

**I**

Are you well enough to fly? Do you have any current or recent illnesses that could affect your flight (including a common cold or allergies)?

**ILLNESS****M**

Have you taken any prescription or over the counter medications that could impair your ability to fly? Are you sure there are no side effects?

**MEDICATION****S**

Are you calm, rational and not under any pressure to fly? Are you stressed due to work, family, health or financial issues?

**STRESS****A**

How much alcohol have you consumed in the past 8 and 24 hours? The permitted alcohol limit for aviation is less than 25% of the UK drink drive limit.

**ALCOHOL****F**

Have you slept well and are you adequately rested? Are you alert enough to safely conduct your intended flight?

**FATIGUE****E**

Are you adequately nourished? Have you had enough to eat and drink? Are your blood sugars correct?

**EATING**

**I'M SAFE**  
**CHECKLIST**

**Flynqy**  
PILOT TRAINING

## THREAT AND ERROR MANAGEMENT

As a pilot you should complete the 'I'M SAFE' check prior to every flight. This check helps to determine that you are fit and ready to fly by providing you with a pre-flight health and wellbeing assessment. Your fitness to fly can affect your decision making processes and your capability to manage complex tasks and workload. Human Factors such as stress, illness and fatigue can inhibit our capabilities as a pilot. Once your workload exceeds your capabilities, your margin of safety reduces and your chance of making serious errors is significantly increased. Being fit and healthy prior to flight will give you the best chance to make good decisions, avoid accidents and apply your pilot skills successfully.

### NOTES:

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**FLYNQY PILOT TRAINING**  
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