



# NIGERIA CIVIL AVIATION AUTHORITY

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OFFICE OF THE DIRECTOR GENERAL CIVIL AVIATION

## ALL OPERATORS LETTER (DGCA 06/2023)

**Ref No** NCAA/DG/AIR/11/16/368  
**From:** Nigeria Civil Aviation Authority  
**To:** Licensed Holders and Authorised Aviation Medical Examiners (AAMEs)  
**Subject** Aviation Related Health Promotion Activities for Licensed Holders  
**Date:** 11<sup>th</sup> August 2023

### **PREAMBLE:**

This All-Operators Letter (AOL) is to bring to the attention of Licensed Holders and Authorised Aviation Medical Examiners (AAMEs) the implementation of appropriate aviation related health promotion activities by the Authority in line with provisions of the Nigeria Civil Aviation Regulations (Nig.CARs) 2.11.1.1(c).

The importance of these aviation related health promotion activities is for the total wellbeing of licenced holders which will invariably reduce future medical risks to flight safety in the Nigerian Aviation industry.

### **REGULATORY PROVISION:**

Nigeria Civil Aviation Regulations (Nig.CARs) Part 2.11.1.1 (c) states as ***follows: 'The Authority will implement appropriate related health promotion for licence holders subject to a medical assessment to reduce future medical risks to flight safety'***

### **AVIATION RELATED HEALTH PROMOTION ACTIVITIES:**

1. The Authority has identified the following medical conditions and habits as critical to the sustenance of mental and physical wellbeing by licenced holders: Hypertension, Diabetes Mellitus, Smoking, Depressive/ Mood Disorders, Sleep Disorder, Substance Abuse, Mental Health, Fatigue, Obesity and Obstructive Sleep Apnoea (OSA).
2. As part of the implementation of appropriate aviation health related promotion activities by the Authority, Licenced Holders, and Authorised Aviation Medical Examiners (AAMEs) are invited to attend a virtual seminar on health-related topics as follows:

**a. Topics:**

Abuja Regional Office: +234 811 115 3888;

Lagos Regional Office: +234 (1) 2790421, +234 (1) 2790432; Kaduna Regional Office: +234 807 776 8881

Kano Regional Office: +234 815 555 6642; Port Harcourt Regional Office: +234 7059233510.

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- i. Health Promotion and lifestyle changes in Aviators.
- ii. Health living and it's benefits in maintaining medical certification by Licenced holders.

b. Date : 22<sup>nd</sup> August 2023

c. Time : 11am

d. Meeting ID: 910 8214 5463

e. Passcode: 223727

All licenced holders and Authorised Aviation Medical Examiners (AAMEs) are expected to attend this very important seminar.

A handwritten signature in blue ink, appearing to read "M. S. Nuhu".

**Captain Musa S. Nuhu**  
Director General of Civil Aviation

