

Army Regulation 40-8

Temporary Flying Restrictions to Exogenous Factors

Individuals receiving the following drugs or types of drugs will be restricted from flying duties as indicated:

1. **Medication Use**

Use of medications will be with the knowledge of a flight surgeon or APA. Self medication is permitted only in accordance with the over-the-counter medication aeromedical policy letter.

2. **Anesthesia**

Aircrew will be restricted from flying duty for 48 hours after general, spinal, or epidural anesthesia and for a minimum of 12 hours after local or regional anesthesia, to include dental.

3. **Dietary Supplements, Herbal Aids, Performance Enhancers**

All supplements, herbal and dietary aids and preparations, and performance enhancers are prohibited unless cleared by the flight surgeon or APA.

4. **Alcohol**

Aircrew will not perform aviation duties for a minimum of 12 hours after the last drink consumed and until no residual effects remain.

5. **CS (Tear Gas Exposure)**

Aircrew will not be restricted from flying duty after CS exposure as long as there are no residual systemic effects (i.e., coughing, wheezing, shortness of breath), and all local effects (i.e., tearing, eye pain, skin discomfort) have resolved and any contaminated clothing or ALSE equipment has either been exchanged or decontaminated.

6. **Blood or Plasma Donation**

Aircrew members will not be regular (more than two times per year) blood or plasma donors. Following blood donation (200cc or more), aircrew members will be restricted from flying duty for a period of 72 hours. Following plasma donation, aircrew members will be restricted from flying duty for a period of 24 hours. Bone marrow donors must be cleared by a flight surgeon or APA.

7. **Decompression Experience/Hypobaric Chamber Runs**

- (1) Any adverse reaction, barotraumas or decompression sickness resulting from a decompression experience, requires restriction from flying duties until cleared by a flight surgeon or APA.
- (2) Flight personnel will not perform high altitude flight duties for 24 hours after exposure to hypobaric chamber runs in excess of 25,000 feet. They may perform flying duties during the initial 24 hours following a decompression experience in aircraft where cabin altitude does not exceed 10,000 feet. Heavy exercise is discouraged in the 24 hour period following decompression experience.

8. **Diving and Hyperbaric Exposure**

The incidence of decompression sickness during flight is considerably increased after exposure to any environment above one atmosphere of pressure, such as self-contained underwater breathing apparatus (SCUBA) diving.

- (1) Aircrew members will not fly or perform low pressure altitude chamber flights within 24 hours following SCUBA diving, compressed air dives, or hyperbaric chamber exposures. When urgent operational requirements dictates, aviation personnel may fly within 24 hours of SCUBA diving provided no symptoms of decompression sickness have developed and the aircrew members are examined and cleared to fly by flight surgeon or APA.
- (2) Decompression sickness, resulting from diving or other hyperbaric exposure, requires a restriction from flying duties by a flight surgeon or APA.

9. Tobacco

Smoking and use of tobacco products degrade physical performance, including vision. Aircrew members are discouraged from smoking and use of tobacco products at all times.

10. Strenuous Physical Activities

Strenuous training events, sporting activities, or work may adversely affect the ability of aircrew members to perform their respective flight tasks safely.

11. Simulator Sickness

Under ordinary circumstances, restrictions on actual flight are not required after flight in a simulator. Simulator sickness can occur in any aircrew, regardless of experience level. Aircrew exhibiting symptoms of simulator sickness will be restricted from actual flight for 12 hours after full resolution of symptoms.

12. Centrifuge Runs

Aircrews are restricted from all flying duties for a minimum of 6 hours after centrifuge runs and until not residual effects remain.

13. Vision

Aircrew members requiring corrective lenses in order to achieve 20/20 vision will be restricted from flying duties unless they are wearing either spectacle or contact lenses which provide 20/20, or better, near and far vision bilaterally. Aircrew members will use contact lenses only as specified in the Contact Lens APL.

Restrictions					
Requires Flight Surgeon or APA	6 Hours	12 Hours	24 Hours	48 Hours	72 Hours
All medication except over-the-counter in APL	Centrifuge Runs	Alcohol	Plasma Donation	Anesthesia (general, spinal, & epidural)	Blood donations (>200cc)
Dietary Aids		Immunizations	Scuba diving		
Herbal Supplements		Anesthesia (local/regional)	Compressed air		
Performance enhancers		Simulator sickness	Hypobaric chamber (>25K feet)		
			Hyperbaric chamber		
	C	ASIA	PCS HH	A	B