

GLIDING NEW ZEALAND

ADVISORY CIRCULAR

**FIRST AID
And
SURVIVAL KITS**

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1. Introduction

- 1.1 This Advisory Circular provides guidance on the following:
- Carriage and use of First Aid Kits in gliders
 - Contents of First Aid Kits
 - Use of First Aid Kits
 - Carriage of a Survival Kit in gliders
 - Contents of a Survival Kit

2. Carriage and use of First Aid Kits in gliders

2.1 Each glider and powered glider shall carry a first aid kit containing the items listed in the following schedule. The first aid kit is deemed part of the aircraft's equipment and must therefore be fitted and serviceable for flight.

2.2 The first aid kit may be used as required to render first aid during gliding operations. Replacement of any items used must be made to ensure the kit is serviceable prior to further flight.

3. Contents of First Aid Kits in gliders

3.1 The following table details the contents required to be carried in a glider First Aid Kit. The container used should be located in such a position that the pilot can reach it while sitting unstrapped in the cockpit. The container should be sealed in such a way as to provide evidence of tampering yet be able to be opened using only one hand. This helps ensure an injured pilot has the best chance of administering their own first aid.

Items	Single Seat Glider	Two Seat Glider
4x4 gauze swabs	10	15
7.5 cm crepe bandages	2	4
Triangular bandage	1	2
Roll 2.5 cm adhesive tape	1	2
Pair of scissors	1	1
Strip of 10 Paracetamol (pain killer)	1	2
Safety pins	6	10
First Aid instruction leaflet	1	1
Ground to air emergency signalling code	1	1
Mirror (preferably metal)	1	1
Container	1	1

4. First Aid Instruction Leaflet

4.1 The First Aid instruction leaflet should contain at least the following instructions:

To stop bleeding

Apply gauze swab/s over cut and then apply enough pressure to stop bleeding. The pressure can be maintained by wrapping the crepe bandage/s over the appropriate area. This may need to be padded and this could be achieved by cutting pieces from clothing to form padding over the gauze the applying the bandage.

Fractures

These need immobilisation. Splinting of the lower limb can be achieved by using a non-fractured leg as a splint, or using a piece of wreckage or a branch. For upper limb fractures, use the triangular bandage as a sling.

Pain Relief

Paracetamol tablets. Two tablets may be repeated after four hours.

5. Survival Kits

5.1 The combination of terrain and weather can be extremely hostile for a "downed" aircraft and it's pilot(s). Pilots conducting cross-country flights are therefore recommended to carry the following basic survival kit:

- 1 Emergency Locator Transmitter (ELT), preferably satellite compatible
- 1 Heliograph
- 1 Orange smoke flare
- 1 Packet waterproof matches
- 1 Swiss army knife or similar (sharp blade, saw blade, bottle opener, can opener.
- 1 Small packet of glucose sweets (10)
- 1 or 2 Space blankets (single or two seat gliders)

5.2 The carriage of a cell phone may also enhance a pilot's means of advising location and retrieve / rescue requirements.