

ARE YOU FIT TO FLY?

Perform the **'I'M SAFE'** check every time you fly.

ILLNESS Free of illness and symptoms

MEDICATION Safe medication only

STRESS Managing stress well at home and work

ALCOHOL OR DRUGS Free of alcohol and drugs and their effects

FATIGUE Rested and sleeping well

EATING Fed, watered and ready to go



*Don't Just Pre-Flight the Plane
Pre-Flight Yourself!*



Transport Malta

<https://www.transport.gov.mt/aviation>