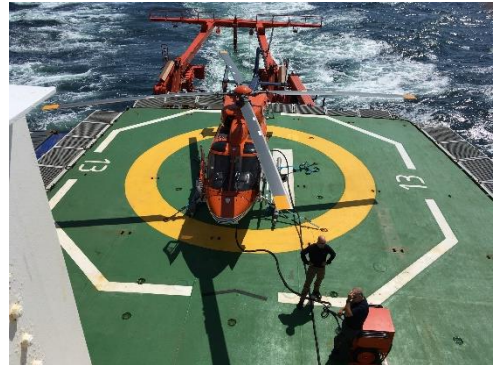


# Check list CA-EBS Training (Polarstern)

## 1. General code of behavior prior, during and after flight:

- a. On the airfield / flightdeck:
  - Secure loose clothing (e.g. headgear) and objects.
  - Approach the helicopter from the front or sidelong only
- b. Prior Take-off:
  - Fasten seat-belt.
  - Secure loose objects inside the cabin.
  - Familiarize yourself with the cabin and the emergency equipment.
- c. Behavior during flight:
  - Keep the seat-belt fasten.
- d. After landing:
  - Keep the seat-belt still fasten.
  - When ordered unfasten seat-belt.
  - Depart the helicopter to the front or sidelong only.



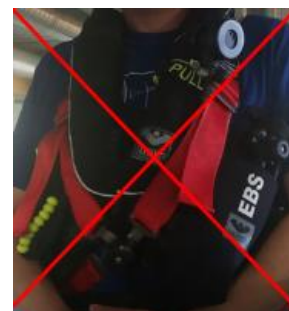
## 2. Preparation of Life Vest / CA-EBS prior flight:

- a. Check the date of maintenance patch.
- b. Open the valve of the bottle by turning anticlockwise until the red flag disappears.
- c. Check the filling at the manometer.  
The indicator should be in the green field.



## 3. Prior Take-off:

- When fasten the seat-belt be aware of the straps. They have to be positioned underneath the regulator and the air chamber of the life vest. Make sure that you are able to reach the mouthpiece of the Emergency Breathing System at any time.
- Use the CA-EBS in case of emergency only - don't activate the system just for testing (hygiene / waste of air).



## 4. After Landing:

- Close the valve of the CA-EBS bottle by clockwise turning - the red indicator flag will be visible.
- Push the bottom at the mouthpiece to get the system depressurized.



## 5. Attitude in case of emergency:

- In case of ditching perform a 'Brace-Position'.
- With both hands grip the edge of your seat between your legs (reference point 1)
- close the visor



## 6. Attitude after impact - sitting in reverse to the flight direction:

- Operate the bottom and handle of the emergency exit and push the door out.
- Clutch the door frame (reference point 2)
- Open the belt buckle (use hand of reference point 1)
- Due to buoyancy stabilize yourself at the cabin ceiling (reference point 3) by using the same hand and strip the safety belt off your shoulder by the use of the hand from reference point 2. As soon as you are free of the seat-belt grip the door frame again (reference point 2)
- Now grip with the hand stabilizing at reference point 3 the door frame too and pull yourself out.



## 6. Attitude after impact – sitting in flight direction:

- After the passenger sitting opposite has left the cabin, grip the door frame of the emergency exit (reference point 2).
- Open the belt buckle (use hand of reference point 1) and due to buoyancy stabilize yourself at the cabin ceiling (reference point 3).
- Strip the safety belt off your shoulder by the use of the hand from reference point 2. As soon as you are free of the seat-belt grip the door frame again (reference point 2).
- Now grip with the hand stabilizing at reference point 3 the door frame too and pull yourself out.

