IM SAFE Checklist

* Illness: Do I have any symptoms?
* Medication: Have I been taking any prescription or over the counter drugs than can hinder my ability to safely fly
* Stress: Am I under any psychological pressure from the job? Are there any outside pressures such as financial, health or family problems?
* Alcohol: Have I been drinking within the last 8 hours, if it has been longer, do is feel safe to fly?
* Fatigue: Am I tired and not adequately rested?
* Emotions: Am I emotionally upset?

Based on The FAA Safety Team (FAAST) March 15 Safety Topic-available for download at https://www.faa.gov/newsroom

The 5 P’s

Plan

Plane

Pilot

Passengers

Programming