

FAASTeam presents:

# Oxygen Awareness: Flying in the Flight Levels

Human bodies need oxygen. Fortunately, human bodies evolved in an environment saturate with oxygen, and with the oxygen at a partial pressure sufficient to let it automatically bond with our red blood cells. Here at San Carlos, we regularly celebrate the sea level pressure of the surrounding air and the healthy flow of oxygen it provides to our bloodstream, and via the blood stream to our brains, muscles, eyes, and other organs.

But what happens to human bodies when operating at much higher elevations? In unpressurized aircraft, pilots and passengers are exposed to reduced atmospheric pressures and reduced partial pressure of the oxygen component of the air. Hypoxia, or oxygen deficit, can result creating serious hazards to the safety of flight. For this reason, pilots are urged to understand ways to ensure that oxygen available to the brain and body are always at sufficient levels. This could mean operations in pressurized aircraft, or use of supplemental oxygen used in unpressurized aircraft. And all pilots should know the early warning signs of hypoxia, so that corrective action can be taken before hypoxia critically disables the pilot from action at all.

## Event Details

**Sat, Aug 8, 2015 - 12:00 PDT**

**San Carlos Flight Center**

655 Skyway Road

Suite 215

San Carlos, CA 94070



**Contact: San Carlos Flight Center  
(650) 946-1700**

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Select #: WP1563862

Representative DAN KELLY DYER

San Carlos Flight Center's summer training challenge is Flying in the Flight Levels, and we challenge all Bay Area pilots to refresh or improve their awareness of aerospace physiology. SCFC instructors have created an Oxygen Awareness training program that includes an extended ground training session on oxygen systems, hypoxia detection and prevention, and use of supplemental oxygen systems followed by a ride up to 20,000 feet. The intent is for pilots to develop a better operational understanding of the importance of oxygen to pilots, and an improved awareness of their personal hypoxia warning signals.

This Saturday safety seminar will cover the ground portion of the Oxygen Awareness training and may last 2-3 hours. Participating pilots are advised to allow time to attend the entire session. Space is limited.

San Carlos Flight Center was voted Best Flight School in the US in the 2013 AOPA Flight Training Excellence Awards. We are committed to promoting safety in general aviation through our evening safety seminar programs. For more information about this and any of our weekly seminars, please visit

<http://sancarlosflight.com/activities-and-events>.

**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. Pilots who fly in should park in transient parking and call the Flight Center for a ride (650) 946-1700.

**A message from the National FAASafety Team 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](http://www.FAASafety.gov)!

The FAA Safety Team (FAASafety Team) 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.