

The “I'M SAFE” card is a personal checklist that ensures the following statement is valid. I'm physically and mentally safe to fly; not being impaired by:

Illness. Even a minor illness suffered in day-to-day living can seriously degrade performance of many piloting tasks vital to safe flight. The safest rule is not to fly while suffering from any illness. If this rule is considered too stringent for a particular illness, the pilot should contact an Aviation Medical Examiner for advice.

Medication. Pilot performance can be seriously degraded by both prescribed and over-the-counter medications, as well as by the medical conditions for which they are taken. The FAR's prohibit pilots from performing crew member duties while using any medication that affects the faculties in any way contrary to safety.

Stress. Stress from everyday living can impair pilot performance, often in very subtle ways Stress and fatigue (lack of adequate rest) can be an extremely hazardous combination.

Alcohol. Extensive research has provided a number of facts about hazards of alcohol consumption and flying. As little as one ounce of liquor, one bottle of beer or four ounces of wine can impair flying skills.

Fatigue. Fatigue and lack of adequate sleep continue to be some of the most treacherous hazards to flight safety, as it may not be apparent to a pilot until serious errors are made.

Emotion. The emotions of anger, depression, and anxiety may lead to taking risks that border on self-destruction.