

I'M SAFE !

***I*llness**

Even a minor illness suffered in day-to-day living can seriously degrade performance of many aircrew & ground crew tasks vital to safe performance. The safest rule is not to perform while suffering from any illness

***M*edication**

Aircrew & ground crew performance can be seriously degraded by both prescribed and over-the-counter medications, as well as by the medical conditions for which they are taken. Aircrew & ground crew members are prohibited from performing crewmember duties while using any medication that affects the faculties in any way contrary to safety.

***S*tress**

Stress from everyday living can impair performance, often in very subtle ways. Stress and fatigue (lack of adequate rest) can be an extremely hazardous combination.

***A*lcohol**

Extensive research has provided a number of facts about hazards of alcohol consumption. As little as one ounce of liquor, one bottle of beer or four ounces of wine can impair crewmember skills.

***F*atigue**

Fatigue and lack of adequate sleep continue to be some of the most treacherous hazards to aircrew & ground crew safety, as it may not be apparent to a crewmember until serious errors are made.

***E*motion**

The emotions of anger, depression, and anxiety may lead to taking risks that border on self-destruction.

BE SAFE !