**IM SAFE Checklist**

A standardized method used in evaluating the health and safety of crew members employs the IMSAFE checklist. You can use it to easily and effectively determine physical and mental readiness for flying.

**I**llness: Am I sick? Illness is an obvious pilot risk.

**M**edication: Am I taking any medicines that might affect my judgment or make me drowsy?

**S**tress: Stress causes concentration and performance problems. While the regulations don’t list stress as a medical condition that requires grounding, you should consider the effects of stress on performance. Environmental: Conditions associated with the environment, such as temperature extremes and lack of oxygen

* Physiological stress: Physical conditions, such as fatigue, lack of physical fitness, sleep loss, and missed meals
* Psychological stress: Social or emotional factors, such as a death in the family or a divorce

**A**lcohol: Crew members may not participate in an operation within 8 hours of consuming alcohol, while under the influence of alcohol, while using drugs that impact their faculties, or while having a blood alcohol concentration of 0.04 or greater.

**F**atigue: Fatigue continues to be one of the most dangerous hazards to flight safety, as it may not be apparent to a pilot until serious errors are made.

**E**motion: Have I experienced any emotionally upsetting event?