

CONTAMINATED AIR CAN AFFECT YOUR HEALTH

Cabin crew checklist

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BE AWARE OF THE PROBLEM

- Cabin crew can develop health problems after exposure to chemicals.
- These chemicals enter the cabin via the aircraft ventilation system.
- The aircraft's air supply is bled off the engines.
- Engines sometimes leak toxic oil.

RECOGNISE THE SYMPTOMS

- * Headaches
- * Metallic taste
- * Cough
- * Irritated eyes/nose/throat
- * Dizziness
- * Nausea
- * Weakness
- * Muscle pain
- * Memory loss
- * Fatigue
- * Tingling in the hands and feet
- * Problems with balance
- * Breathing difficulties
- * Tremors

RECOGNISE WHEN THERE IS A PROBLEM

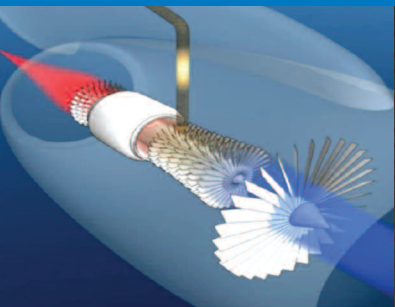
- An unusual odour such as dirty socks, wet dog, musty/mouldy, chemical, electrical.
- Smoke or a haze, but this is rare.
- Feel sick, even if you cannot see or smell anything.



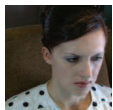
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TAKE ACTION



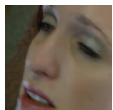
STEP 1:

Unusual smell? Cabin crew or passengers have symptoms? Report the incident to the pilot in command.



STEP 2:

Document and file a safety report.



STEP 3:

If you have symptoms, file a sick claim. Keep a copy of all paperwork including flight number, registration numbers and date and time of the incident. Send a copy to your union.



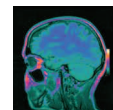
STEP 4:

Get medical attention. Keep a symptom diary. Take photos of any visible symptoms. Keep a record with your doctor.



STEP 5:

Contact your union health and safety representative for information and support. Get union support if you are not well enough to return to work. Do not let yourself be bullied into taking a trip if you are not well.



STEP 6:

Get more information about air quality from the International Transport Workers' Federation at: www.cabinairquality.org