AM I FIT TO FLY? REMEMBER THE

## I'M SAFE

···· ← CHECKLIST

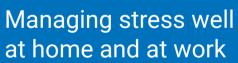
ILLNESS
Free of illness
and symptoms



S



STRESS







ALCOHOL AND DRUGS

Free of alcohol and drugs and their effects

F



**FATIGUE** 

Rested and sleeping well



**EATING** 

Fed, watered, and ready to go



