



**Bakersfield Composite Squadron #121**



**60-Second Safety Advisor #21**

### **Personal Minimums**

In order to ensure a safe flight, pilots set “personal minimums” for themselves. They critically assess their own abilities and limitations and establish their limits. For example, some pilots have trouble with their vision at night, so they will not fly at night. Have you thought about your “personal minimums” lately? Regardless of your occupation or recreational interests you should be aware of your abilities and limitations and you should stay within them in order to ensure your safety and the safety of others. Think about your limitations behind the wheel, how are you affected by fatigue, darkness, illness, medications, stress, alcohol, hunger, etc. We all have limitations – we need to understand them and manage them. Take a few moments right now to think about your daily activities and establish your own “personal minimums”.

