



FLY SAFE CAMPAIGN

MAINTAIN ACCIDENT AWARENESS
DON'T BECOME A STATISTIC!



AgAviation.org/flysafe

August 25, 2025

33 Ag Accidents reported by NTSB this year
4 Fatalities

DON'T LET STRESS, ANXIETY, OR PANIC REDUCE YOUR FOCUS ON FLYING SAFELY AND LEAD TO AN ACCIDENT

The ag aviation industry involves risks and stresses not found in other types of aviation or professions. Customers, weather, unhappy neighbors, equipment problems, and financial strains are just a few of the many pressures that ag aviators face. Added to that is the risks involved with ag flying and the attention required to conduct the flying safely. This can all lead to numerous mental health concerns, particularly stress and anxiety. While certain levels of stress and anxiety are normal and manageable, they can build to a point of mental fatigue, causing pilots to become distracted and lose focus on critical tasks.

According to [Kevin Humphreys](#), mental health expert, helicopter pilot, and Keynote Speaker at the 2024 Ag Aviation Expo, it's important to understand that emotional fatigue is just as real and dangerous as physical fatigue. Your mind can be focused on a non-mission concern to the point you're not paying any attention to what's happening right in front of you. If the pressures continue to build without being addressed, a full-blown anxiety attack is a very real and debilitating possibility. Mental health crises are not a sign of weakness or failure. Humphreys' [self-check pocket guide](#) is a great way for pilots to evaluate their mental state and move from distress to calm.

When an emergency occurs, your body reacts with a fight or flight response to help you respond quickly to the threat. This can actually be dangerous in an inflight emergency because it can prevent a pilot from staying calm, and in some cases, it may cause an individual to freeze up. This hinders a pilot from maintaining safe flight and focusing on a safe way out of the emergency. [Practicing emergencies](#) is important for developing muscle memory responses, and adding calming breathing exercises to your training can help you focus so that when an emergency occurs you stand a better chance of remaining calm.

Check TFRs

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

Don't Forget to Communicate

Communicate with other ag aircraft using 122.925 MHz – limit your transmissions to announcing who you are, where you are, and what you plan to do.

Make a *Fly Safe* Resolution Today!