

Medical Summary — “The Bottom Line”

Before even approaching the PPC, you must take a moment to reflect upon your current medical, physical, and psychological condition. It is in this reflective moment that you should begin to evaluate your ability to safely conduct the flight. Once satisfied with your self-evaluation, the preflight inspection can then continue. Using the “I’M SAFE” checklist is a smart way to start your preflight before getting to the powered parachute. Prior to flight, assess your fitness as well as the aircraft’s airworthiness. [Figure 1-5]

A graphic of a checklist titled "I'M SAFE CHECKLIST" in red. The title is preceded by a checkmark icon. The checklist items are: "Illness—Do I have any symptoms?", "Medication—Have I been taking prescription or over-the-counter drugs?", "Stress—Am I under psychological pressure from the job? Worried about financial matters, health problems, or family discord?", "Alcohol—Have I been drinking within 8 hours? Within 24 hours?", "Fatigue—Am I tired and not adequately rested?", and "Eating—Am I adequately nourished?". The graphic has a folded corner effect at the bottom right.

✓ **I'M SAFE CHECKLIST**

Illness—Do I have any symptoms?

Medication—Have I been taking prescription or over-the-counter drugs?

Stress—Am I under psychological pressure from the job? Worried about financial matters, health problems, or family discord?

Alcohol—Have I been drinking within 8 hours? Within 24 hours?

Fatigue—Am I tired and not adequately rested?

Eating—Am I adequately nourished?

Figure 1-5. Prior to flight you should assess your fitness, just as you evaluate the aircraft’s airworthiness.