

8-1-3. Hyperventilation in Flight

a. Hyperventilation, or an abnormal increase in the volume of air breathed in and out of the lungs, can occur subconsciously when a stressful situation is encountered in flight. As hyperventilation “blows off” excessive carbon dioxide from the body, a pilot can experience symptoms of lightheadedness, suffocation, drowsiness, tingling in the extremities, and coolness and react to them with even greater hyperventilation. Incapacitation can eventually result from incoordination, disorientation, and painful muscle spasms. Finally, unconsciousness can occur.

b. The symptoms of hyperventilation subside within a few minutes after the rate and depth of breathing are consciously brought back under control. The buildup of carbon dioxide in the body can be hastened by controlled breathing in and out of a paper bag held over the nose and mouth.

c. Early symptoms of hyperventilation and hypoxia are similar. Moreover, hyperventilation and hypoxia can occur at the same time. Therefore, if a pilot is using an oxygen system when symptoms are experienced, the oxygen regulator should immediately be set to deliver 100 percent oxygen, and then the system checked to assure that it has been functioning effectively before giving attention to rate and depth of breathing.

8-1-4. Carbon Monoxide Poisoning in Flight

a. Carbon monoxide is a colorless, odorless, and tasteless gas contained in exhaust fumes. When breathed even in minute quantities over a period of time, it can significantly reduce the ability of the blood to carry oxygen. Consequently, effects of hypoxia occur.

b. Most heaters in light aircraft work by air flowing over the manifold. Use of these heaters while exhaust fumes are escaping through manifold cracks and seals is responsible every year for several nonfatal and fatal aircraft accidents from carbon monoxide poisoning.

c. A pilot who detects the odor of exhaust or experiences symptoms of headache, drowsiness, or dizziness while using the heater should suspect carbon monoxide poisoning, and immediately shut off the heater and open air vents. If symptoms are

severe or continue after landing, medical treatment should be sought.

8-1-5. Illusions in Flight

a. **Introduction.** Many different illusions can be experienced in flight. Some can lead to spatial disorientation. Others can lead to landing errors. Illusions rank among the most common factors cited as contributing to fatal aircraft accidents.

b. Illusions Leading to Spatial Disorientation.

1. Various complex motions and forces and certain visual scenes encountered in flight can create illusions of motion and position. Spatial disorientation from these illusions can be prevented only by visual reference to reliable, fixed points on the ground or to flight instruments.

2. **The leans.** An abrupt correction of a banked attitude, which has been entered too slowly to stimulate the motion sensing system in the inner ear, can create the illusion of banking in the opposite direction. The disoriented pilot will roll the aircraft back into its original dangerous attitude, or if level flight is maintained, will feel compelled to lean in the perceived vertical plane until this illusion subsides.

(a) **Coriolis illusion.** An abrupt head movement in a prolonged constant-rate turn that has ceased stimulating the motion sensing system can create the illusion of rotation or movement in an entirely different axis. The disoriented pilot will maneuver the aircraft into a dangerous attitude in an attempt to stop rotation. This most overwhelming of all illusions in flight may be prevented by not making sudden, extreme head movements, particularly while making prolonged constant-rate turns under IFR conditions.

(b) **Graveyard spin.** A proper recovery from a spin that has ceased stimulating the motion sensing system can create the illusion of spinning in the opposite direction. The disoriented pilot will return the aircraft to its original spin.

(c) **Graveyard spiral.** An observed loss of altitude during a coordinated constant-rate turn that has ceased stimulating the motion sensing system can create the illusion of being in a descent with the wings level. The disoriented pilot will pull back on the controls, tightening the spiral and increasing the loss of altitude.

(d) **Somatogravic illusion.** A rapid acceleration during takeoff can create the illusion of being