

Crew Briefing – PEOPLE

Physiology – Route / Alt / Environmental
 Emergency Procedures – Flight / landing / emergency
 Operational Differences – Day / Night / NVG
 Patient – Type / Loading / Off-load
 LZ Safety – Helipad / Scene / General
 Effective Communications – CRM / Sterile Cockpit

Fatigue Management – SLEEPY

Sleep – Less than 6 hours of sleep
 Lost Sleep – < Than 6 hours of sleep within last three days
 Early Morning – Flying between 2 am and 6 am
 Extended Day – Awake longer than 16 hours
 Pushing it – More than 5-7 shifts
 You – Personal signs of fatigue

Sleep Highlights

You likely need 7-9 hours sleep every 24 hours

The difference between the sleep you need and the sleep you get accumulates over time.

It takes two consecutive full nights of sleep to get out of debt.

Lack of sleep results in delayed reaction time, problems focusing, moodiness, fixation, inattention, feelings of sleepiness, degraded judgment, missed cues, etc.

Post Brief – SMACO

Safety – Issues, concerns, reportable concerns for QA
 Medical –
 Concerns (referring or receiving); pilot assistance
 Aviation –
 Maintenance, pilot, communication, QA issues
 Communication –
 How did we do? Pilot, team, comm center, others
 Other – anything else, highlights, issues, concerns

VFR Minimums

Controlled Airspace 14 CFR 91.155 Applies

Uncontrolled	Day		Night	
	Ceiling	Vis	Ceiling	Vis
Local	800'	3 sm	1,000'*	3 sm
Non Local	1,000'			5 sm
*1,500' without NVGs				

Enroute Decision Point (EDP)

90 knots – Slowed down due to weather
 300 feet day / 500 feet night

- Descended due to weather

Decision Point

- Divert to an alternate destination
- Make a precautionary landing
- Transition to IFR