



A recent Aeroflot flight suddenly was rocked by severe winds. Many passengers flew out of their seats, causing some bad injuries. What can senior flyers do to prevent personal danger when sky-high rocking strikes?

First, be sure to heed seat belt warnings from the cockpit. With today's advanced electronics, for almost all upcoming turbulence, the pilot will have early indications of what bad conditions could happen in the moments ahead. When you hear the information and specific warnings, fasten your seat belt securely, bring up and lock your tray and put away any loose items in your seat area. If you have a pad or pillow, brace it behind your neck to absorb any sudden turbulence shock.

If there's a small child and/or physically-limited senior with you, be sure to help secure that person's safety until you hear the announcement that the danger period is over.