



Our Wings Carry Your Dreams

Pilots (students included) self-certify that they are fit to fly every time they plan a flight. One way of checking that you are ready and able to undertake a flight is to run through the “I’M SAFE” mnemonic.

An example of where a student should have thought about, I’M SAFE is where a student scheduled a training session immediately after working a 12-hour night shift. Not a great idea and your instructor will not let you fly in these circumstances.

I'M SAFE

- **(I) llness** – Are you suffering from any illness or symptom of an illness which might affect you in flight?
- **(M) edication** – Are you currently taking any drugs (prescription or over the counter)? Are they affecting you?
- **(S) tress** – Are there any psychological or emotional factors which might affect your performance?
- **(A) lcohol** – Has there been at least 8 hours between your last alcoholic drink and the commencement of your flight?
 - Is it likely that your blood alcohol concentration exceeds 0.02%?
 - Are you in any way affected by alcohol (including a hang-over)?
- **(F) atigue** – Have you had sufficient sleep and rest in the recent past?
- **(E) ating** – Are you well fed and hydrated? (Low blood sugar or dehydration leads to poor decision making and degraded reaction times)

