

SECTION 1.6 HUMAN FACTORS PRINCIPLES (HF)**Unit 1.6.1 PHFC: PPL human factors – all categories****1. Reserved****2. Fitness for flight****2.1 Basic health**

2.1.1 Relate the effect on pilot performance of the following factors:

- (a) diet, exercise;
- (b) coronary risk factors – smoking, cholesterol, obesity, hereditary factors;
- (c) upper respiratory tract infection, for example, colds, hay fever, congestion of air passages and sinuses;
- (d) food poisoning and other digestive problems;
- (e) headaches and migraines;
- (f) pregnancy:
 - (i) when to stop flying;
 - (ii) impact on cockpit ergonomics;
- (g) injuries;
- (h) ageing;
- (i) alcohol and smoking;
- (j) blood donations;
- (k) dehydration;
- (l) emotional:
 - (i) anxiety;
 - (ii) depression;
 - (iii) fears.

2.1.2 Recall pilot obligations for a medical clearance from a DME when on any medication.

2.1.3 Enumerate the responsibilities of pilots with regard to being medically fit for flight.

2.2 Health and fitness

2.2.1 Medical standards

- (a) state the reasons for and frequency of physical examinations and how to locate DAMEs;
- (b) describe the process of obtaining a medical examination;
- (c) state the role of the CASA with regard to medical fitness and that only those conditions which present a flight safety hazard are disqualifying.

2.2.2 Alcohol:

- (a) recall how alcohol is absorbed and excreted;
- (b) outline what a 'hangover' is;
- (c) explain the effect a 'hangover' may have on flying performance;
- (d) explain the relationship between a 'hangover' and level of blood alcohol in a person;
- (e) recall the relationship between the level of blood alcohol and the recovery period from a 'hangover';
- (f) state the factors that affect the elimination of alcohol from the body and describe the effects of illicit drugs and alcohol on judgment, comprehension, attention to detail, the senses, coordination and reaction times;
- (g) describe the symptoms of dehydration;
- (h) list fluids suitable for rehydration, and explain why.