ANSWER--put gloves on

cool with ice apply direct pressure over the wound remove jewellery or tight clothing elevate to support and reduce swelling

what is the treatment for minor external bleeding - ANSWER--for minor bleeding;

apply a plaster or dry sterile dressing

if the wound is dirty, clean by rinsing under lightly running water or by using sterile wipes before applying a plaster or dry sterile dressing

if there is a risk of infection advise the casualty to see a doctor on arrival

what is the treatment for major external bleeding? - ANSWER--apply a dry sterile dressing and bandage firmly

if the bleeding seeps through the dressing, apply another dressing firmly on the top. do not remove stained bandages

advise to see a doctor on arrival

what is the procedure when bleeding stops? - ANSWER--put clean bandage around on top of stained bandages

treat for shock

check circulation to the extremities

if the casualty becomes unconscious, check ABCs

if the major bleeding fails to stop after 10 minutes of direct pressure, apply indirect pressure

what is the care for a nose bleed? - ANSWER--put on gloves

sit the casualty down with their head forward

get the casualty to pinch the soft part of their nose (bridge)

encourage the casualty to spit the blood out

give the casualty tissues and sick bags, damp cloths

tell the casualty to try not to speak, swallow, cough or sniff as this may disturb blood clots

after 10 minutes tell the casualty to release the pressure

if bleeding persists, re apply pressure for a further 10 minutes

promote recovery

what is the treatment for a superficial burn? - ANSWER--cool the burn immediately with cold water for at least 10 minutes

remove any jewellery or constrictive clothing from the area before swelling occurs

if pain persists after cooling, use cooling gel

if necessary cover with a burns dressing

elevate injured area to reduce swelling

encourage the passenger to drink water

promote recovery

what is the treatment for a partial/full thickness burn? - ANSWER--same as superficial, except burns dressing and cooling gel

cover burns with dry sterile bandage

what is the treatment for a choking adult/child? - ANSWER--encourage casualty to cough. in adult, ask "are you choking?"

if casualty cannot cough or cry/speak, bend her forward and give 5 back slaps between the shoulder blades

check airway

give 5 abdominal thrusts

check airway

repeat cycle of back slaps and abdominal thrusts, rechecking the mouth after each step until the item is dislodged.

what is the treatment fir choking in an infant? - ANSWER--if an infant keeps coughing, do not hinder his effort to expel the object

if unable to cough, cry or breathe, place infant face down, along your forearm and thigh. support the head and give 5 back slaps between his shoulderblades

check airway

turn the baby face up, along your forearm and thigh. support the head and give 5 chest thrusts

check airway

repeat cycle of back slaps and chest thrusts, rechecking the mouth after each step until the item is dislodged

what is a fast test? - ANSWER--a commonly used tool in first aid to help diagnose a stroke

FACE can the person smile? has their mouth/eye dropped?

ARMS can the casualty raise both arms?

SPEECH can the casualty speak clearly and understand what you are saying?

TIME time keep a record of when the signs and symptoms started

what is the treatment for air sickness? - ANSWER--make sure bags are available

if passenger vomits, ensure it is removed quickly

instruct the casualty to breathe slowly and deeply through their mouth. (this is so they concentrate on their breathing and may divert their thoughts away from the nausea)

give sips of water

Diabetes: The passenger has been given a sugary drink. There is an improvement in their condition. What do you do next? - ANSWER--give another sugary drink and advise passenger to see a doctor on arrival

what causes hyperglycaemia? - ANSWER--too high sugar levels and too low insulin levels

what causes hypoglycaemia? - ANSWER--too low blood sugar and too high insulin levels

Diabetes: the passenger has taken a sugary drink. There is no improvement in their condition. What do you do next? - ANSWER--nil by mouth and promote recovery

stroke, what is included in the treatment? - ANSWER--lay the casualty down and raise their head and shoulders

administer oxygen

assess level of consciousness (avpu), mind the casualty will be confused

what is the white FAK used for? - ANSWER--emergency use

what is the green FAK used for? - ANSWER--everyday use

what are the PDIs on the first aid kits? - ANSWER--seal intact

stowage

quantity

febrile convulsion, what should we ask the parents to do if the child has a temperature? - ANSWER--remove infants clothes to cool (do not over cool)

fan child with a magazine or safety instruction card

some of the signs and symptoms of febrile convulsion? - ANSWER--fever over 38 degrees

may be a rash

sweating

flushed skin

signs and symptoms of gastro intestinal disturbance? - ANSWER--pain swollen abdomen nausea and vomiting shock if pain is severe

what is involved in someone who is feeling faint? - ANSWER--sit and bend head down between the knees

what is involved in treatment of someone who is recovering from fainting? - ANSWER--encourage to take deep breaths

oxygen may be given if they still feel unwell

signs and symptoms of hyperventilation - ANSWER--over breathing

anxiety

flushed skin

light headedness, may eventually faint

tingling and spasms in hands and feet, hands and feet may eventually become claw like or over extended position

may collapse

asthma what is included in the treatment? - ANSWER--sit casualty up with their elbows on the table in front

encourage to breathe slowly and deeply. it his helpful to advise them to breathe against their lips – to purse their lips and exhale against the pressure

administer oxygen if necessary

epilepsy minor fit what is included in the treatment? - ANSWER--casualty may be confused or disoriented, advise them to see a doctor

How can a major fit present itself? - ANSWER--in form of a full body convulsion

may have a brief warning period (aura) and may sit or lie down to prevent injury

How does Epilepsy present itself? - ANSWER--Major fit and Minor fit

signs and symptoms of stroke? - ANSWER--weakness or paralysis usually on one side of the body slurred speech, or inability to talk or control mouth noisy breathing, slow bounding pulse skin on the face appears flushed a sudden severe headache confused mental state, casualty may appear stressed or tearful loss of bladder and bowel control a sudden progressive loss of consciousness

signs and symptoms of panic attack? - ANSWER--headaches, backache and pressure in the chest

palpitations

trembling

sweating

hyperventilation

signs and symptoms of a head injury? - ANSWER--brief or partial loss of consciousness following a blow to the head

dizziness

nausea

loss of memory

mild generalised headache eyes will react to the light straw coloured fluid or watery blood from nose or ear wound or bruise on head soft boggy area of depression of the scalp deterioration in the level of response lack of symmetry of the head or face an intense headache noisy slow breathing slow strong pulse rate unequal pupils

priorities when treating bleeding? - ANSWER--protect yourself control blood loss by applying pressure cover open wounds to prevent infection

asthma, what is included in the special considerations? - ANSWER-oxygen should be on low flow

where placing elbows on tray table is not possible or comfortable, ask the casualty to rest elbows on knees

if they dont have their own inhaler, always make a PA for a medically qualified person

allergic reaction, what is included in the treatment? - ANSWER--consider casualty's position, if necessary (whichever eases their breathing)

administer oxygen

signs and symptoms of deep vein thrombosis? - ANSWER--pain, swelling and tenderness in one of the legs (usually the calf)

a heavy ache in the affected area

warm skin in the area of the clot

red skin particularly at the back of your leg below the knee

signs and symptoms of pulmonary embolism? - ANSWER--chest pain, a sharp stabbing pain that may be worse when you breathe in

shortness of breath, which can come on suddenly or develop gradually

coughing, usually dry, but may include coughing up blood or mucus that contains blood

feeling faint, dizzy or passing out

special considerations when treating DVT or pulmonary embolism? -ANSWER--treatment for DVT or PE is limited. anyone exhibiting signs or symptoms with predisposing factors should always be suspected of having a PE until proven otherwise. therefore a diversion should be considered and paramedics on arrival

signs of symptoms of a communicable disease? - ANSWER--appearing unwell

persistent coughing impaired breathing persistent diarrhoea persistent vomiting skin rash or spots bruising or bleeding without previous injury confusion of recent onset

PDIs on smoke detector? - ANSWER--green indicator light is on detector has not been blocked or tampered with

how would you remove the PBE? - ANSWER--1. Move away from the fire.

- 2. Grasp the top of the hood and pull forward over the face.
- 3. Place PBE in a metal tray or bar box.
- 4. Shake air to remove any excess 02.

What are the PDI's on the PBE? - ANSWER--- Stowage.

- Quantity.
- Check green storage cases is intact.

- Indicator not pink (colour can vary from blue, through pale blue to grey, to white)

duration of the PBE? - ANSWER--15 minutes

who moves passengers and nything that could fuel a fire in the cabin? - ANSWER--the second communicator

How is the Water Glycol fire extinguisher discharged? - ANSWER--in one continious motion

What does PBE stand for? - ANSWER--Portable Breathing Equipment

Which CC will collect the QRG when dealing with fire? - ANSWER--first communicator

which fire fighting equipment do we have on board? - ANSWER--halon extinguisher, water glycol extinguisher, crash axe, pbe, fire gloves, torch

who will make a reassurance PA to pax in a fire situation? - ANSWER-second communicator

what fire fighting roles do you recognise? - ANSWER--the fire fighter first communicator back up second communicator

what is included in surveillance of high risk areas in cabin? - ANSWER-maintain surveillance of all floor areas

ensure no bags, paper, newspaper or combustible materials are deposited where they become a fire hazard

maintain surveillance of seat rows and the lower side wall in passenger cabin. items may ignite in these areas without being noticed immediately.

what is the physical effect of fire on individuals? - ANSWER--eyes watering

choking

asphyxiation

what is included in surveillance of high risk areas in the toilets? - ANSWER--kept clean and tidy, combustible material is contained

waste bins not overflowing, the waste bin flap must remain closed at all times to help starve any fire of oxygen

press toilet flush and ensure flush and vacuum motors cut out. this prevents possible overheat and electrical fires

smoke detector sensors and not been blocked or tampered with

no smoke is present, if cigarette smoke is smelt, check waste bin and all other stowage immediately for discarded cigarette

how would you remove the heat from a fire? - ANSWER--cool the fire

cabin fire drill? - ANSWER--inform

identify

prepare

attack

control

principles of fire fighting? - ANSWER--minimum

equipment

position

what does minimum mean in fire fighting? - ANSWER--inflow of oxygen should be reduced to minimum eg by closing toilet door, hatbin and oven and reducing time when they remain open

what does equipment mean in fire fighting? - ANSWER--use appropriate equipment eg extinguishers, fire gloves, PBE, crash axe, metal bar box

what does position mean in fire fighting? - ANSWER--assume a position which will protect you from heat/flames and will give you good access to the source of the fire eg crouching down behind toilet door

halon precautions? - ANSWER--do not use as a coolant

always damp down fire area with water except electrical fires

on initial discharge, force of extinguisher may scatter burning loose material

high risk areas of the a/c? - ANSWER--cabin, toilets, galleys, overhead storage

Precautions of PBE - ANSWER--neck seal must not be damaged when putting on the PBE. be especially careful with sharp edged earrings and accessories

do not touch the life support pack as it will be extremely hot

list the classes of fire? - ANSWER--class A flammable solids class B flammable liquids class C flammable gases class D combustible metals class E live electrical equipment class F flammable fats role of the firefighter? - ANSWER--first to arrive on scene press call bell 3 times to alert other cc

collect necessary equipment

iplement appripriate fire drill

when the fire is out, report to captain giving accurate details of the situation

role of the first communicator? - ANSWER--inform captain via the interphone (222) and give PAA briefing

collect halon, crash axe and fire gloves from the flight deck and pass to the back up

collect QRG

update the captain regularly

role of the back up? - ANSWER--collect equipment from the first communicator

collect other fire fighting equipment from the cabin

collect empty bar box

be ready to take over

when fire figher reports to captain, put item/debris into bar box and dampen down with water, check area for signs of heat or fire

role of second communicator? - ANSWER--make reassurance PA to pax move pax and anything that could fuel the fire distribute wet towels for pax to breathe through

Operation of PBE? - ANSWER--open storage case

tear off red pull strip

remove bag from protective packaging

pull "pull to actuate" ring in direction indicated

hold device with the life support pack away from user

grasp hole in neck seal and widen with thumbs

bend forward from waist, insert chin into the hole and pull hood across face and overhead

while standing upright pull hood down until headband is fitted to the forehead

check neck seal for a secure fit

precautions - water Glycol? - ANSWER--on initial discharge, force may scatter burning loose material

never use on eletrical fires

Immediate survival after a forced landing? - ANSWER--keep safe distance from the wreckage until you judge any explosion risk has passed

make contact with other survivors

apply firs aid in following order breathing difficulties, major bleeding, wounds and fractures, shock

separate the dead from the living

investigate wreckage for salvageable items

take stock of situation and decide whether to stay or move

apply basic principles of survival

which source may be used as drinking water in survival scenario? - ANSWER--rain water

old sea ice

fish

snow

ground water

plants

what can be used to attract attention? - ANSWER--any object with a bright colour

lay out ground air visual signals

flash a light

use a mirror to flash sunlight

fly anything in form of a flag

light fires in shape of a triangle, smoky fires during day and bright fires at night

ELT

aircraft itself, stay as near to the a/c as possible if safe to do so

what are principles of survival? - ANSWER--protection

location

water

food

PDIs for ELT type C? - ANSWER--correct stowage

stop switch in place

aerial in stowed position

PDIs on ELT type A/B? - ANSWER--stowage

set on AUTO

aerial is bent back

what can be used to attract attention in a ditching scenario? - ANSWER-activate ELT

keep in a circle

move circle towards nose or tail of a/c to search for land

what can be used to attract attention in a polar scenario? - ANSWER-three fires in a triangle

brush aircraft wings clear to avoid merging with background

how would you survive in the sea? - ANSWER--keep together in a circle in the foetal position to conserve body heat

put injured into thr centre

consider using the fwd slides as flotation devices

keep in a circle will make it easier to be spotted

move circle to nose or tail end of a/c to check for land

activate elt

never drink sea water

drink watery fluid found along the spine and eyes of large fish

if supplies from a/c is unavailable or limited only food supply is fish

how would you survive in the desert? - ANSWER--improvise a shelter to protect against sun and heat

protect head and eyes from sun and do not allow back of neck to be exposed

keep body covered during day

relax during heat of day but stay out of a/c as heat will be unbearable

stay in a group and as near to the a/c as possible

build a fire at night to keep warm, during the day the smoke will be visible to rescuers

lack of water will be your biggest problem so do no waste it

stay in shade and conserve energy

ration water supplies

additional water may be available from rain and condensation

there is food in the desert in the form of snakes, lizards, rats, locusts all of which are edible.

how would you survive in the arctic? - ANSWER--leave a/c and find shelter until fire risk has passed

extra clothing worn, baggage opened and items shared

set three fires in triangle

if it snows, brush the a/c and wings to avoid merging with background

drinking water is limited by the ability to melt snow and ice. melted ice is preferable as it takes less time to melt

snow and ice should not be eaten

since there is no shortage of water, any food gathered shall be used

fish, seals, birds, rabbits and berries can supplement available aircraft food

when experimenting with unknown food forms, take a small quantity at first and see if there is an adverse body reaction. if there isnt, it is safe to eat

what is associated with the will to survive? - ANSWER--have and maintain a positive mental attitude

keep occupied, mentally and physically

push negative thoughts out of your mind

conserve energy

adult life jacket operation? - ANSWER--place LJ over head, equipment side away from the body

pass strap around the waist and attach the buckle at the front of the LJ pull on loose end of strap to secure tightly around waist to inflate pull down sharply on the red inflation toggle outside a/c should the LJ fail to inflate, blow into the red inflaton tube the light will illuminate when he battery comes into contact with water

operation of IFD? - ANSWER--take infant and parent into the galley attach crotch strap to buckle place infant in the device, legs either side of crotch strap place neck strap over infants head adjust straps if necessary ensure parent or guardian knows how to inflate the device the lanyard should only be attached to the adult LJ outside of the a/c

how to adapt adult LJ to child? - ANSWER--fully inflate out of sight of pax using red inflation toggle

partially deflate by a third

place over head, pass strap around one leg and attach buckle. this will prevent LJ from slipping over the childs head in the water

deflate LJ sufficiently to allow the child to brace

instruct the parent to fully inflate the LJ after evacuation

Operation of ELT type A/B? - ANSWER--automatic on impact or manually

no2 unplugs from stowage unbend aerial outside a/c, switch from auto/armed to on in a ditching, tie lanyard on to no2 LJ

Operation of ELT type C? - ANSWER--manual only

nol removes from stowage

extend aerial

remove stop switch

activate by pulling lanyard from off to on

attach to wrist or LJ

in ditching, tie lanyard to no1 LJ

duration of ELT type A/B and C - ANSWER--miniumum 48 hours at -20 degrees