



## OSF Life Flight Ride-Along Information

### OBSERVATION HOURS:

The ride a long shift begins at the shift start time at each base of operations and is eight hours in length. We ask that you arrive at least ten minutes before the start of your shift.

Peoria: 7:00am-7:00pm  
Peru: 6:00am-2:00pm  
Rockford 7:00am-3:00pm

There are rare occasions your shift may need to be cancelled or re-scheduled, so please call the OSF Flight Communications Center prior to driving to the base on the morning of your ride along shift. 309-624-2386.

If you are unable to keep your ride along shift we ask that you call the OSF Life Flight Communications Center as soon as possible to cancel prior to the start of the shift. If you are considered a “no call/no show” you will not be re-scheduled.

Please arrive well rested the day of your scheduled ride along shift, and don’t plan on working the night before. If the flight crew feels you are too fatigued to safely fly, you will be sent home.

Due to the weight and balance requirements of the helicopter, please be reminded that we have a firm ride along **weight restriction of 220 pounds**.

### APPROPRIATE ATTIRE:

Professional dress is required. Fire, EMS, and law enforcement personnel may wear their uniforms. All other ride along participants will be required to wear durable khaki black or navy-blue pants and a solid color polo type shirt. **Jeans and scrubs are not appropriate attire for a ride along shift.** Please dress appropriately for the weather. It is not uncommon to spend extended periods of time out in the elements.

For cold weather ride along shifts please bring the following with you: hat, gloves, boots, warm jackets, heavy socks, and long underwear.

Boots are the best footwear for ride along shifts. Shoes with a non-slip tread and firm ankle support are also acceptable. Tennis shoes, sandals, clogs and open toe/open back shoes are not acceptable.

All ride-along participants shall wear helmets and hearing protection during all components of flight. When not in use, the helmet is to be secured safe and accessible place provided by OSF Life Flight crew.

### **PERSONAL APPEARANCE:**

The OSF Healthcare Personal Appearance Policy requires the following:

- Males are expected to be clean shaven or wear neatly trimmed mustaches, sideburns, and beards not greater than two inches in length.
- Tattoos are concealed and covered to maintain a professional appearance. If the tattoo is unable to be covered by clothing, it is covered by a bandage when at work.
- Except for small conservative earrings placed in the ears, any other visible “piercing” jewelry (including nose, lips, eyebrow, and tongue piercings) is not acceptable.

If a ride-along participant does not meet the uniform requirements, he or she will be asked to forfeit his/her ride-along shift.

### **ADDITIONAL INFORMATION:**

- A busy day with OSF Life Flight may offer little or no time for meals, drinks, or snacks. You may also encounter turbulences, vibration, noise and extreme hot or cold. If you have a medical condition that may make it difficult for you to perform in these conditions please document that on your ride along application form.
- Make sure you eat breakfast. Flying on an empty stomach will increase your chance of becoming airsick.
- Bring something to eat and drink throughout the day. The base has a refrigerator and a kitchen area that you are welcome to use.
- Bring money with you so in the case of back to back flights you may purchase drinks or food items from a vending machine.
- Please bring something to do during idle time such as homework, book to read etc.
- Due to the unpredictability of calls, we are unable to guarantee that you will return to the base by any certain time. Please plan your evening accordingly.
- There is a rare chance due to weight and balance of the aircraft; you may be left behind at a scene or at an outlying facility. We will make every effort to keep you safe and arrange for your pick up as quickly as possible. If we are aware of a weight issue before leaving the base, you will be left behind.
- Cell phones must be in airplane mode at all times while the aircraft is running. You are free to take pictures while in the air. However due to HIPPA restrictions, photography is prohibited once on scene/bedside and while a patient is in the aircraft.
- You must carry a valid driver’s license or an official ID with you at all times.

Thank you for your interest in the OSF Life Flight Ride-Along Program. We hope you have a fun and exciting day. In the event of poor weather conditions or you don’t get any flights we will attempt to re-schedule you based on availability.

**OSF LIFE FLIGHT BASES:**

Peoria Base  
1400 Johanson Rd  
Peoria, Illinois 61607  
309-624-2386

Peru Base  
4241 Ed Urban Dr.  
Peru, Illinois 61354  
815-220-0364

Rockford Base  
40 Airport Dr.  
Rockford, Illinois 61109  
815-921-8910