FAASTeam presents:

Dead Tired: Avoiding Pilot Fatigue
San Carlos Flight Center welcomes Allen “Ace” Abbott, author of Dead Tired: Pilot Fatigue--Aviation's Insidious Killer. Mr. Abbott presents an engaging discussion about his book, which examines the issue of cockpit fatigue and the FAA’s response to this aviation safety problem. He will discuss the physiological and mental symptoms of sleep deprivation, and provide suggested countermeasures. If time permits, Mr. Abbott will share stories from his first book, The Rogue Aviator In The Back Alleys of Aviation. Both books will be available for purchase after the seminar. Ace Abbott was an F-4 Phantom fighter pilot for the U.S. Air Force in the Far East, a Learjet Captain in Latin America and the Caribbean, and a Boeing 727 Captain all over the world until his mandatory retirement at age 60. He now splits his time between New York and Florida, and keeps busy with airshows, fly-in events, and book tours.

**Directions:** Located in the Skyway Building, next to the Hiller Aviation Museum. Parking and entrance behind building. Suite 215 is upstairs in the northwest corner.

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A message from the National FAASTeam Manager
Invite a fellow pilot to the next WINGS Safety Seminar in your area.
Sign up for the FAA’s safety services at www.FAASafety.gov!
The FAA Safety Team (FAASTeam) is committed to providing equal access to this meeting/event for all participants. If you need alternative formats or services because of a disability, please communicate your request as soon as possible with the person in the “Contact Information” area of the meeting/event notice. Note that two weeks is usually required to arrange services.