

# ARE YOU FIT TO FLY?

**I**LLNESS Free of illness and symptoms

**M**EDICATION Safe medication only

**S**TRESS Managing stress well at home and work

**A**LCOHOL OR DRUGS Free of alcohol and drugs and their effects

**F**ATIGUE Rested and sleeping well

**E**ATING Fed, watered and ready to go



Remember to give yourself  
the **'I'M SAFE'**  check  
before you take to the sky!