



PIRATE FLYER

Wally | NEWWS | Drive Smart

HU Captain's Culture

THE SAFETY TRAIL

Trust - Safe, Valued, Respect

Report - Proactive, Accessible

Adapt - Flexible, Innovative

Inform - Sharing, Transparent

Learn - Share Safety Intel

Name The First Female

NTSB Investigator



Safety Reporting

QR code to share continuous improvement ideas or identify safety hazards.



Good NEWWS

We are all familiar with the IMSAFE checklist, but how do we create the environment desired for premier performance? With good NEWWS.

Nutrition: Eat balanced, healthy meals to support immune function and recovery. Avoid late meals that disrupt sleep.

Exercise: Light movement promotes circulation and healing. Regular physical activity reduces cortisol and tension, walking is a great, low-impact activity.

Water: Increase hydration to help focus and helps the body fight illness. Hydration reduces stress-related fatigue.

Wellness: Use stress reduction techniques such as breathing, mindfulness and short rest periods. Expand Your Team to help manage workload and time,

Sleep: Prioritize quality rest to speed recovery. Sleep in a cool, dark quiet space. Sleep supports emotional control, decision-making and mental resilience.

Heading Home for the Summer = Drive Smart

Check Vehicle Safety: Check tire pressure/tread, oil levels, coolant, brake fluid, and lights. Carry a First Aid Kit.

Avoid Drowsy Driving: Take breaks every 2 hours or 100 miles to stretch and hydrate. Switch drivers if possible.

Minimize Distractions: Use "Do Not Disturb" on phone. Designate a passenger to handle nav and music.

Drive Defensively: Maintain at least a 3-second following distance from the car in front.

Avoid Driving Late at Night: Fatigue and reduced visibility make nighttime driving more dangerous. **Observe Speed Limits:** Speed kills. Tickets are expensive, and in Virginia "reckless driving" is classified as a criminal offense.

Useful Acronyms

PAVE - Hazard and Risk Identification

- Pilot
- Aircraft
- enVironment
- External Pressures

CARE - Risk Assessment

- Consequences
- Alternatives
- Reality
- External pressures

TEAM - Risk Mitigation Options

- Transfer
- Eliminate
- Accept
- Mitigate to lowest level

FREDA - Use every 15 minutes

- Fuel
- Radios - Com and Nav
- Engine Instruments
- Direction Indicators
- Altimeter

CRAAC - Use before each flight training maneuver

- Clearing turns
- Reference point
- Altitude
- Airspeed
- Configuration

TLR - Three Letter Acronym

FLR - Four Letter Acronym

Have a fun, safe Summer!

