



Recent news reports injuries in a United flight from Houston to London when it was rocked by severe turbulence. Many passengers and crew members were thrown around and needed medical care. It also caused the flight to be diverted into another airport, creating schedule problems for all aboard.

On almost all flights, by regularly scanning threatening weather ahead, the pilot warns all aboard of expected turbulence. When you get the info, immediately get back into your seat, tightly fasten the seatbelt and stow away all loose items. This is especially important for senior travelers, typically not as agile as younger people, who may suffer more serious injuries from unexpected turbulence.