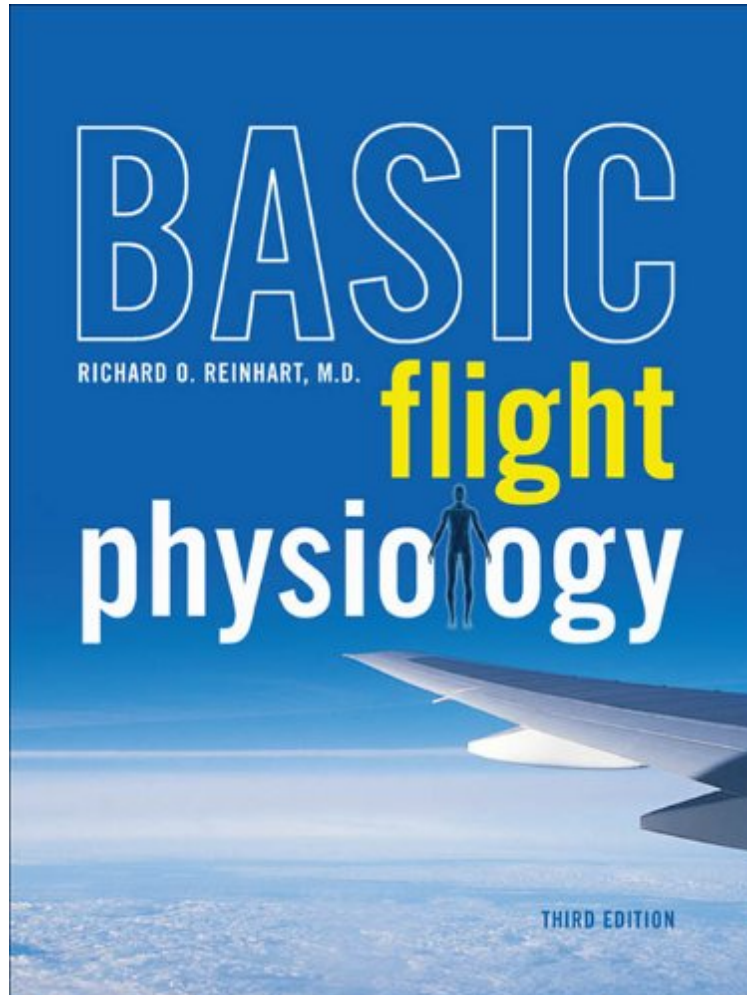


Basic Flight Physiology (Aviation)

Richard O. Reinhart

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makes gas laws easy to remember and differentiate. The only drawback is that the author seems to get easily drawn into tangents and metaphor. Otherwise, a solid read.

The #1 Guide to Flight Physiology_Now Updated and Expanded with the Latest INSIGHTS for ENHANCING AIRCREW SAFE PERFORMANCE! The Third Edition of Basic Flight Physiology has been completely updated and expanded with information on THAT WILL REDUCE PILOT IMPAIRMENT IN FLIGHT. This definitive guide to PHYSIOLOGICAL human factors in the flying environment provides a wealth of preventive measures pilots can take to anticipate and compensate for HUMAN FACTORS that cause 70% of all aviation accidents. Packed with over 100 INFORMATIVE illustrations, this resource contains UNDERSTANDABLE coverage of THE MANY PHYSIOLOGICAL FACTORS THAT AFFECT PILOT PERFORMANCE PLUS crew resource management, in-flight medical emergencies, health maintenance programs, and more. The Third Edition of Basic Flight Physiology features: Methods for dealing with vertigo and DISORIENTATION Critical information on tolerance to FATIGUE Techniques for handling self-imposed and environmental stresses Guidance on the effects of caffeine, alcohol, and OVER-THE-COUNTER DRUGS Explore Every Aspect of Idquo;Medical Airworthinessrdquo;;bull; Human Factors Defined bull; Basic Human Anatomy bull; The Atmosphere bull; Situation Awareness bull; Altitude Physiology bull; Hearing and Vibration bull; Vision bull; Orientation bull; Self-Imposed Medical Stress bull; Environmental Stresses bull; Sleep, Jet Lag, and Fatigue bull; Acceleration bull; Crew Resource Management bull; Human Factors of Automation bull; In-Flight Medical Emergencies bull; Health Maintenance Program bull; Medical Standards, Regulation, and Certification

From the Back CoverHow your mind and body can be impaired in flight to undermine safety--now updated with the latest research and case studies An understanding of flight physiology is crucial to aviation safety. Although strides have been made in understanding the human factor, 70% of flight accidents remain linked to pilot error. Now updated and expanded, this definitive text on the mind and body in the flying environment will benefit everyone who flies, particularly civilian pilots. You'll get eye-opening, potentially accident-preventing information on how to anticipate and compensate for the physiological effects unique to flying that can erode performance. Thoroughly revised to reflect the latest research and data, this essential text includes new chapters on the effects of automation on crew resource management (CRM), emphasizing the crucial importance of situational awareness. Other topics include: Fatigue; Dehydration; Extreme temperatures; Vibration and hearing; Spatial disorientation; Hypoxia; Stress; Vertigo and motion sickness; Visual illusions and misperceptions; Tolerance to G forces; Jet lag; Health maintenance. . .the effects of over-the-counter medications, caffeine, alcohol and drugs, and more.About the AuthorRichard Reinhart, M.D. is the president of Human Factors Resources, a company that provides educational resources and training for FAA medical certification and medical management in the aviation community.