



Bakersfield Composite Squadron #121



60-Second Safety Advisor #14

I-M-S-A-F-E Criteria Isn't Just for Aircrews

Air crews are expected to comply with the IMSAFE criteria before they fly. However, the criteria applies equally well to being in control of any type of fast moving vehicle (cars, boats, motorcycles, jet skis, motor homes, etc.) or participating in any recreation or activity that requires concentration.

Let's review the criteria:

- (I) Illness - Are you physically well?
- (M) Medication - Are you free from the effects of drugs?
- (S) Stress - Are you free from significant stress?
- (A) Alcohol - Are you free from the effects of alcohol?
- (F) Fatigue - Are you adequately rested?
- (E) Emotion – Are you under a significant amount of emotional stress?

Consider these criteria and conduct a personal IMSAFE evaluation prior to your travel, recreation, or participation in potentially hazardous activities. IMSAFE is a risk management tool which is simple and effective and should be used routinely.

