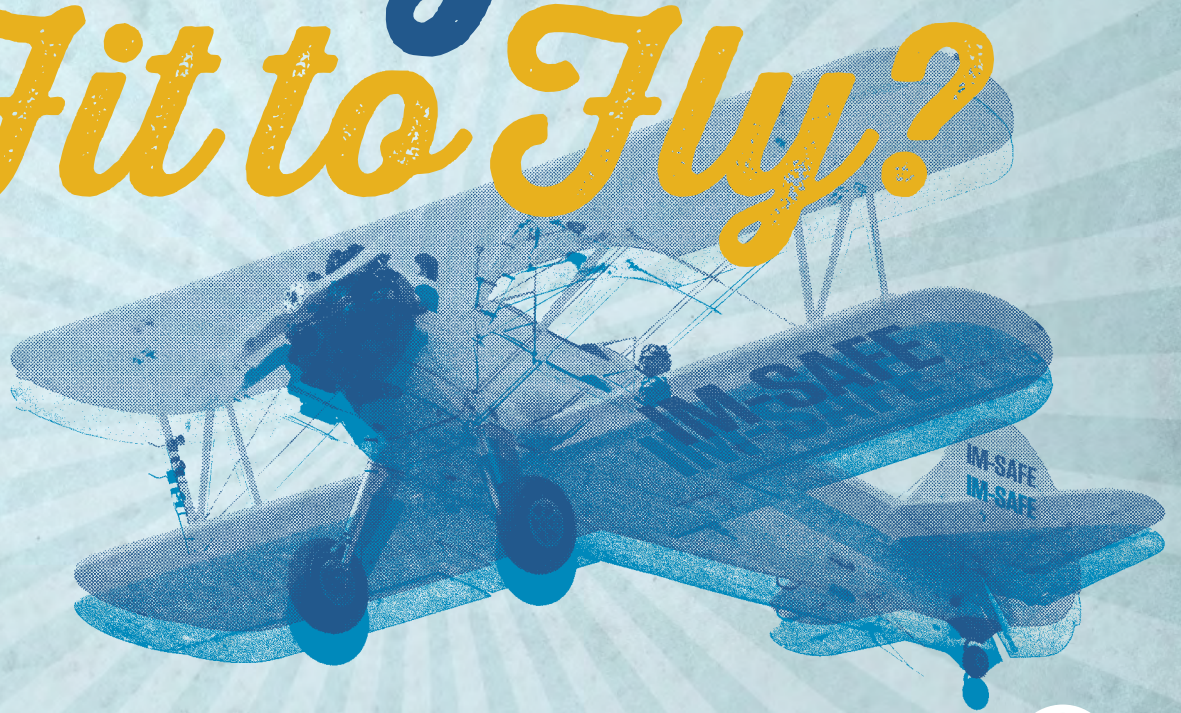


Are You Fit to Fly?



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



- 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