

Aeromedical Factors Discussion

1b

Lesson Objective

The instructor will have a candid discussion with the student regarding medical, Psychological, and Physiological factors related to safe aviation. Glider pilots are not required to have any medical certifications, but this does not mean that a pilot can fly gliders while under the influences of certain medications or while suffering from certain physiological issues. The discussion with the instructor MUST include a review of illnesses, congenital, acute and chronic; as well as a discussion of the pilot's current medications. This should be done early in the pilot's training program.

Regulatory Requirement

- All pilots: [§61.53](#) Prohibition on operations during medical deficiency.
- Private Pilot Test Candidate: [PTS](#) Area of Operation I(E)

Content

- Dehydration
- Altitude and motion sickness
- Prescription and illicit drugs
- Alcohol use
- Hypoxia (Hypoxic, hypemic, stagnant, histotoxic)
- Carbon Monoxide poisoning
- Pre-existing medical or mental conditions that make the pilot unfit to fly
- Anti-Depression Medication
- Effects of absorbed gases when scuba diving.

Completion Standards

When complete, the student will

- Understand and explain all of the topics above
- The pilot will personally review his medications against the lists below.

Homework for Pre-Solo

- Fitness for Flight - [IM SAFE checklist](#)
- Compare your current medications with this list <http://www.leftseat.com/medcat1.htm>

Homework for Solo to Private

- Glider Flying Handbook p13-4 to 13-8
- [14 CFR §61.15](#) Offenses involving alcohol or drugs.
- [14 CFR §61.16](#) Refusal to submit to an alcohol test or to furnish test results.
- [14 CFR §61.23](#) Medical certificates: Requirement and duration.
- [14 CFR §61.53](#) Prohibition on operations during medical deficiency.
- [14 CFR §91.17](#) Alcohol or drugs.
- [14 CFR §91.13](#) Careless or reckless operation.
- [14 CFR §91.211](#) Supplemental oxygen.
- [Aeronautical Information Manual \(AIM\)](#) section 8-1-1 Fitness for Flight
- [Aeronautical Information Manual \(AIM\)](#) section 8-1-2 Effects of Altitude.

Further Reading

- FAA [Pilot's Handbook of Aeronautical Knowledge](#), Ch 16
- [PowerPoint](#) 02A(a) Aeromedical
- [CFIG Lesson Plan Notes](#)

Next Lesson: 1c -- [Use of Controls](#)

Previous Lesson: 1a -- [Preflight Planning/Overview](#)

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