Gearing up for 8-10

Have you signed up for Twitter yet?

We are days away from an August 10 (8-10) Online Day of Action to keep our rest and jobs in front of Congress. Our representatives need to take action now to enact 10 hours irreducible rest for Flight Attendants and protect good U.S. aviation jobs.

Twitter is an effective platform to connect with our legislators and we've made it simple for you to sign up and participate.

Click here to get started.

On August 10 (8-10), we will provide a click through list to targeted members of Congress. In the meantime, here's what you can do to prepare for our Day of Action.

8/10 Day of Action checklist:

1. Create a Twitter Account.

2. Like AFA on Facebook and follow AFA on Twitter.
3. Schedule 15 min on your calendar for August to to make a difference.

4. Spread the word with your flying partners.

**Participate in the Online Harvard Flight Attendant Health Survey**

Anyone remember completing a Flight Attendant health survey back in 2007?

Researchers at Harvard University were working to better understand how Flight Attendants’ working conditions impact health. The response from our membership was strong and that first round of data showed that particular health conditions (like reproductive cancers and fatigue) were clearly elevated.

In 2015, the survey was distributed again, and the summary responses to those surveys have been submitted to a journal for publication. To date, then, more than 16,000 surveys have been completed – in strict confidence, without any connection to airline management, and without sharing any identifying information – about Flight Attendants’ working conditions and health.

The [website link to the survey](#) is now active, so whether you are a current or former Flight Attendant, and whether you have participated in an earlier round or not, AFA encourages you to take the time to complete the online survey. It is confidential, and the information and insights you provide will help this research group to better understand the health of our work group. You can also review [this research team flyer](#) and read [more information on the research](#).