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SCHOOL OF PUBLIC HEALTH

International Hazard Datasheet on Occupation

Flight Attendant

What is a Hazard Datasheet on Occupation?

This datasheet is one of the international Datasheets on Occupations. It is intended for those professionally concerned with health and safety at work: occupational physicians and nurses, safety engineers, hygienists, education and information specialists, inspectors, employers' representatives, workers' representatives, safety officers and other competent persons.

This datasheet lists, in a standard format, different hazards to which flight attendant may be exposed in the course of their normal work. This datasheet is a source of information rather than advice. With the knowledge of what causes injuries and diseases, is easier to design and implement suitable measures towards prevention.

Who is a flight attendant?

Flight attendant or cabin crew (also know as steward/stewardess, air host/hostess, cabin attendant) are members of an aircrew employed by airlines primarily to ensure the safety and comfort of passengers aboard commercial flights, on select business jet aircraft and some military aircraft.

What is dangerous about this job?

- Hazard of exposure to cosmic radiation and ozone
- Injuries, burns, cuts, hitting against objects while standing and moving around during flight
- Danger of being exposed to infectious diseases
- Job related stress can occur due to nature of working environment
- Risk of suffering from motion sickness and hypoxia
- Hazards of being exposed to chemicals within aricraft

Hazards related to this job

Accident Hazards 	Falls, trips and slips due to multiple dynamic forces of the moving aircraft	1
	Being struck by or pushed against objects	1
	Burns, cuts, contusions, or fractures	1
Physical Hazards 	Suffers from symptoms of oxygen deficiency or hypoxia (loss of memory, headaches) when the aircraft is flying at a high altitude	2
	Exposure to cosmic radiation emitted from the sun and other sources from universe (in flight ionizing radiation)	3
	Motion sickness caused by the abnormal movements and altitudes of the aircraft	4
	Risk of hearing loss	5
	Having discomfort (dryness of eyes, nose and throat) on long distance flights due to low humidity	6
Chemical Hazards 	Danger of exposure to flame retardant chemicals which are classified as carcinogens	7
	Illnesses caused by exposure to chemicals during aircraft disinfection	8
	Cough, upper airway irritation, tickle in the throat, chest discomfort, substantial pain or soreness, difficulty or pain when taking a deep breath, shortness of breath, wheezing, headache, fatigue, nasal congestion, and eye irritation as a result of exposure to ozone	9
Biological Hazards 	Hazard of getting infectious diseases (hepatitis A, malaria) while in destinations in high risk areas; risk of being infected by tuberculosis due to the close confinement nature of aircraft and long hours/flight duration	10
	Exposure to diseases which are caused by contamination within aircraft (Norovirus gastroenteritis)	11
Ergonomic, Psychosocial and Organizational Factors 	Repetitive strain injuries as a result of using poorly designed mobile carts	12
	Back pain caused by job functions done by awkward posture such as bending, stretching, pulling and pushing heavy equipment	13 14
	Risk of getting job related stress as a result of communicating with passengers, jetlag	2 15
	Symptoms such as fatigue, reduced alertness and impairment of mental performance, including diminished memory, reduced motivation, irritability, nausea and digestive problems occur as direct effects of jetlag	15 16

Preventive measures

1	Being aware oneself while working in moving aircraft
2	Relaxation and breathing exercises should be done to reduce the effect of stress, hypoxia and jetlag
3	Schedule should be arranged by reducing flying hours monthly and yearly, and avoiding flights which fly at higher altitudes and latitudes
4	Spacious open design of aircraft cabin must be available
5	Ear plugs should be worn
6	Appropriate air temperature should be maintained within aircraft and adequate rehydration should be taken
7	Frequent hand washing practice should be done
8	Nontoxic alternative methods, such as air curtains, should be used to minimize disease vector importation via aircraft cabins
9	Avoiding areas and altitudes where ozone concentration is high and using catalytic converter can minimize ozone exposure
10	Hepatitis A vaccination should be recommended for the flying crew who is flying to high risk area. All preventive measures for malaria should be notified
11	Adequate disinfection of airplanes should be provided by airlines.
12	Designs of mobile cart should be improved to user friendly style
13	Well-maintained equipment could reduce rates of back pain
14	Training programs including safety procedures and ergonomic training should be given to flight attendants by qualified personnel
15	Flying patterns should be balanced, for example a trans-Atlantic flight, followed by several short-haul flights, to minimize the effects of jetlag. Ear plugs and eye masks should be used while sleeping to reduce noise
16	Schedule management, light exposure and pharmacological treatment can be done to reduce the impact of jetlag

Specialized Information

Synonyms	Stewards/stewardesses; air hosts/hostesses; cabin attendants; cabin crew
Definitions and/or description	Flight attendants (cabin crew) are people who are responsible for providing services in safety and comfort of passengers. during flight. The cabin crew (or flight attendants) are primarily responsible for passenger safety. Flight attendants perform routine safety duties; in addition, they are responsible for monitoring the aircraft cabin for security and safety hazards. In the event of an emergency, the cabin crew members are responsible for the organization of emergency procedures and for the safe evacuation of the passengers. In flight, cabin crew may need to respond to emergencies such as smoke and fire in the cabin, turbulence, medical trauma, aircraft decompressions, and hijackings or other terrorist threats. In addition to their emergency responsibilities, flight attendants also provide passenger service such as serving food and beverages, preparing passengers and aircraft for landing, assisting needs of passengers such as small children and the elderly
Related and specific occupations	Inflight Services; Air Transportation Supervisor; Inflight Manager; Inflight Supervisor; In-Flight Crew Member; Lead Instructor; Purser
Tasks	Verifying first aid kits, emergency equipment, and other inflight and onboard necessities; directing and assisting passengers in emergency procedures; administering first aid; announcing; demonstrating safety and emergency procedures; verifying passengers; upholding federal regulations; preparing; attending preflight briefings; checking supplies; determining; announcing
Primary equipment used	Aircraft escape or ejection systems such as emergency exit doors and windows, evacuation slides, slide raft packs, window exit escape ropes; aircraft oxygen equipment such as chemical oxygen generators, portable oxygen equipment, protective breathing equipment, and supplemental oxygen systems; automated external defibrillators AED or hard paddles; blood pressure cuff kits; cool containers such as refreshment carts, refrigeration units, storage compartments; first aid kits; life vests or preservers; emergency rafts and/or slide rafts; calendar and scheduling software; computer based training software
Workplaces where the occupation is common	Government, commercial and private airlines
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