

AEROMEDICAL CHEAT SHEET

Medical Certificate

FAA Airman Medical Certificate is required for all pilots including student pilots to carry a medical certificate at all times, which allows the pilot to act as pilot in command (PIC) of an airplane.

During the medical examination, the AME is an FAA approved medical physician, which will test your vision, hearing, general health, cardiovascular, and have the applicate do a drug test. In addition, the AME will determine if the pilot applicate has any other conditions that will make the pilot incapacitated during flight.

Special Issuance:

A statement of Demonstrated Ability (SODA) is a wavier for individuals with a static defect that cannot be changed. Examples for a SODA is for a person that maybe blind in one eye, upper or lower limb amputees.

Alcohol and Drugs

- **Alcohol**

Alcohol impairs the efficiency of the human body. When someone is intoxicated that means the amount of alcohol in the bloodstream. Intoxication is measured in a percentage by weight in the blood.

FAR Part 91.17, says that the blood alcohol level must be less than .04% and it has been over 8 hours since the last drink before piloting an aircraft. If the level is over .04% after an 8 hour period, pilots may not fly an aircraft, and pilots are not to fly if hungover.

TIP: A good way to remember that is, “8 hours bottle to throttle.”

- **Drugs**

Simply put, it is illegal to act as pilot in command of an aircraft under the influence of drugs. Also it is not a good idea to fly, if using curtain proscription drugs prescribe by a doctor.

The FAA does not have a list of approved medications, suitable for use while flying. If the pilot is unsure about a certain prescribed medication and being able to fly, he or she should always consult a doctor.

Scuba Rule

Aeronautical Information Manuel (AIM) states that if a pilot or passengers want to fly after scuba diving, they need to have sufficient rest time after a dive. To allow their body to rid of any nitrogen build up in their body during diving.

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The recommended rest times are as follows:

- Altitudes up to 8,000 feet MSL (measured sea level), you should rest for at least 12 hours after diving. (No decompression stops)
- Altitudes, 8,000 feet MSL and above, you should rest for at least 24 hours.