



## **SAFETY ALERT 2018-03**

### **Issue 01**

**Date of Issue: April 05, 2018**

#### **SUBJECT:**

FITNESS OF AVIATION PERSONNEL LICENCED OR AUTHORISED BY THE GCAA

#### **REFERENCE PUBLICATIONS:**

CAR PART II - CHAPTER 1, CAR PART II - CAR MED AND CAR PART IV – CAR OPS-1/3

#### **REASON:**

The GCAA has received several reports about aviation personnel licenced or authorised by UAE GCAA exercising their privileges while being unfit to perform any safety duties. It is reminded that such situations are considered as a violation to the UAE civil aviation law and regulations.

The GCAA is in the opinion that the dissemination of safety information may resolve the arisen safety concern and help any aviation personnel to determine the medical conditions and medications that may affect his/her fitness.

This Safety Alert is issued to:

- a) remind aviation personnel licenced or authorised by the GCAA of their licensing obligations (Appendix II); and
- b) remind organisations and operators employing, contracting, or using the service of any such aviation personnel to ensure that no aviation personnel licenced or authorised by UAE GCAA is assigned to any aviation safety duties unless he/she fits to exercise the privileges of their licence.

#### **RECOMMENDATION:**

##### **Recommendation No. 1**

Aviation personnel licenced or authorised by UAE GCAA are reminded that:

- a) Exercising their safety aviation duties while unfit is a violation to the applicable CAR, as described under Appendix I;
- b) Being unfit is a condition were the person is not able to perform his/her aviation duties in a safe manner. A person could be unfit due to:
  - The use of medication even if authorised by an aviation medical doctor,
  - The use of psychoactive substances (Drugs, Alcohol, etc.)
  - A new medical condition (e.g.: Diarrhea, dizziness, hearing difficulties, etc.... as referred in Appendix II)
  - A medical intervention (surgical procedure)
  - Fatigue;



- Psychological issues (e.g.: Family related, financial pressure, stress).
- c) They must report to their employer any condition of unfitness before commencing your safety aviation duty or exercise the privilege of the UAE license;
- d) Because not every circumstances can be foreseen and described, they should be able to self-detect any situation of unfitness they can face. The “IM SAFE” checklist could be used to for that purpose:
- Illness, Do I have any medical symptoms?
  - Medication, Have I been taking prescription or over-the-counter drugs?
  - Stress, Am I under psychological pressure?
  - Alcohol, Have I been drinking within 12 hours?
  - Fatigue, Am I tired and not adequately rested?
  - Eating, Am I adequately nourished?
- e) They must seek the opinion of any GCAA approved AME before commencing your safety aviation duty or exercise the privilege of the UAE license, if they can't establish if a type of medication is compatible with aviation safety duties.

#### **Recommendation No. 2**

Organisations and operators are reminded to ensure that:

- a) All UAE licence holders are aware of UAE Civil Aviation regulations applicable to their licences, medical certification and operations;
- b) All UAE licence holders are able to determine any decrease in their medical fitness which might render them unable to safely exercise their privileges and/or the assigned aviation safety duties;
- c) Medical support is provided when needed to all UAE licence holders to minimise operations disruption without compromising safety standards;
- d) All UAE licence holders are encouraged to report and declare the use of any prescribed or non-prescribed medication including over the counter (OTC) medications to GCAA approved AME and/or employer which are likely to interfere with the safe exercise of their privileges; and
- e) All UAE licence holders do not engage in any problematic use of psychoactive substances or are not under the influence of psychoactive substance including alcohol before they are assigned to any aviation safety duties or while exercising their privileges.

#### **CONTACT:**

Please contact GCAA approved AME



## APPENDIX I

### Related regulations:

Civil Aviation Law - Article 24 (7)

Civil Aviation Law - Article 26

Civil Aviation Law - Article 68

Civil Aviation Law - Article 69

CAR Part IV CAR OPS 1.020 Laws, Regulations and Procedures – Operator’s Responsibilities

CAR Part IV CAR-OPS 1.085 Crew responsibilities

CAR Part IV CAR-OPS 1.115 (b) Responsibilities of operator and crew members

CAR Part IV CAR-OPS 1.995 Minimum requirements

CAR Part IV CAR OPS 3.020 Laws, Regulations and Procedures – Operator’s Responsibilities

CAR Part IV CAR-OPS 3.085 Crew responsibilities

CAR Part IV CAR-OPS.3115 (b) Responsibilities of operator and crew members

CAR Part IV CAR-OPS 3.995 Minimum requirements

CAR Part II Chapter 1, 1.8 DECREASE IN MEDICAL FITNESS

CAR Part II Chapter 1, 1.9 INCAPACITY OF A LICENCE HOLDER

CAR Part II CAR MED.A.020 Decrease in medical fitness

CAR Part II CAR MED.A.028 Drug and alcohol testing program



## APPENDIX II

The following is a list including, **but not limited to**, examples of the symptoms and conditions which should be considered and likely to interfere with the safe exercise of the privileges of the License holders who perform safety sensitive duties.

### Eye / Vision:

- Visual impairment and refractive error.
- Eye surgery or LASIK.
- Eye trauma and injuries.
- Retinal detachment.
- Double vision or sudden visual loss.
- Impaired visual field.
- Use of any medication that may affect the visual function or the color vision.

### Ear, nose and throat:

- Hearing loss.
- Ear trauma.
- The use of medication that might affect hearing.
- Ear infection and upper respiratory tract infections.
- Damage to the ear drum, Eustachian tubes, sinuses and nasal passages.
- Conditions leading to voice distortion or inaudibility.
- Balance impairment, or dizziness.

### Cardiovascular/ Vascular:

- Cardiac inflammation and infection.
- Chest pain and heart attack.
- Surgery (heart valve replacement, bypass or angioplasty, including stent insertion).
- Initial treatment of hypertension with medication.
- Symptoms of low blood pressure.
- Slow and fast heart rates.
- Abnormal heart rhythms.
- Peripheral arterial disease, deep venous thrombosis.

### Respiratory:

- Impairment in lung function or oxygen saturation.
- Pneumothorax (collection of air between the lung and the chest wall).
- Chronic obstructive pulmonary disease.
- Sleep apnea.



- Asthma requiring medication or recurrent attacks of asthma.
- Pulmonary embolism (sudden blockage of a major blood vessel in the lung).

#### Metabolic and Endocrine system:

- Diabetes mellitus requiring insulin.
- Type 2 diabetes (non-insulin dependent) on first requirement for oral medication, changes in type or dose of medication.
- Low blood sugar levels (hypoglycemic attacks).
- Thyroid, parathyroid disease or thyroid surgery.
- Disorders of the Pituitary or adrenal gland.

#### Nervous System:

- Stroke or Transient ischemic attacks.
- Fainting attacks, unconsciousness.
- Seizure disorders.
- Head injury.
- Migraine with aura, or severe headaches.
- Disorders of coordination and muscular control.
- Memory loss, poor concentration or diminished alertness.
- Brain tumors.

#### Genitourinary system:

- Kidney or bladder stones.
- Surgical procedures of the kidneys or the urinary tract.
- Renal failure or renal transplantation
- Signs of renal disease (example: blood in the urine).
- Kidney tumors.

#### Musculoskeletal system:

- Muscular weakness.
- Ligament or tendon injuries.
- Amputations, malformations, or loss of function.
- Arthritis.
- Fractures and other traumas.
- Herniated disc.

#### Digestive System:

- Surgical intervention in any part of the digestive tract or its adnexa.
- Obstruction in the digestive tract.



- Hernia.
- Recurrent dyspepsia requiring medication.
- Inflammation in the pancreas and gallstones.
- Stomach ulcers and inflammatory bowel disease.
- Tumors in the digestive tract.

Blood disorders:

- Anemia or other hemoglobin disorders.
- Bleeding disorders and coagulation disorders.
- Leukemia (blood cancer).
- Disorders of the lymphatic system and lymphomas.
- Use of Warfarin.

Infectious disease:

- Tuberculosis.
- HIV infection or Syphilis.
- Infectious Hepatitis.
- Malaria.
- Chicken pox.

Psychiatric disorders:

- Disorders due to alcohol or other substance use/abuse.
- The use of selective serotonin reuptake inhibitors (SSRI) or other antidepressant medications.
- Depression, Anxiety, or panic disorders.
- Dementia.
- Bipolar disorder (manic-depressive) or psychosis.
- Emotional disorders that require drug therapy or may interfere with judgment, or decision making.
- Personality or behavioral disorders.