

BAC Safety Spotlight



October 2021

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Hydration

Now that the weather is starting to warm up it is important to remember to stay hydrated, regardless of whether you are flying an aircraft or staying on the ground.

Aircraft cabins can become particularly hot which could accelerate the process of dehydration. As the body becomes dehydrated problems including reduced alertness and headaches may occur which can develop into poor decision making and an increase in errors.

Untreated dehydration can be quite severe as demonstrated by an [ATSB Report](#) on a PA28 at Forbes where the pilot lost consciousness for approximately 20 minutes. The passenger was able to control the aircraft until the pilot regained consciousness and was able to land the aircraft. The ATSB report noted that the pilot's doctor advised that the most probable cause of the loss of consciousness was dehydration.

To read the full ATSB report visit:

www.atsb.gov.au/media/4785906/ao-2014-013_final.pdf

For a Flight Safety article on this occurrence visit:

www.flightsafetyaustralia.com/2015/01/dying-of-thirst/

Tips for avoiding dehydration include:

- **Drinking before you are thirsty.**
The recommended daily amount of water is two litres, more if you are undertaking physically demanding work or in hot conditions.
- **Limiting caffeine intake**
- **Checking medications**
Some medications may make you more susceptible to dehydration. If you have any questions about medications and flying speak to your DAME.

In addition to hydration the CASA website provides more wellbeing tips here:

www.casa.gov.au/wellbeing



www.flightsafetyaustralia.com/2015/01/dying-of-thirst/



Loss of Control

Over the past 5 years more than 60% of RAAus fatal accidents are believed to have occurred due to loss of control events. Loss of control events can occur in flight, such as those resulting from a failure to recover from a stall, or on the ground such as a ground loop on the runway. There are many strategies to avoid loss of control events. Two tips include:

- **Refresh your Stall Recognition / Recovery**
On the ground revise what the symptoms for a stall are and then refresh these skills in the air with an instructor. This will help you more readily identify an approaching stall and either avoid it all together or appropriately unstick the aircraft.
- **Know the Aircraft's Performance**
Familiarise yourself with the take-off and landing charts for your aircraft. Make sure that you take into consideration the effects of weight, density altitude and runway conditions prior to every flight.

RAAus members can read more about Loss of Control in the latest issue of the Licence to Learn magazine. If you're not an RAAus member you can still access free content including a Loss of Control article published during the 2020 Safety Month: www.raa.asn.au/our-organisation/safety/nationalsafetymonth/week-4/loss-of-control-review/

Or view a hangar talk video on the topic here: www.youtube.com/watch?v=Vg_lx4UPJ3c



www.raa.asn.au

CASA AvSafety Seminar - Online

Earlier this year a CASA AvSafety Seminar was held at the Bathurst Aero Club. However, if you missed out and were still keen to take part CASA have announced an online session on Tuesday 26 October 2021. The topic of this seminar is **Pushing the Envelope?**

This seminar explores human factors which have contributed to accidents and incidents both in Australia and overseas.

It doesn't matter what experience you have; knowledge of human factors will complement your technical knowledge which leads to a safer aviation environment for all. To register visit: www.casa.gov.au/education/seminars-and-workshops/avsafety-seminars

AvSafety seminars



Bureau of Meteorology resources

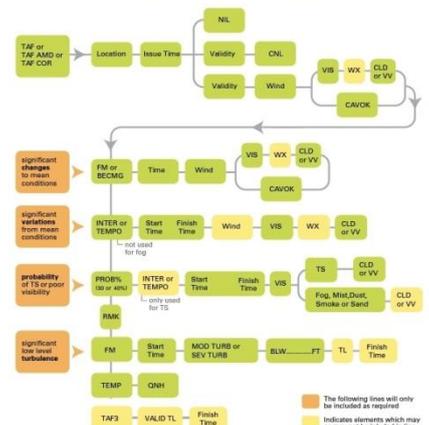
Have you ever had trouble trying to understand the unique terminology used to describe aviation weather? The Bureau of Meteorology has a number of resources on their website which may be able to help.

www.bom.gov.au/aviation/knowledge-centre/



A TAF is a coded statement of meteorological conditions expected at an aerodrome and within a radius of five nautical miles of the aerodrome reference point.

The format of an Australian TAF is as follows:



www.bom.gov.au/aviation/knowledge-centre/