AIRCRAFT AIR QUALITY AND YOU

YOU'RE INVITED!

VIDEO SCREENING AND INFORMATION SESSION

AFA is hard at work to address problems with aircraft air quality. In the meantime, we want you to know your rights and how to best take care of yourself.

Did you know?

Heated oil and hydraulic fluid can leak into the air supply systems and make you very sick, even with long-term consequences.

You might not experience some serious symptoms like problems with memory and balance until days or weeks after you are exposed.

Even low-level exposures on a regular basis might have a serious effect on your long-term health.

Sound familiar?

"But it hasn’t happened to me yet, so I’m okay."

"I don’t have the time to learn about it. Just got to keep my head down."

"Nothing is going to change."

"Those bad smells and headaches are just life. My airline can’t afford to fix it."

If nobody reports problems, then everybody loses. So, please join us for an AFA air quality video screening and information session with baked treats and hot coffee. Learn tips and tools to create an effective paper trail and best use AFA resources if you have problems with aircraft air quality.

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<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Venue/Address</th>
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</thead>
<tbody>
<tr>
<td>DEN</td>
<td>July 29</td>
<td>11am – 1pm</td>
<td>Room 4042, DIA, Concourse A, Level 4, North Side</td>
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<tr>
<td>PDX</td>
<td>Aug 3</td>
<td>11am – 1pm</td>
<td>Vancouver-Rainier Rm., PDX Conference Center, Main Terminal</td>
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<tr>
<td>SEA</td>
<td>Aug 9</td>
<td>11am – 1pm</td>
<td>Doubletree Hotel near SEA on International Blvd. (free shuttle)</td>
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<tr>
<td>ANC</td>
<td>Aug 11</td>
<td>11am – 1pm</td>
<td>Marriott Courtyard Hotel, Spinard Rd.</td>
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<tr>
<td>SFO</td>
<td>Aug 16</td>
<td>11am – 1pm</td>
<td>IAM Hall, 1511 Burlingame Ave. (1 mile from SFO airport)</td>
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<tr>
<td>LAX</td>
<td>Aug 17</td>
<td>11am – 1pm</td>
<td>Westin Hotel near LAX on Century Blvd. (free shuttle)</td>
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AFA is hard at work on the issue of aircraft air quality.

Meaningful change will only happen with YOUR input. Make the investment in YOUR health and YOUR career.

Join us for a really informative video, baked treats, and hot coffee!

Prepared by the Association of Flight Attendants-CWA, AFL-CIO
Visit http://ashsd.afacwa.org or contact AFA: murawskiAFA@earthlink.net / 206-932-6237
SICK FROM POOR AIRCRAFT AIR QUALITY? REPORT IT!

If you feel that you may be suffering from symptoms due to exposure to airborne chemicals that were supplied to the aircraft cabin via the air supply system, the best thing you can do for yourself is document it.

If the air supply system was contaminated with heated oil or hydraulic fluid, you might have noticed an odorous smoke, mist, or haze in the cabin. It might have smelled like burning oil or dirty socks. In some cases, crewmembers do not remember seeing or smelling anything unusual during a flight, although they report symptoms consistent with exposure to carbon monoxide gas or neurotoxic chemicals, and mechanical records confirm one or more failures that caused oil or hydraulic fluid to enter the air supply. Many symptoms that you may experience are not specific to contaminated bleed air. For example, you may have difficulty breathing due to insufficient oxygen, exposure to ozone, carbon monoxide, or a combination.

If you have symptoms that are visible, have somebody take photos or video as soon as possible. Your doctor is unlikely to do this and it will help to establish the cause-effect relationship that you want to prove. Symptoms such as stomach cramping, fatigue, muscle pain, and confusion cannot be photographed, but must be documented by a doctor. Video may also help.

It is very important that you see a doctor as soon as possible to document your symptoms. Do not just go home. Get medical attention. It is especially important to have everything documented to protect yourself if your symptoms get worse. We have heard from flight attendants who have seen a doctor for bleed air-related complaints and been sent home with antibiotics. This is unacceptable! If you think that you were exposed to heated oil or hydraulic fluids on board the aircraft, you need to tell your doctor. Tell them when and what symptoms you had during the flight, what symptoms developed after the flight, and what symptoms you have now. Describe the conditions in the cabin. Give them a copy of the information on the AFA website or call your local/international office for help (see footnote).

Whenever possible, have your doctor perform objective tests to document your condition. For example, if you have respiratory complaints, you might be able to have a lung function test that would document the extent of your reduced breathing capacity. Nerve conduction velocity tests may be used to confirm nerve damage. If you are dizzy or faint, you may have been exposed to carbon monoxide gas, in which case, a blood oxygen hemoglobin test may be appropriate, although blood must be drawn within a few hours of exposure, and within one hour of exposure if you went on oxygen during the flight. Be aware that you can be exposed to toxic chemicals from oils or hydraulic fluids in the air supply system without carbon monoxide.

File a report with the company promptly. Note the date, flight number and plane number. Describe the working conditions. Did you notice an odor or visible mist/haze/smoke? Were you aware of any mechanical problems? During what phase of flight did you develop symptoms? Was this the first time? Send a copy to AFA. Also, work with AFA to request relevant mechanical records. This may help your case. United Airlines flight attendants should use the FASRS on Skynet, and check the ‘Copy to AFA’ box.

Keep a copy of everything – every medical record, report, and photo. Keep a record of all phone conversations – names, dates, and a short summary of the conversation. If you have to mail anything, send it by certified mail with a return receipt. Reporting to the company is a priority, but AFA also needs written feedback. In addition to sending a copy of the company report, consider filling out AFA's reporting form at www.ashdi.com. If you don’t have time to fill out the AFA report, please at least phone your local AFA safety chair. They want to hear from you.

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