

Quick reference

Are you safe to fly?

- | | | |
|--------------------|--------------------------|--|
| I llness | <input type="checkbox"/> | Am I physically well? |
| M edication | <input type="checkbox"/> | Am I free from the effects of drugs? |
| S tress | <input type="checkbox"/> | Am I free from significant stress? |
| A lcohol | <input type="checkbox"/> | Am I free from the effects of alcohol? |
| F atigue | <input type="checkbox"/> | Am I adequately rested? |
| E ating | <input type="checkbox"/> | Have I eaten properly so I can work effectively? |

DON'T FLY IF YOU'RE NOT SAFE