

Course code	NSC400
Course name	Bideltoid (Shoulder) Measurement
Duration	15 minutes
Target group	Employees travelling offshore by helicopter
Prerequisites	None The delegate should wear a sleeveless top or bare arms for being measured. The measuring will be done during the course day.
Objective	EASA (European Aviation Safety Agency) has implemented regulation AMC1 SPA.HOFO.165 (h) which means that from 1 November 2018, all passengers travelling offshore by helicopter will be required to sit in a seat where the nearest underwater emergency exit is compatible with their body size.
Contents	Helicopter passengers will be measured by the width of their shoulders and those whose shoulder width is greater than 55.9 cm will be classified as XBR. Passengers measuring 54.8 cm and above will need to be re-measured after 4 years.
Exam	None