



# Medical Self-Assessment

## Head to Toe Preflight Checklist

### Review before Flight:

#### 1. Illness

- No headache, allergies, upset stomach
- No injury, pain

#### 2. Medication

- None affecting judgment
- None causing drowsiness

#### 3. Stress

- No significant money problems
- No health issues
- No life changes that are stressful

#### 4. Alcohol

- none
- 8 hours ago
- 24 hours ago

#### 5. Fatigue

- Not tired
- No interrupted sleep
- No impulse to doze off

#### 6. Eating

- Had a nourishing meal
- Had proper nutrition
- Had adequate hydration

#### 7. Pilot

- Read
- Current
- Feeling fine

#### 8. Aircraft

- Appropriate for flight
- Mechanically sound

#### 9. Environment

- Appropriate for flight**
- Appropriate for skill level

#### 10. External pressure

- Emotionally fine
- Passenger briefed
  - i. discussed pilot/passenger expectations
  - ii. discussed reasons to cancel flight

## Review before Flight:

### IMSAFE

- **I**llness—Am I sick?
- **M**edication—Am I taking medicines?
- **S**tress—Am I under stress?
- **A**lcohol—Have I been drinking?
- **F**atigue—Am I tired?
- **E**ating—Have I eaten?

### PAVE

- **P**ilot in Command—Am I ready?
- **A**ircraft—Aircraft appropriate?
- **E**nvironment—Weather, airspace, terrain
- **E**xternal Pressure—Emotional, skills, passenger

## Review during Flight:

### 5Ps

- **P**lan—Weather, route, fuel, pilot and passenger endurance
- **P**lane—Equipment, database updates
- **P**ilot—Proficiency, currency, physical wellbeing
- **P**assengers—Involve in decisions, physical wellbeing
- **P**rogramming—Plan ahead, consider physical endurance

### 3Ps

- **P**erceive—Identify hazards associated with the flight
  - Fatigue, dehydration, anxiety
- **P**rocess—Evaluate impact of hazards on flight safety
- **P**erform—Implement best course of action

