

FITNESS TO FLY



INTRODUCING

FITNESS TO FLY

A MEDICAL GUIDE EVERY PILOT MUST HAVE!





Fitness to Fly – A Medical Guide for Pilots is

- a preventive-medicine handbook,
- easy-to read, motivating and educational,
- with engaging content, graphics and charts,
- developed by the International Civil Aviation Organization (ICAO) in collaboration with the International Federation of Airline Pilots' Associations (IFALPA) and the International Air Transport Association (IATA),
- focused on the health risks pilots face during their careers and the medical recommendations that help them mitigate those risks.



The purpose is to:

- empower pilots to limit their health risks and set their own goals and strategies to maintain fitness to fly and a balanced lifestyle.
- close the gap between pilots' medical requirements in order to fly and the preventive measures that can help them fulfill those requirements.

The recommendations contained in this guide are also applicable for:

- cabin crew,
- air traffic controllers and
- anyone working within the aviation industry.



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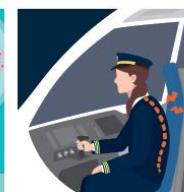
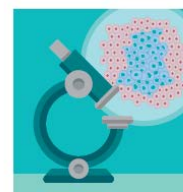
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The message to the pilots



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This book helps you to:

- ✓ Understand the most common health issues facing pilots today
- ✓ Learn how to reduce major risks to mental and physical health
- ✓ Manage your nutrition, sleep and medication for optimal flight performance



ICAO

SAFETY

NO COUNTRY LEFT BEHIND



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