

### 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

- we are all responsible for safety so if you notice anything tell the pilot

### 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 under any circumstances walk towards the rear of the aircraft or under the tailboom
- 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

- when entering or exiting make sure seatbelts are secured inside the aircraft (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
- brief passengers on keeping feet off pedals



### 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