



[ushst.org/56secs](http://ushst.org/56secs)

# <https://ushst.org/56secs/>

## Unintended Flight in Instrument Meteorological Conditions (UIMC) Safety Initiative

Don't let this happen to you! Review the links below to learn how you can prevent continued VFR flight into IMC. The videos and other resources below include techniques on how to recognize, avoid, and recover from UIMC situations.

### USHST Recommended Practices Focused on Prevention of UIMC

- Spatial Disorientation Induced by DVE

### Safety Bulletins

- Safety Bulletin – IIMC
- Safety Bulletin – Visibility
- Safety Bulletin – CFIT
- Safety Bulletin – CFIT and HTAWS

### Videos

- Video – 56 Seconds to Live
- Video – Airbus Video on IIMC
- Video – Degraded Visual Environment and Loss of Control
- Video – That Others May Live
- Video – 178 Seconds to Live

### Essays and Fact Sheets

- Essay – Inadvertent IMC: Being Somewhere Other Than Cloud 9
- Essay – The Challenges of Night Flight
- Release – Lower Nighttime Flight Hours = Higher Nighttime Helicopter Accidents
- Fact Sheet – Helicopter Accidents During Night Operations
- Essay – Night Vision Goggle Helmets
- Essay – Clear Solutions to a Murky Problem
- Repository – Update on Enhanced Vision
- Fact Sheet – 8 Golden Rules About Weather and Helicopter Flights
- Fact Sheet – Follow the Four "C's": Helicopter Pilots in Inadvertent IMC Situations
- Repository – Mountain Flying-Best Practices



# 56 Seconds to Live Course



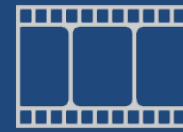
Delay

Return

Land

Transition

Alternate Endings



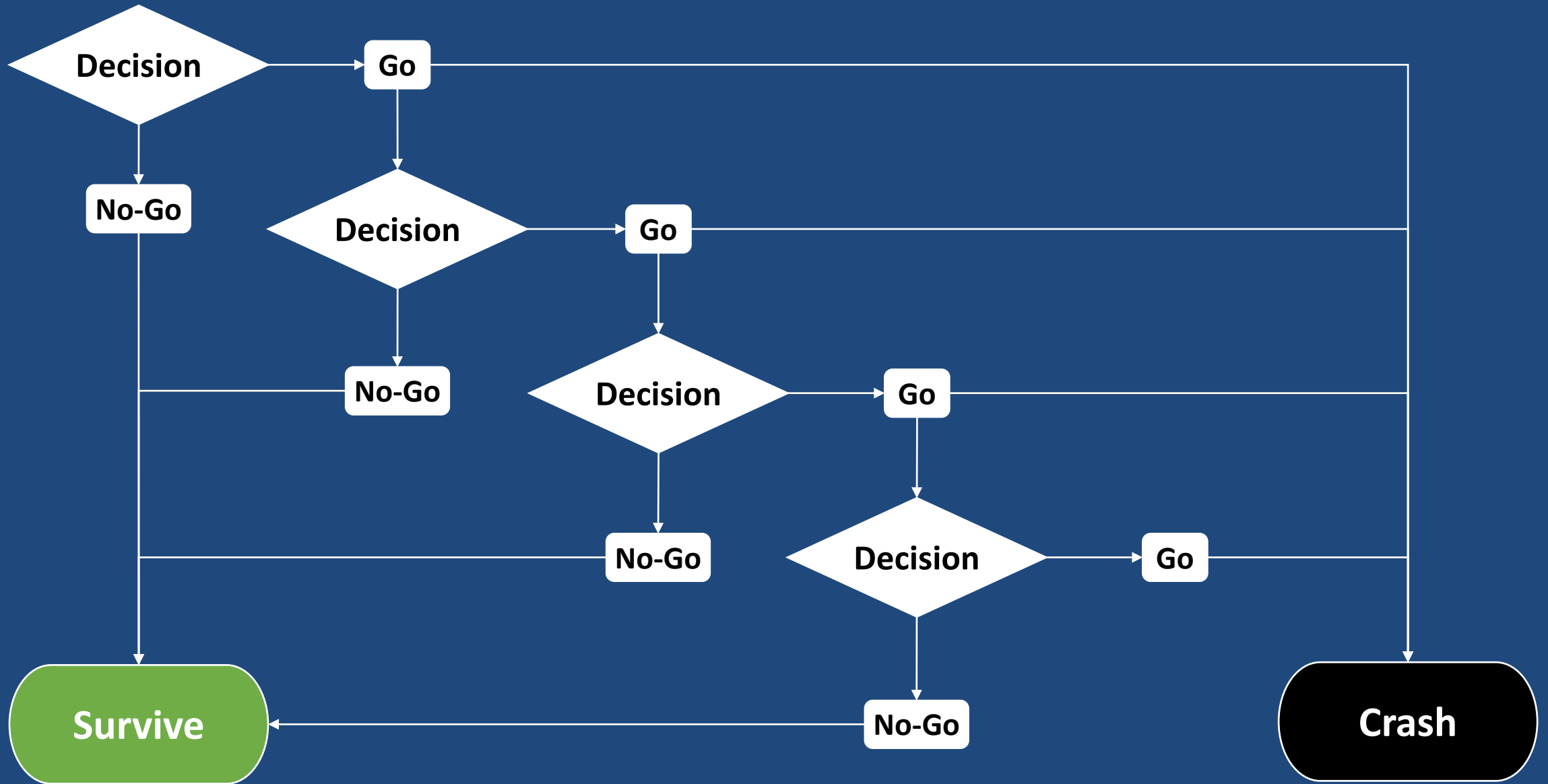
Course Content



Supporting Messages



# 56 Seconds to Live Accident Scenario



# *Sneak Peak: When IMC is Imminent*



Bruce Webb, Director of Aviation Education at Airbus Helicopters

<https://www.youtube.com/watch?v=G8mh9FDaSKY>