

Welcome to your adventure on South African Airways.

We're about to show you some important safety instructions for your journey ahead.

Your seatbelt is your safety harness while we soar. Fasten it by inserting the flat metal end into the buckle and adjust by pulling the strap.

To unfasten it, lift the flap to release the buckle.

If you are seated in Premium Class also ensure that your shoulder-belt is fastened for take-off and landing.

To unfasten unhook the shoulder belt and push the button to release the buckle.

Make sure you keep your seatbelt fastened whenever the seatbelt signs are on. However, for your own safety we recommend that you keep it fastened at all times.

For those who need them, infant and extension belts are available from the crew.

This Airbus 330-300 has 8 emergency exits, four in the front of the wing, and four behind the wing. Ensure you familiarise yourself with the location of the nearest exit, which may be behind you.

In an emergency, clearly visible emergency lighting will direct you to all exits.

If you are seated at an emergency exit, you may be called upon to open the exit door in an emergency, so familiarise yourself with the operation of the door before take-off.

Make sure your baggage is stowed in the overhead compartment or under the seat in front of you.

If you are seated at an emergency exit, your baggage may not be stowed under the seat but must go into the overhead compartment.

Remember to take care when opening the overhead compartments as some items may have shifted.

The use of small handheld devices such as mobile phones, tablets and e-readers with the exception of laptops, is permitted from gate departure to gate arrival, provided flight mode or its equivalent is activated. Ensure you activate flight mode or its equivalent now.

Transmitting devices not equipped with flight mode or its equivalent must remain switched off throughout the flight.

Please take a look at the safety guide in our Sawubona magazine for a list of devices allowed for use during the flight.

In certain emergency situations, the cabin crew may give the brace command.

Lean forward.

Place your head between your knees with your hands over your head, or cross your arms against the seat in front of you and lean on them.

Pull your feet back as far as possible.

If your seat has a shoulder-belt, sit upright, place your hands on your knees and rest your chin on your chest.

Smoking is prohibited on all SAA flights and it is an offence to smoke on board. This includes the use of e-cigarettes. All toilets are monitored by smoke detectors, so there's no smoking until we have landed and you're in a designated smoking area.

There is a life jacket at your seat. When instructed by the crew, remove the jacket from its pouch and pull it over your head. Bring the tape around your waist and fasten the clips at the front. Make sure you only inflate the life jacket when you reach the exit. Pull the toggle to inflate. You can re-inflate the jacket by blowing into the mouthpiece. When in water, a light will automatically illuminate to attract attention.

If you are seated in Premium class, ensure that the shoulder-belt is secured over the life jacket. In the event of a water evacuation, the crew will provide infant life jackets.

Should there be a loss of cabin pressure, remain seated. Oxygen masks will automatically drop from above you. Pull the mask down to start the flow of oxygen, place it over your nose and mouth and secure it with the elastic band. Secure your mask first before helping others. Just remember, the bag won't inflate, just keep breathing steadily.

We are now preparing for take-off. Ensure your seat is in the upright position, with your tray table and footrest folded away, your seatbelt fastened, and your window shutter is open.

If you missed any of these instructions don't worry; it's on your safety card in your seat pocket.

If you have any questions, please don't hesitate to ask –our crew is here to make sure you're comfortable.

That's all from us for now. You're about to embark on your adventure. Enjoy your journey across the skies.

South African Airways

Bringing the World to Africa. Taking Africa to the World.