

2. In darkness, vision becomes more sensitive to light, a process called dark adaptation. Although exposure to total darkness for at least 30 minutes is required for complete dark adaptation, a pilot can achieve a moderate degree of dark adaptation within 20 minutes under dim red cockpit lighting. Since red light severely distorts colors, especially on aeronautical charts, and can cause serious difficulty in focusing the eyes on objects inside the aircraft, its use is advisable only where optimum outside night vision capability is necessary. Even so, white cockpit lighting must be available when needed for map and instrument reading, especially under IFR conditions. Dark adaptation is impaired by exposure to cabin pressure altitudes above 5,000 feet, carbon monoxide inhaled in smoking and from exhaust fumes, deficiency of Vitamin A in the diet, and by prolonged exposure to bright sunlight. Since any degree of dark adaptation is lost within a few seconds of viewing a bright light, a pilot should close one eye when using a light to preserve some degree of night vision.

3. Excessive illumination, especially from light reflected off the canopy, surfaces inside the aircraft, clouds, water, snow, and desert terrain, can produce glare, with uncomfortable squinting, watering of the eyes, and even temporary blindness. Sunglasses for protection from glare should absorb at least 85 percent of visible light (15 percent transmittance) and all colors equally (neutral transmittance), with negligible image distortion from refractive and prismatic errors.

c. Scanning for Other Aircraft.

1. Scanning the sky for other aircraft is a key factor in collision avoidance. It should be used continuously by the pilot and copilot (or right seat passenger) to cover all areas of the sky visible from the cockpit. Although pilots must meet specific visual acuity requirements, the ability to read an eye chart does not ensure that one will be able to efficiently spot other aircraft. Pilots must develop an effective scanning technique which maximizes one's visual capabilities. The probability of spotting a potential collision threat obviously increases with the time spent looking outside the cockpit. Thus, one must use timesharing techniques to efficiently scan the surrounding airspace while monitoring instruments as well.

2. While the eyes can observe an approximate 200 degree arc of the horizon at one glance, only a very small center area called the fovea, in the rear of the eye, has the ability to send clear, sharply focused messages to the brain. All other visual information that is not processed directly through the fovea will be of less detail. An aircraft at a distance of 7 miles which appears in sharp focus within the foveal center of vision would have to be as close as $\frac{7}{10}$ of a mile in order to be recognized if it were outside of foveal vision. Because the eyes can focus only on this narrow viewing area, effective scanning is accomplished with a series of short, regularly spaced eye movements that bring successive areas of the sky into the central visual field. Each movement should not exceed 10 degrees, and each area should be observed for at least 1 second to enable detection. Although horizontal back-and-forth eye movements seem preferred by most pilots, each pilot should develop a scanning pattern that is most comfortable and then adhere to it to assure optimum scanning.

3. Studies show that the time a pilot spends on visual tasks inside the cabin should represent no more than $\frac{1}{4}$ to $\frac{1}{3}$ of the scan time outside, or no more than 4 to 5 seconds on the instrument panel for every 16 seconds outside. Since the brain is already trained to process sight information that is presented from left to right, one may find it easier to start scanning over the left shoulder and proceed across the windshield to the right.

4. Pilots should realize that their eyes may require several seconds to refocus when switching views between items in the cockpit and distant objects. The eyes will also tire more quickly when forced to adjust to distances immediately after close-up focus, as required for scanning the instrument panel. Eye fatigue can be reduced by looking from the instrument panel to the left wing past the wing tip to the center of the first scan quadrant when beginning the exterior scan. After having scanned from left to right, allow the eyes to return to the cabin along the right wing from its tip inward. Once back inside, one should automatically commence the panel scan.

5. Effective scanning also helps avoid "empty-field myopia." This condition usually occurs when flying above the clouds or in a haze layer that provides nothing specific to focus on outside the aircraft. This causes the eyes to relax and seek a