

Fly Safe Campaign



MAINTAIN ACCIDENT AWARENESS

Don't become a statistic!

NTSB has reported 19 ag accidents including 3 fatal accidents so far this year. There has been 1 fatal accident not yet reported by NTSB bringing the total to 4 fatal accidents.

STAY HEALTHY AND RESTED TO AVOID FATIGUE AND OPTIMIZE YOUR PERFORMANCE

Keeping your aircraft in good working order is obviously a critical part of ensuring maximum productivity and safety. Do not neglect your own body though when it comes to maintenance – keeping yourself well fed, hydrated, and rested will help you work through your busiest times of the season and avoid fatigue. Sleep disruption caused by Obstructive Sleep Apnea (OSA) is a major cause of fatigue. For this and any other medical conditions affecting you, heed 2013 NAAA President [Dana Ness's advice](#) and see a doctor – putting your health concerns off is no safer than putting your aircraft maintenance off.

The food you choose to eat plays a role in how well you feel and how much energy you have. It can also impact your rest periods if items in your diet cause digestive issues or other problems that prohibit you from sleeping properly. Avoid foods with simple carbohydrates such as white bread, candy, and sugary beverages. They are easy for your body to digest and thus provide an instant burst of energy, but when your body is through with them you can experience an equally instant reduction in energy. Foods with complex carbohydrates such as unrefined whole grains, legumes, and starches take longer for your body to digest and thus provide a steadier supply of energy throughout your day.

Drink plenty of fluids to stay hydrated, as being dehydrated increases the risk of fatigue. Use caffeine to provide temporary alertness and performance but avoid its use close to your resting period so it doesn't prevent you from sleeping. Avoid alcohol as a means of relaxing and falling asleep. While it can help you get to sleep more rapidly, it can also interfere with your sleep cycle. For those of you that live in states that have legalized marijuana use, be aware that this drug is still illegal at the federal level in addition to having negative health effects. A positive drug test for marijuana will result in your being unqualified to hold an FAA-issued medical certificate. Federal law also prohibits marijuana from being carried in an aircraft. See NAAA's [Combatting Fatigue in Ag Aviation](#) brochure for more information on signs of fatigue and how to avoid it.

Check Temporary Flight Restrictions (TFRs)

Always check TFR NOTAMs before flying! Make sure you have proof of a preflight TFR briefing from sources such as FSS or <https://www.1800wxbrief.com>.

Make a "Fly Safe" Resolution Now!