

MESAFE - Mental health for aviation SAFETY

MESAFE MATRIX			Catastrophic (A)	Hazardous (B)	Major (C)	Minor (D)	Negligible (E)
Risk assessment of mental health			May cause catastrophic event	May cause flight safety critical event	May compromise flight safety	Reduced effectiveness and capacity to adapt to operational requirements	Minimal impact on flight safety
	Frequency per year	Flight hours between each events (approx)*	Total Incapacitation	Severe Impact on Flight Safety	Major Decrement in Performance	Minor to Moderate Performance Compromisemay continue duties	Minimal Impact on Performance
Frequent	> 1/month	100	5A	5B	5C	5D	5E
Occasional	1-10 times	1.000	4A	4B	4C	4D	4E
Remote	10-99%	10.000	3A	3B	3C	3D	3E
Improbable	1-10%	100.000	2A	2B	2C	2D	2E
Extremely Improbable	<1%/year	>1.000.000	1A	1B	1C	1D	1E

*Given random onset of event unconnected to flight. If event is connected to flying activity (e.g., Murder suicide or flight anxiety), use career frequency rather than yearly.

	Risk unacceptable	**Operational risk reduction could be co-pilot, backup crew, time window to land helicopter etc. Personal risk factors could be close follow-up by psychologist, peer-support etc. Formalized risk reduction is documented and required in the certificate.
	Risk unacceptable, but may in some cases be acceptable after thorough review and specific mitigation. A medical board should in such cases be employed	
	Risk may be acceptable - may require operational and/or personal risk reduction	
	Risk acceptable	

