

Implementing rule : ORO.CC.140(d)(1)(viii)

Training programme of aero-medical aspects and first aid including related equipment.

Existing Acceptable Means of Compliance : --

DGAC France Alternative Acceptable Means of Compliance (tel que modifié par l'amendement n°1) :
(le texte ajouté est marqué en grisé et le texte supprimé en barré) :

TRAINING PROGRAMME OF AERO-MEDICAL ASPECTS AND FIRST AID INCLUDING RELATED EQUIPMENT

Training programme of aero-medical aspects and first aid including related equipment

(a) The recurrent training programme of aero-medical aspects and first aid should be established in a way to periodically refresh the general knowledge acquired by cabin crew members during the initial training course specified in CC.TRA.220 of Annex V (Part-CC) to Regulation (EU) No 290/2012. The operator should determine the training needs of the cabin crew member taking into account the route structure, the flight duration, aircraft types operated and passenger profiles.

(a)(b) The following training elements should ~~covered over a maximum period of 3 years~~ considered when establishing the recurrent training programme :

- (1) General instruction on aero-medical aspects and survival;
- (2) The physiological effects of flying with particular emphasis on hypoxia, oxygen requirements, Eustachian tubal function and barotraumas;
- (3) Basic first-aid, including care of:
 - i) air sickness;
 - ii) gastro-intestinal disturbances;
 - iii) hyperventilation;
 - iv) burns;
 - v) wounds;
 - vi) the unconscious; and
 - vii) fractures and soft tissue injuries;
- (4) In-flight medical emergencies and associated first-aid covering at least:
 - i) asthma;
 - ii) stress and allergic reactions;
 - iii) shock;
 - iv) diabetes;
 - v) choking;
 - vi) epilepsy (a video may be used);
 - vii) childbirth;
 - viii) stroke; and
 - ix) heart attack;

- (5) The use of appropriate equipment including first-aid oxygen, first-aid kits and emergency medical kits and their contents;
- (6) Travel health and hygiene, including:
 - i) hygiene on board;
 - ii) risk of contact with infectious diseases and means to reduce such risks;
 - iii) handling of clinical waste;
 - iv) aircraft disinsection;
 - v) handling of death on board; and
 - vi) alertness management, physiological effects of fatigue, sleep physiology, circadian rhythm and time zone changes.

~~(b)~~(c) The recurrent training programme should include annually :

- (1) practical cardio-pulmonary resuscitation training by each cabin crew member using a specifically designed dummy and taking account of the characteristics of an aircraft environment and the use of a defibrillator if carried on board;
 - (2) practical demonstration of the treatment of choking for adult and children (e.g. back blows and Heimlich manoeuvre's abdominal thrusts);
 - (3) practical demonstration of the recovery position (PLS), with a practical training by each cabin crew member at intervals not exceeding 3 years.
- (c) The use of appropriate aeroplane equipment including first aid kits, emergency medical kits, first aid oxygen and emergency medical