

I'M SAFE

Personal Fitness for Flight!

Illness?

Do I have an illness or any symptoms of an illness or disorder?



Medication and other drugs?

Have I been taking or mixing prescription, over-the-counter or recreational drugs?

Stress?

Am I under psychological pressure from the job or personal circumstances?
Am I worried about financial matters, health problems or family matters?



Alcohol?

Have I been consuming alcohol within the previous 8 hours? Is my blood alcohol content less than 0.02? Would my average alcohol consumption be classified at greater than "very low risk"?



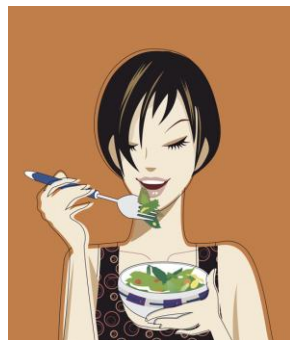
Fatigue?

Am I tired or inadequately rested?



Eating and Drinking?

Am I inadequately nourished and/or dehydrated?



Adelaide Airsports