### Fly Safe Campaign



#### MAINTAIN ACCIDENT AWARENESS

Don't become a statistic!

NTSB has reported 13 ag accidents including 2 fatal accidents so far this year.

# WEARING A HELMET CAN SAVE YOUR LIFE AND REDUCE THE SEVERITY OF A CONCUSSION

Reports are once again coming in that many ag aviators are not wearing helmets. While no safety device can completely guarantee your survival in an accident, wearing a helmet increases your chances. The trend of not wearing a helmet while working has even been seen with experienced ag pilots. The demand for bringing new pilots into the industry means it's even more imperative for experienced pilots to be setting good safety standards.

While a helmet cannot always prevent a concussion, it does reduce the severity of a concussion and can prevent more traumatic brain injuries. Your brain "floats" within fluid inside your skull. When your head hits something, it decelerates more rapidly than your brain floating within it. This causes your brain to smash into your skull, injuring it. A helmet works by reducing your head's deceleration rate, thus lowering the force of impact when your brain collides with your skull. A study of 97 fatal aviation accidents that occurred in Alaska from 2004 to 2009 concluded that 33 lives could have been saved by the use of a helmet. A study of U.S. Army helicopter accidents from 1972 to 1988 found that not wearing a helmet increased the risk of sustaining a fatal head injury in a crash by 6.3 times.

Reasons cited by ag aviators as to why they don't like to wear helmets include the additional weight, not comfortable, and reduced head movement. Modern aviation helmets virtually eliminate these arguments. They are light weight and comfortable while still providing maximum effectiveness. Please take every precaution you can to prevent an accident. In addition, take advantage of every safety device available to protect you in the event you are involved in an accident. This includes wearing a helmet and ensuring that the chin strap is properly affixed; wearing a fire-resistant flight suit; and strapping in with both a seat belt and shoulder harness. You may have reasons why you don't want to wear a helmet, but how does your family feel about you not doing everything you can to protect yourself? Fly safe and put your helmet on.

## **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 <a href="https://www.1800wxbrief.com">https://www.1800wxbrief.com</a>.

## Make a "Fly Safe" Resolution Now!

Watch your fax or e-mail every other Monday in April and May and every Monday in June. July and August for scheduled issues. Supplemental messages may be sent when additional safety awareness is warranted. To be removed from the "Fly Safe" fax list, please call 202-546-5722 or e-mail information@agaviation.org. Let us know if you wish to be removed only from these Fly Safe messages or all faxes or e-mails from the NAAA.