

I **ILLNESS**

Am I in good health?

M **MEDICATION**

Am I free of being affected by medication?

S **STRESS**

Is my stress level low?

Am I emotionally balanced?

A **ALCOHOL & DRUGS**

Am I sober?

F **FATIGUE**

Am I well-rested?

E **EATING**

Did I eat and drink enough?

If all answers are **yes**:
Go flying! Happy and safe landings!

If any answer is **no**:
Scan the QR-Code or follow
the weblink for further guidance.



www.ufo-online.aero/imsafe

If **in doubt**: Don't go flying!