

# **SIX STEP Egress Procedures**

- 1. Survivor**
- 2. Unplug**
- 3. Open Door: Brace**
- 4. Wait for violent motion to stop: Sit Up**
- 5. Clear exit: Reference Point**
- 6. Release seat belt: Exit**

*“If you see something, say something”*

# **Flight Preparation**

**Is a flight plan in place?**

**Have you received a mission and aircraft briefing?**

**Do you know the location of the aviation life support equipment? How would you get to it?**

**Are you prepared for extreme weather conditions?**

**Are survival items accessible on your person?**

**Have you planned your primary and secondary egress routes?**

**Are you proficient at opening the door and releasing your seat belt?**