

# I'M SAFE CHECKLIST



**I**llness

Do I have any symptoms?

**M**edication

Have I been taking prescription or over-the-counter drugs?

**S**tress

Am I under psychological/peer pressure? Worried about health problems, or family discord?

**A**lcohol

Have I been drinking within 12 hours?  
Within 24 hours?

**F**atigue

Am I tired and not properly rested?

**E**ating

Am I adequately nourished?



Adapted from the FAA Pilot's Handbook of Aeronautical Knowledge.