

Re: Flight #445 SEA-IAH on 8/17/2016

As we were beginning our descent into Houston the Captain called to tell the flight attendants to prepare the cabin for arrival right away and be seated as we would most likely be experiencing turbulence on the descent. I picked up service items in first class. Just as I was taking my jumpseat we hit turbulence. Michael (FA02) called to the 1L jumpseat and stated that Laura broke her ankle and asked that one of us could come back and help.

I called the captain to see if it would be safe to go to the back galley. He said it would for a couple minutes. Pam, the lead f/a went back to help. I asked the Captain to have paramedics meet the flight. We paged for a United f/a that might be pass rider so they could sit on the jumpseat but there were none on board.

We landed in Houston and paramedics came on to care for Laura.

Pamela Hel
[Redacted Signature]