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# Emergency Information

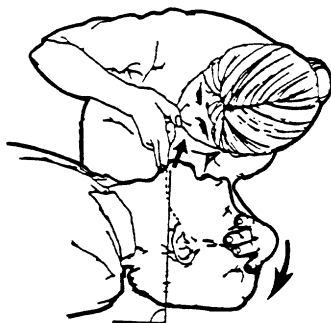
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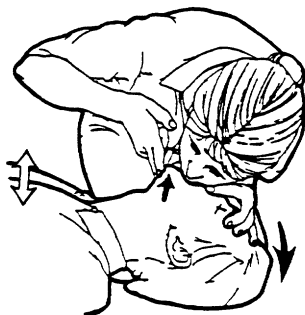


**MedAire,™ Inc.**  
*Inflight Medical Support*

**Airway**



**Breathing**



**Circulation**

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# The ABCs of Emergency CPR

Establish victim's unresponsiveness.

Gently shake victim and shout, "Are you all right?"

## AIRWAY

- Open airway: lift chin, tilt head. (With neck injury, lift chin but do not tilt head.)
- Look for chest movement.
- Listen for sound of breathing.
- Feel for breath on your cheek.

## BREATHING

- Head tilt position – pinch victim's nose shut while lifting chin with your other hand.
- Give two full breaths while maintaining airtight seal with your mouth over victim's mouth.

**Note:** A pocket mask can be used instead, but proper head position and air-tight seal must be maintained.

## CIRCULATION

- Locate carotid artery pulse; hold 10 seconds. If no pulse:
- Begin external chest compressions by locating hand position two fingers above notch and placing heel of hand on breastbone.
- Perform 15 compressions of 1½ to 2 inches at a rate of 80 to 100 compressions per minute. (Count, "One and two and three and ...," etc.) Come up smoothly, keeping hand contact with victim's chest at all times.
- Repeat the cycle of two breaths, 15 compressions until victim's pulse and breathing return. If only the pulse is present, continue rescue breathing until medical assistance is available.

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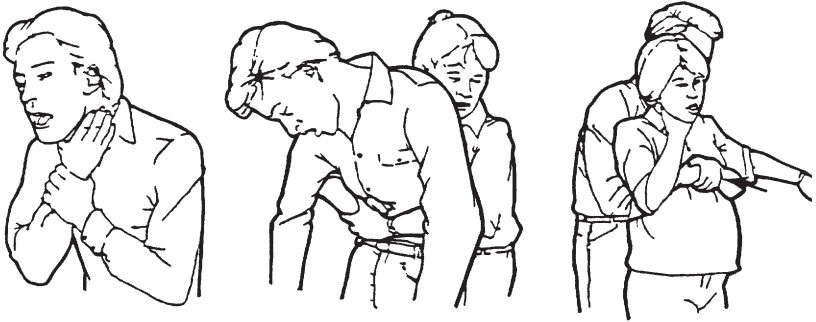
# Heart Attack

## Signals

- Pressure, squeezing, fullness, or pain in center of chest behind breastbone.
- Sweating
- Nausea
- Shortness of breath
- Feeling of weakness

## Actions for Survival

- Recognize signals
- Stop activity and lie or sit down
- Provide oxygen if available
- If signals persist greater than two minutes, get victim to medical assistance



## Choking

### If victim can cough or speak:

- encourage continued coughing
- provide oxygen if available.

### If victim cannot cough or speak

- perform Heimlich maneuver (abdominal thrusts):
  1. stand behind victim; wrap arms around victim's waist
  2. place fist of one hand (knuckles up) in upper abdomen\*
  3. grasp fist with opposite hand
  4. press fist into upper abdomen\* with quick, inward and upward thrusts
  5. perform maneuver until foreign body is expelled
- provide supplemental oxygen if available.

\*If victim is pregnant or obese, perform chest thrusts instead of abdominal thrusts.

# Emergency Equipment Record

Emergency Equipment	Location	Date Last Serviced
First Aid Kit	_____	_____
Fire Extinguisher(s)	_____	_____
	_____	_____
	_____	_____
Fire Axe	_____	_____
Life Raft	_____	_____
Life Vests	_____	_____
Therapeutic Oxygen	_____	_____
Overwater Survival Kit	_____	_____
Other:	_____	_____
	_____	_____
	_____	_____

# Emergency Exit Door

The plug-type emergency exit door on the right forward side of the cabin opposite the entry door opens inward for quick egress. The emergency exit is not connected to the DOOR NOT LOCKED warning circuit. It can be locked only from the inside with a locking pin.

### Emergency Exit Limitation

Locking pin must be removed from emergency exit prior to flight.

**CAUTION:** Position the right aft-facing seat full aft, upright, and outboard during takeoff and landing to ensure easy access to the emergency exit.

