

# Alcohol and Flying: A Deadly Combination



## ALCOHOL AND FLYING A DEADLY COMBINATION ON KINDLE Federal Aviation Administration (FAA)

by E. E. Cummings

★★★★☆ 4.7 out of 5

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Alcohol consumption and flying do not mix. Alcohol impairs your judgment, coordination, and reaction time, all of which are essential for safe flying. Even small amounts of alcohol can affect your ability to fly safely.

### Effects of Alcohol on the Body

Alcohol is absorbed into the bloodstream through the stomach and small intestine. The rate of absorption depends on several factors, including the amount of alcohol consumed, the type of alcohol, and the presence of food in the stomach. Once in the bloodstream, alcohol travels throughout the body, affecting various organs and systems, including the brain, heart, and liver.

- **Brain:** Alcohol affects the brain's neurotransmitters, which are chemicals that allow nerve cells to communicate. This can lead to

impaired judgment, coordination, and reaction time.

- **Heart:** Alcohol can increase the heart rate and blood pressure, which can be dangerous for people with heart conditions.
- **Liver:** Alcohol is metabolized in the liver. Excessive alcohol consumption can damage the liver and lead to liver cirrhosis and other serious health problems.

## **Effects of Alcohol on Flight Performance**

Alcohol can affect your flight performance in a number of ways, including:

- **Impaired judgment:** Alcohol can impair your judgment, making it difficult to make good decisions and respond appropriately to changing situations.
- **Reduced coordination:** Alcohol can affect your coordination, making it difficult to control the aircraft.
- **Slowed reaction time:** Alcohol can slow your reaction time, making it difficult to respond quickly to emergencies.
- **Reduced vigilance:** Alcohol can reduce your vigilance, making it difficult to stay alert and aware of your surroundings.

## **FAA Regulations Regarding Alcohol Consumption for Pilots**

The Federal Aviation Administration (FAA) has strict regulations regarding alcohol consumption for pilots. These regulations are designed to ensure that pilots are not impaired by alcohol while flying.

The FAA's regulations prohibit pilots from:

- Drinking alcohol within 8 hours of flying
- Having a blood alcohol concentration (BAC) of 0.04% or greater while flying
- Flying while under the influence of alcohol

Pilots who violate these regulations may face serious consequences, including fines, suspension of their pilot's license, and even imprisonment.

Alcohol consumption and flying do not mix. Alcohol impairs your judgment, coordination, and reaction time, all of which are essential for safe flying. Even small amounts of alcohol can affect your ability to fly safely. The FAA has strict regulations regarding alcohol consumption for pilots to help ensure that pilots are not impaired by alcohol while flying.

If you are planning to fly, it is important to abstain from alcohol for at least 8 hours prior to flying. Your safety and the safety of your passengers depend on it.



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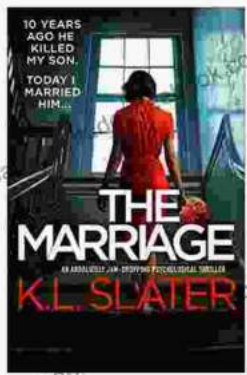
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