

When Flying Over Water

- listen carefully to the pilot's overwater pre-flight briefing
- wear a lifejacket or have it within reach
- know seatbelt fastening, tightening, releasing procedures
- know the location and operation of doors and emergency exits
- know the location and operation of the ELT
- during an emergency
 - obey the pilot's ditching instructions
 - remove tie, loosen collar
 - assume brace position when advised by the pilot
- wait for instructions to exit, or until rotor stops turning
- after a ditching
 - establish a reference position
 - release seat belt
 - inflate lifejacket and life raft when clear of the helicopter



Safety Around Helicopters

Always remember
that help is on its way

Training completed: _____

Trainee Name: _____

Trainee Signature: _____

Trained by: _____

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NEWFOUNDLAND HELICOPTERS



Safety In and Around Helicopters

Contribute to a Successful Flight

- be reasonable in your requests
- support the pilot's safety decisions
- know
 - how to embark and disembark
 - inflight and ground procedures
 - location and use of safety and survival equipment
 - emergency procedures
 - what is expected of you on the flight

On the Ground

- dress for the weather
- inform the pilot of
 - your baggage weight
 - applicable medical problems
 - susceptibility to motion sickness
- don't smoke in or around the helicopter
- stay *well to the side* of the helipad when the helicopter is arriving or departing
- secure your clothing and headgear against rotor winds
- protect your eyes against blown dust and particles
- keep the helipad clear
- wait for instructions to approach or leave the helicopter

On the Ground con't..

- approach and leave to the side or *front* in a *crouched* position, never by the rear of the helicopter
- if you can, wait until the rotors stop turning
- approach and leave by the *downslope* side - for rotor clearance
- carry gear firmly at your *side*, never over your shoulder or above your head
- never throw items towards or out of a helicopters
- load cargo carefully and secure it against movement
- ensure baggage compartment doors are properly closed and latched
- take a reserve of special medications you require in the event of enroute delays

In the Helicopter

- secure seatbelts (and shoulder straps, if provided) while in flight
- use helmet or headset if provided
- remain in your seat unless given permission to move
- do not distract the pilot during takeoff, manoeuvring or landing
- read instructions on the operation of doors, emergency exits, and the location of the ELT (emergency locator transmitter) and emergency equipment

During an Emergency

- follow instructions
- do not distract the pilot
- check that any loose gear in the cabin is secured
- wear helmet if provided
- remove eye glasses and put into your pocket (you might need them later)
- assume brace position
 - tighten seatbelt
 - *with* shoulder straps, tighten and sit upright, knees together, arms folded across chest
 - *without* shoulder straps, bend forward so chest is on your lap, head on knees, arms folded under thighs

After an Emergency Landing

- wait for instructions to exit, or until rotor stops turning
- assist others to evacuate well clear of the aircraft
- remove first aid kit and other emergency equipment after no threat of fire
- administer first aid if required
- remove ELT, read instructions and activate
- set up camp to be as comfortable as possible
- make the site as conspicuous as possible from the air
- stay near the aircraft - don't wander away from

