



Health Promotion

Information for medical certificate holders and Aeromedical Examiners (AMEs)

In addition to its regulatory responsibilities concerning the medical certification of pilots, air traffic controllers, and cabin crew, the Civil Aviation Authority (CAA) is also committed to promoting well-being by providing access to information that supports certificate holders in maintaining a balanced lifestyle, managing their health, and sustaining their fitness to fly.

Guidance on health and well-being for medical certificate holders, Aeromedical Examiners (AMEs), and other healthcare professionals involved in the aviation sector are provided below.

It is essential to understand the impact of health and well-being on all aviation safety-sensitive personnel involved in flight operations, as well as the associated human performance risks that they must be aware of and actively manage.

Gastroenteritis is the most frequent cause of in-flight impairment among crew. The guidance on the prevention of gastroenteritis in aircrew provides practical recommendations to reduce the risk of infection. In cases where symptoms develop while on duty or down-route, the guidance also includes information on symptom management and considerations regarding fitness to fly. A concise one-page summary outlining key points and preventative advice is also available for quick reference.