



IHST

International Helicopter Safety Team

Our Goal is to Reduce the Civil Helicopter Accident Rate by 80% by 2016.

HELICOPTER FACTS

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The Pilot's IMSAFE Check List

Safety starts before you climb into the helicopter. A good first step for all pilots is this simple IMSAFE check list:

- **Illness** - Are you, the pilot-in-command, suffering from any illness or any symptom of illness that might affect you in flight?
- **Medication** - Are you currently taking prescription or over-the-counter drugs?
- **Stress** - Are there any psychological or emotional factors that might affect your judgment or performance?
- **Alcohol** – What was your alcohol intake within the last 8 to 24 hours?
- **Fatigue** - Have you had sufficient sleep and rest in the recent past?
- **Eating** - Are you adequately nourished?

If any of your answers cause you any concern, climb out of that helicopter. Be responsible. Be safe.