The Pilot’s IMSAFE Check List

Safety starts before you climb into the helicopter. A good first step for all pilots is this simple IMSAFE check list:

• **Illness** - Are you, the pilot-in-command, suffering from any illness or any symptom of illness that might affect you in flight?

• **Medication** - Are you currently taking prescription or over-the-counter drugs?

• **Stress** - Are there any psychological or emotional factors that might affect your judgment or performance?

• **Alcohol** – What was your alcohol intake within the last 8 to 24 hours?

• **Fatigue** - Have you had sufficient sleep and rest in the recent past?

• **Eating** - Are you adequately nourished?

*If any of your answers cause you any concern, climb out of that helicopter. Be responsible. Be safe.*