



AVIATION MEDICINE INSTRUCTORS COURSE

This three-day course is intended to give new and existing First Aid Instructors the knowledge and the confidence to train Cabin Crew and Flight Crew in accordance with EU OPS 1 subpart O 1.1005/1.1010/1.1015 (Cabin Crew) and subpart N 1.945 (Flight Crew)

During the course each delegate will practice and be assessed on delivering CPR and using defibrillator training models.

CABIN CREW

(1) Physiology of flight including oxygen requirements and hypoxia;

(2) Medical emergencies in aviation including:

- Asthma;
- Choking;
- Heart attacks;
- Stress reactions and allergic reactions;
- Shock;
- Stroke;
- Epilepsy;
- Diabetes;
- Air sickness;
- Hyperventilation;
- Gastro-intestinal disturbances; and
- Emergency childbirth;

(3) Practical cardio-pulmonary resuscitation by each cabin crew member having regard to the aeroplane environment and using a specifically designed dummy;

(4) Basic first aid and survival training including care of:

- The unconscious;
- Burns;
- Wounds; and
- Fractures and soft tissue injuries;

(5) Travel health and hygiene including:

- The risk of contact with infectious diseases especially when operating into tropical and sub-tropical areas. Reporting of infectious diseases, protection from infection and avoidance of water-borne and food-borne illness. Training shall include the means to reduce such risks;
- Hygiene on board;
- Death on board;
- Handling of clinical waste;
- Aircraft disinfection;

- Alertness management, physiological effects of fatigue, sleep physiology, circadian rhythm and time zone changes;

(6) Use of appropriate aeroplane equipment including first aid kits, emergency medical kits, first aid oxygen and emergency medical equipment.

FLIGHT CREW

Appendix 1 to OPS 1.945 Operators Conversion Course

Instruction on first aid in general (Initial conversion course only); Instruction on first aid as relevant to the aeroplane type of operation and crew compliment including where no cabin crew are required to be carried (initial and subsequent)

Aeromedical topics including:

- Hypoxia
- Hyperventilation
- Contamination of the skin/eyes by aviation fuel or hydraulic or other fluids
- Hygiene and food poisoning
- Malaria