

CIVIL AVIATION DIRECTORATE

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1. Introduction

The Aeromedical Section (AMS) of the Civil Aviation Directorate is committed not only to the medical certification of aviation personnel including pilots, air traffic controllers, and cabin crew but also to promoting the overall health and well-being of licence holders across the aviation sector.

2. Purpose of the Initiative

The health promotion initiative is designed to encourage aviation personnel to proactively manage their health and maintain their fitness to operate safely. The focus is on prevention, supporting early awareness and healthy lifestyle choices to reduce the risk of medical issues that could affect flight safety or lead to licensing restrictions.

While the primary audience is professional pilots, the guidance is equally applicable to other safety-sensitive roles, such as air traffic controllers and cabin crew. The broader aim is to foster a culture of health awareness, encouraging informed decisions that benefit both personal well-being and aviation safety.

3. Development and Dissemination of Health Promotion Material

To support this objective, the AMS will develop and publish health-focused safety promotion material, upload the approved content to the Transport Malta website, and collaborate with Malta-approved Aeromedical Examiners (AMEs) and operators to ensure the widespread dissemination of these resources within the aviation community.

4. Monitoring and Evaluation

To maintain focus on the effectiveness of health promotion activities, the AMS will annually collect data from Malta-approved AMEs and the Safety Department. This will include:

- The most frequently observed medical findings during routine medical assessments.
- Reported cases of pilot incapacitation.

This data will support the identification of emerging medical risk trends and guide future preventive strategies.

5. AME Engagement

The AMS relies on the continued collaboration of Malta-approved AMEs to ensure the success of this initiative. AMEs are expected to:

- Actively distribute health promotion material to aviation personnel attending their clinics.
- Cooperate in the annual data collection process as mentioned in Section 4.

Aeromedical Section

AMS Notice 14-2025 – Version 1 Health Promotion and Wellbeing in Aviation	Version 1.0 05/08/2025	Page 1 of 1
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