



## **Your Wings in the Himalayas**

### **Passenger Information Leaflet**

#### **Use of Supplemental Oxygen on Board**

#### **Why Oxygen is Needed**

- In an unpressurised aircraft, air becomes thinner as altitude increases.
- Above 10,000 ft, oxygen levels drop enough to affect the body.
- At altitudes approaching 20,000 ft, supplemental oxygen is essential for safety, comfort, and awareness.

#### **Effects of Reduced Oxygen**

Without supplemental oxygen, passengers may experience:

- Headache, dizziness, or fatigue
- Impaired judgement or slower reaction time
- Shortness of breath
- In severe cases: loss of consciousness

#### **Oxygen Provision in Flight**

- Oxygen masks will be available at each passenger seat.
- Before flight, the crew will provide a demonstration of correct use.
- Masks must be kept within easy reach throughout the journey.

#### **When to Use Oxygen**

- At altitudes above 10,000 ft: Passengers may be advised to begin using oxygen.
- At altitudes above 12,500 ft: Use is strongly recommended for extended periods.
- At altitudes above 15,000 ft: Oxygen use is mandatory for all passengers.
- The crew will advise you when to don your mask.

#### **How to Use the Oxygen Mask**

1. Pull the mask firmly to start oxygen flow.
2. Place the mask over your nose and mouth.
3. Secure the elastic band around your head.
4. Breathe normally—oxygen will flow automatically.
5. Keep the mask on until advised it is safe to remove.

Your safety is our priority.  
Thank you for flying with us.



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### **Important Reminders**

- Always follow the crew's instructions.
- Do not tamper with oxygen equipment.
- If you feel unwell at any time, inform the crew immediately.
- Oxygen is provided for your safety and comfort—never hesitate to use it when advised.

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