



# North Carolina Wing Weekly Safety Blast



## 2018 - Topic #5 - I.M.S.A.F.E

### Reason for this Blast:

**Doing a preflight is second nature to most aviators. Be sure to preflight yourself as well using a simple checklist. This applies to non-aviators as well.**

### Safety Points:

Simple six step checklist to make sure you are ready to handle the task at hand. This helps to ensure you are free from:

1. **Illness:** Do you have an illness or any symptoms of illness. It can impair judgement and affect your physical ability to perform a task.
2. **Medication:** Have you been taking over the counter or prescription medication? How do they affect you?
3. **Stress:** Are you under any pressure or other influence from work, family finances or similar matters? It could be distracting at a critical point.
4. **Alcohol:** Have you been drinking? The rule for aviators is 8 hours, but consider that for other tasks as well. Impaired judgment can cause you to take a risk that you wouldn't normally take.
5. **Fatigue:** Have you gotten enough rest or was the day harder than normal. Don't take on another task if you're tired.
6. **Emotions:** Are you emotionally upset? Had an argument with the spouse or a disagreement with an employer. Keyed up emotional states can lead to poor decision making.



### MAIN DISCUSSION POINT OF THIS SAFETY BLAST

**Before you take on a job, preflight yourself to make sure you're in the right frame of mind.**