Helicopter STABO Operations

I. Training Briefing / Roll Call

A. Gather a list of student's and their weights
1. Match partners according to weight

B. Detail of the day's events
1. Safety review and locations for training

II. Helicopter Safety

A. Main Rotor, Tail Rotor, and engine exhaust awareness
1. Main rotor strikes
2. Walking into the Tail Rotor
3. Not walking between the fuselage and the tail boom as the engine exhaust will burn you

B. What to do in case of an emergency
1. Location of fire extinguisher
2. First Aid kits
3. Remaining in the aircraft until the blades stop moving
4. Ditching the aircraft in water
5. Location of fuel shut off switch

C. Approaching the aircraft
1. Level and uneven landings
2. Communication with the Pilot
3. Entering and exiting the aircraft
4. Seats and seatbelts

D. Loose clothing and loose items in and around the aircraft
1. Dangers of items flying out of the aircraft
2. Loose items on the ground being blown up into the Tail Rotor
3. Dangers of items flying off of your person while riding on the skids

E. Safety responsibility
1. Everyone is responsible for safety
2. Anyone can stop the training at anytime for any reason in order to insure the safety of the class

III. Long Line inspection / Body Harness use

A. Policy review
1. Reading of the STABO policy

B. Harness hang syndrome
1. Pass out handout on harness hang syndrome and discussion
2. Signs and symptoms
3. How to correct the problem

C. Personal protective equipment
1. Long sleeve shirt, gloves, boots, goggles, knife and pants

D. Buddy checks
1. What are buddy checks
2. How are they performed
3. When should they be done
4. "I think this will work" will not work

F. Hand signals
1. Takeoff
2. Cancel Takeoff
3. Disconnected from the line
4. Clapping of legs and feet to indicate 10 feet from the ground

G. Rope inspection
1. Removing the rope
2. Opening protective sleeve and inspecting the rope
3. Inspection of carabineers and swivels

H. Attaching the Long Line to the helicopter
1. Placement of carabineers, and swivel
2. Placement of rope under and in front of the helicopter
3. Electric hook checks
4. Manual hook checks

I. Attaching the Long Line to the body harness
1. Matching colors of the A frame
2. Inspecting the buddy strap
3. How to use the double locking clips
4. Attaching clips to bottom ring of body harness

J. Attaching safety straps for skid rides/toe ins
1. To the helicopter
2. To the body harness

IV. Skid ride and Toe in instruction

A. Review of Rotor Blade awareness
1. Toe ins are done on uneven surfaces and the main rotor blade may be closer to the ground than normal
2. Approach the aircraft at a 45-degree angle

B. Communication with Pilot and each other
1. Eye contact
3. Hand signals

C. Getting on the skids and off of the skids
1. Approaching the aircraft
2. Getting on and off together from the front of the aircraft
3. Slow deliberate movement to minimize weight transfer
4. Moving away from aircraft and finding cover while aircraft departs

D. Proper foot placement
1. Weight transfer
2. Placing feet on the lower skid bracing the back foot against the upright support
3. Leaning into the aircraft

E. Dry run with the helicopter on the landing pad
1. Disconnect the landing trailer from the ATV
2. Have students communicate with the pilot and approach the aircraft
3. Getting on the trailer and the skids without moving the trailer
4. Moving toward the back of the aircraft without moving the trailer
5. Attaching the safety straps and leaning into the aircraft
6. Communicate with the pilot and removal of the straps
7. Repeat the process for exiting the aircraft

Lunch 1100-1200hrs

V. STABO Practical

A. Each student will perform 4 short haul rides and 4 skid rides with toe ins
1. Putting on the body harness
2. Buddy checks
3. Each time a student is lifted from the ground by the helicopter counts as one short haul
4. Each time a student gets on and off the skids counts as one skid ride
5. There will be one instructor at the main LZ with a separate instructor at the other end of both the short haul and toe in LZ