

AM I FIT TO FLY? REMEMBER THE

I'M SAFE

 CHECKLIST

I



M



ILLNESS

Free of illness and symptoms



MEDICATION

Safe medication only

S



A



STRESS

Managing stress well at home and at work



ALCOHOL AND DRUGS

Free of alcohol and drugs and their effects

F



E



FATIGUE

Rested and sleeping well



EATING

Fed, watered, and ready to go



Te Kāwanatanga o Aotearoa
New Zealand Government



CIVIL AVIATION AUTHORITY
OF NEW ZEALAND
Te Mana Rererangi Tūmatanui o Aotearoa