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17 Aug 23

President (MEC)
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**DISPOSAL OF OBESITY AND REQUIREMENT OF
SLEEP STUDY: CIVIL AIRCREW**

1. Reference is made to your letter no. IAM/7509/31/MEC BM- II dated 08 Aug 23.
2. The Aeronautical Information Circular 09/2008 on 'Obesity and Commercial Aircrew' clearly lays down the aeromedical disposition for fitness of Flight Crew who are overweight or obese.
3. In addition to the above guidelines, screening for OSA or OSA Syndrome (including Sleep Study) is recommended for the following flight crew:-
 - (a) BMI > 35 kg/m² and/ or
 - (b) Neck Circumference > 17 inches (43 cm)
4. Flight Crew identified to have OSA (AHI Score > 5) or 'Upper Airway Resistance Syndrome' should be assessed 'Temporary Unfit' unless treated.
5. Flight Crew who are prescribed 'CPAP' and have good response and compliance, fitness for flying duties should be assessed as 'PIC with QEP'. Such Flight Crew may be upgraded to P1 (unrestricted status) on case to case basis by IAF Boarding Centres.

6. Flight Crew with BMI > 35 Kg/m² without any associated clinical disabilities to be assessed as fit for unrestricted flying with six months validity. Such Flight Crew can be again prescribed Sleep Study for OSA/ OSA Syndrome based on history and clinical examination findings.

7. This is for your information please.



(YS Dahiya)

Gp Capt

Gp Capt MS (CA)

Medical Directorate, DGCA HQs

copy to:

DPMO- II (HQ Trg Command)