

JCARC Medical Regulations

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CARC مينځننځيم الطيران المحني CIVIL AVIATION REGULATORY COMMISSION

15

TO FLY JORDAN SAFELY



PREVIEW

- I. Medical Certificate for Pilots:
 - Student Pilot, Privet Pilot, Commercial Pilot, ATP Flight Instructor Pilot, Glider Pilot, Sport Pilot.
- II. Medical Certificate for Flight Crew Members other than pilots: Flight Engineers, Navigators, Flight Attendants.
- III. Medical Certificate for Airmen other than Flight Crew Members: Mechanic, Repairman, ATCs, Dispatchers????



JCAR -Part Medical

- FCL 3 (MEDICAL)
- Class 3 Medical Certificate.
- ICAO Annex 1 & JAR FCL 3.



FCL 3 (MEDICAL)

Class 1 Medical Certificate.

Flight Instructor Pilot ,Student Pilot , Commercial Pilot & ATP.

Class 2 Medical Certificate.

Privet Pilot, Glider Pilot, Free Balloon Pilot, Flight Navigator & Engineer.

- Subparts A, B, C & Appendices.
- FCL 3.015 3.370.
- JAR FCL 3 Numbering.



Class 3 Medical Certificate.

- Mechanic , Repairman , Flight Attendant & ATCs
- Subparts A, B & Appendices.
- ► MED 0.005 0.220 .
- ICAO Annex 1.



Subpart A for All Classes Provisions

- Medical Form (History & Examination)
- Medical Certificate.
- Limitations.
- Classes and Validity of Medical Certificate
- Decrease in Medical Fitness.
- ▶ Aviation Medicine Supreme Committee (<u>AMSC</u>).
- Aviation Medicine Center (AMC).

ALL INITIAL MEDICAL CERTIFICATES MUST ISSUED BY THE AMC.

Authorized Medical Examiner (AME).



Subpart B Class 1 Medical Requirements

Ophthalmology Examination:

V/A, Color Blindness Test, Funds, Visual Fields. by designated ophthalmologist or AME, Initial then at age of 60 or if clinically indicated.

Visual Examination:

by AME each renewal, distant, intermediate & near vision

- **Color Perception Examination** . initial
- **Otorhinolaryngological Examination:**

by designated Otorhinolaryngologist or AME, initial then at age of 60 or if clinically indicated.

Audiogram :

At initial then Under 40 = 4 yearly, 40 and above = 2 yearly.



Subpart B Class 1 Medical Requirements

Cardiovascular System Examination:

ECG = at Initial then

Under 30 = 5 yearly.

30 - 39 = 2 yearly.

40 - 49 = annually.

50 Plus = 6

monthly.

Lipid Profile = at Initial then every 2 years.

Respiratory & Digestive Systems Examination:

CxR = at Initial then if clinically indicated.

PFT = at Initial then if clinically indicated

LFT = at Initial then if clinically indicated.

Urinary System:

KFT = at Initial then if clinically indicated Urine D/R = every examination .



Subpart B Class 1 Medical Requirements

- Neurological , Psychological & Psychiatric Req :
- ► Metabolic , Nutritional & Endocrine :

 Fasting blood Sugar = at Initial then if clinically indicated.
- Haematology:CBC = every examination.
- Gynaecological & obstetrics.
- Musculoskeletal Req.
- > STDs & other Infections.
- Oncology.



Subpart C Class 2 Medical Requirements

Ophthalmology Examination:

V/A , Color Blindness Test , Funds , Visual Fields . by designated ophthalmologist or AME , Initial then at age of $60\,$ or if clinically indicated .

Visual Examination:

by AME each renewal, distant, intermediate & near vision

- **▶ Color Perception Examination** . initial
- Otorhinolaryngological Examination :

by designated Otorhinolaryngologist or AME, initial then at age of 60 or if clinically indicated .

Audiogram :

At initial then Under 40 = 4 yearly, 40 and above = 2 yearly.



Subpart C Class 2 Medical Requirements

Cardiovascular System Examination:

ECG = at Initial then

40 - 49 = 2 yearly. 50 Plus = annually.

Lipid Profile = at Initial till age of 40 then every 2 years .

Respiratory & Digestive Systems Examination:

CxR = at Initial then if clinically indicated.

PFT = at Initial then if clinically indicated

LFT = at Initial then if clinically indicated.

Urinary System:

KFT = at Initial then if clinically indicated Urine D/R = every examination.



Subpart C Class 2 Medical Requirements

- Neurological, Psychological & Psychiatric Req.
- Metabolic , Nutritional & Endocrine .
 Fasting blood Sugar = at Initial then if clinically indicated.
- Haematology .CBC = every examination .
- Gynaecological & obstetrics.
- Musculoskeletal Req.
- > STDs & other Infections.
- Oncology .



Class 3 Medical Requirements

Subpart A (General)
Subpart B (Req.)



Subpart B Class 3 Medical Requirements

- Ophthalmology Examination:
 - V/A, Color Blindness Test, Funds.
 - by designated AME, Initial then if clinically indicated.
- Visual Examination :
 - by AME each renewal, distant, intermediate & near vision
- **Color Perception Examination** . initial
- Otorhinolaryngological Examination: by designated AME, initial then if clinically indicated.
- Audiogram :
- At initial then Under 40 = 4 yearly, 40 and above = 2 yearly except for A/C.M = at initial then Under 40 = 6 yearly, 40 and above = 3 yearly



Subpart B Class 3 Medical Requirements

Cardiovascular System Examination:

ECG = at Initial till age of 49 then 2 yearly except A/C.M every examination.

Lipid Profile = at Initial then if clinically indicated

Respiratory & Digestive Systems Examination:

CxR = at Initial then if clinically indicated.

PFT = at Initial then if clinically indicated

LFT = at Initial then if clinically indicated

Urinary System:

KFT = at Initial then if clinically indicated Urine D/R = every examination .



Subpart B Class 3 Medical Requirements

- Neurological, Psychological & Psychiatric Req.
- Metabolic , Nutritional & Endocrine .
 Fasting blood Sugar = at Initial then if clinically indicated .
- Haematology .CBC = every examination
- Gynaecological & obstetrics.
- Musculoskeletal Req.
- > STDs & other Infections.
- Oncology .



Student Pilot

| | Class | Validity |
|------|--------|-----------------|
| JCAR | First | 17 - 39 = 24 M |
| | | 40 += 12 M |
| ICAO | Second | 17 - 39 = 60 M |
| | | 40 - 49 = 24 M |
| | | 50 += 12 M |
| EASA | Second | 17 - 39 = 60 M |
| | | 40 - 49 = 24 M |
| | | 50 += 12 M |
| FAA | Third | 17 - 40 = 60 M |
| | | 41 + = 24 M |



Privet, Free Balloon & Glider Pilots

| | Class | Validity |
|------|--------|-----------------|
| JCAR | Second | 17 - 39 = 60 M |
| | | 40 - 49 = 24 M |
| | | 50 + = 12 M |
| ICAO | Second | 17 - 39 = 60 M |
| | | 40 - 49 = 24 M |
| | | 50 + = 12 M |
| EASA | Second | 17 - 39 = 60 M |
| | | 40 - 49 = 24 M |
| | | 50 + = 12 M |
| FAA | Third | 17 - 40 = 60 M |
| | | 41 + = 24 - M |



Commercial Pilot Single pilot Air transport carrying passengers

| p | a | S | S | e | n | g | e | r | S |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |

| | Class | Validity |
|------|--------|-------------------|
| JCAR | First | 17 - 59 = 12 M |
| | | 60 + = 6 M |
| ICAO | First | 17 - 59 = 12 M |
| | | 60 + = 6 M |
| EASA | First | 17 - 39 = 12 M |
| | | 40 + = 6 M |
| | | |
| FAA | Second | $12 = \mathbf{M}$ |
| | | |



Commercial Pilot other commercial operation

| | Class | Validity |
|-------------|--------|-----------------|
| JCAR | First | 17 - 59 = 12 M |
| | | 60 + = 6 M |
| ICAO | First | 17 - 59 = 12 M |
| | | 60 + = 6 M |
| EASA | First | 17 - 59 = 12 M |
| | | 60 + = 6 M |
| FAA | Second | 12 = M |
| | | |



ATP

| | Class | Validity |
|------|-------|-----------------|
| JCAR | First | 17 - 39 = 12 M |
| | | 40 + = 6 M |
| ICAO | First | 17 - 39 = 12 M |
| | | 40 + = 6 M |
| EASA | First | 17 - 59 = 12 M |
| | | 60 + = 6 M |
| | | |
| FAA | First | 17 - 39 = 12 M |
| | | 40 + = 6 M |



Instructor Pilot

| | Class | Validity |
|--------|--------|-----------------|
| JCAR | First | |
| | | 12 = M |
| ICAO | Second | 17 - 39 = 60 M |
| 10110 | | 40 - 49 = 24 M |
| | | 50 + = 12 M |
| EASA | Second | 17 - 39 = 60 M |
| 211011 | | 40 - 49 = 24 M |
| | | 50 + = 12 M |
| FAA | Third | 17 - 40 = 60 M |
| | | 41 + = 24 M |
| | | |



Flight Navs & Engs

| | Class | Validity |
|------|--------------------|-----------------|
| JCAR | Second | 12 = M |
| ICAO | Second | 12 = M |
| EASA | First or Second | First or Second |
| FAA | Second | 12 = M |



Flight Attendant

| | Class | Validity |
|------|------------------|---|
| JCAR | Third | 17 - 39 = 24 M 40 + = 12 M |
| ICAO | M.D | State Req. |
| EASA | M.D or Second | 18 - 49 = 60 M $50 - 64 = 24 M$ $65 - 69 = 12 M$ $70 + = 6 M$ or second class |
| FAA | M.D US DL | According to US DL |



ATCs

| | Class | Validity |
|------|--------|-----------------|
| JCAR | Third | 17 - 39 = 24 M |
| | | 40 + = 12 M |
| ICAO | Third | 18 - 39 = 48 M |
| | | 40 - 50 = 24 M |
| | | 50 + = 12 M |
| EASA | Third | 17 - 39 = 24 M |
| | | 40 + = 12 M |
| FAA | Second | 12 = M |



Mechanic & Repairman

| | Class | Validity |
|----------|--------------|------------------------------------|
| JCAR new | Third | 36 = M |
| ICAO | M.D | State Req. |
| EASA | M.D | 18 - 49 = 60 M 50 - 64 = 24 M |
| | | 65 - 69 = 12 M 70 + = 6 M |
| FAA | M.D US DL | According to US DL |



Provisions

- ICAO Chicago Convention Annex 1

- Mnual of Substance Abuse ICAO 9654

- CARC Drugs & Alcohol Program



Substance dependence

- "Substance dependence" means a condition in which a person is dependent on a substance, other than tobacco or ordinary xanthine-containing beverages (e.g., caffeine), as evidenced by
- Increased tolerance, OR
- Manifestation of withdrawal symptoms, or
- Impaired control of use, OR
- Continued use despite damage to physical health or impairment of social, personal, or occupational functioning.



Problematic use of substances. The use of one or more psychoactive substances by aviation personnel in a way that:

- a) constitutes a direct hazard to the user or endangers the lives, health or welfare of others; and/or
- b) causes or worsens an occupational, social, mental or physical problem or disorder.



Psychoactive substances

Alcohol, opioids, cannabinoids, sedatives and hypnotics, cocaine, other psychostimulants, hallucinogens, and volatile solvents, whereas coffee and tobacco are excluded.



Applicant's signature authorizes query of the Substance use.

This is done at every exam



Drugs & Alcohol National Program

Prevention of Problematic use of Substance in Aviation workplace

Aviation Medicine Unit

Issuance: 01

Rev: 00

March 2021



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General Information

- Aviation workers have a special obligation to ensure that they are capable of performing their duties to the best of their abilities. Similarly, aviation regulatory authorities and industry employers have a special obligation to ensure that aviation safety is maintained at a high level and meet precautions necessary to achieve the regulations implemented.
- The occupational categories most immediately critical to the safe operation of aircraft.



Responsibilities & duties

CARC / AMU Responsibilities

- distribution of this instruction to all operators licensed by CARC, for examples but not limited: Aircraft operators, Airport operators, security screeners operators and Air traffic operator.
- ▶ Ensure the distribution of this instruction to all Aviation Safety sensitive employers, for example but not limited flight crew employers, Cabin Crew, flight instructors student pilots, flight engineers, flight navigators, flight mechanic & Repairman and Air traffic Controllers.
- ▶ Ensure the complying of all operators to this instruction.
- Approved the operator designated OFP
- Perform random Drug & Alcohol test at any time for any employee licensed by CARC who perform safety sensitive function without prior notification.
- Remove any employee with refusal to perform the required test or with confirmed positive drug testing result & alcohol misuse from Safety –sensitive function and appropriate action shall be taken by CARC according to this instruction document.
- Inspection on records at the operators with access to copy any records when it is needed.
- Monitor the designated laboratories chosen to perform the drug screening tests are duly certified by MOH of HKJ.
- Keeping all records & documents of the Test results in safe secure and confidential format.



Responsibility of operators

- Each operator shall develop standard operation procedures to adopt this instructions and appoint officer approved by CARC/AMU to act as focal point at CARC for drug & alcohol testing program known as operator focal point (OFP), he shall possess the following duties:
- Shall be responsible for , directing , administering and managing the drug program ,with in the operator.
- Shall serve as the principle contact with the laboratory and for collection activities in assuring the effective operation of the testing portion of the program.
- c) Arrange all testing required by CARC.
- Ensure that all employees who engaged in safety-sensitive function like but not limited flight crew, maintenance personnel liscend by CARC and any other airmen who hold CARC medical certificate subject to drugs & alcohol program testing every two years.
- e) Keep all records in safe, secure & confidential format.
- Immediate inform CARC/AMU of refusal take the required test or any positive result or misuse of Alcohol & Drugs.
- Shall send all positive results to CARC / AMU using the Drug & Alcohol Testing program form (Appendix 2 of this document with original copy of the lab result, signed & sealed by the lab officer.
- Shall use the employee interview checklist before performing the test .(Appendix 1 of this document).
- Remove immediately any employee with positive drug result or alcohol test result of 0.02% or higher from safety –sensitive function.



Responsibility of Employee

- No employee shall act as safety- sensitive function under the influence of alcohol or any other psychoactive substance.
- No employee shall drink alcohol during duty time on a company property or in a company vehicle within 12 hours form duty time.
- No employee shall use any medication that could affect the safe performance of duties unless the AME/CARC has been informed and approved in Witten format for such use.
- d) The employee cannot refuse to take the required test under any circumstance or other condition.
- e) Failure to appear for testing without a deferral will be considered refusal to participate in testing and will subject an employee to the range of disciplinary actions including dismissal.



Types of Tests

- Pre-employment/pre-transfer testing
- Periodic testing
- Random Testing
- Reasonable suspicion or "reasonable cause or for cause testing
- Return to duty / follow –up Testing
- ▶ Post accident Testing



Biochemical Testing programmers

Whom to Test

The categories selected should include: flight crew members (pilots, flight engineers and flight navigators); flight attendants; maintenance personnel (including repair and inspection personnel); flight instructors; dispatchers; passenger & baggage screeners; ground security coordinators; and air traffic controllers. Other categories of personnel, among them airport security and firefighters, could also be considered for inclusion.



Implementation of a testing program

Alcohol testing methodology

- Nonevidential devices The most common nonevidential devices are breath testing devices. which vary from so-called "blow tubes" that contain crystals that change color in the presence of a certain amount of alcohol in the expired air, to small portable electronic devices that provide a quantified result.
- ✓ Evidential testing methodology Blood testing. is a well-established and very accurate method of confirmatory alcohol testing and shall permit motor vehicle drivers who are charged with driving under the influence/while intoxicated to have blood testing conducted. Although alcohol can vaporize out of blood, blood is collected in a vacuum tube, a preservative is added, and the rube is tightly capped. The most accurate methods of testing blood are by gas chromatography and enzymatic oxidation. These methodologies are specific for ethanol.



Psychoactive substance testing (other than alcohol)

- Drugs to tested are Cannabis (Marijuana & it is metabolites), Cocaine and it is metabolites, opiates with morphine and metabolites, Amphetamines barbiturates, Benzodiazepines, Methadone, phencyclidine (PCP), K2, Tramal, in addition to any drug testing deemed necessary by CARC/AMU
- Confirmation testing: Any test result indicating that an individual may have used a psychoactive substance should be confirmed by a second analysis. Although any of the methodologies used for screening can also be used for confirmation, it is best to use a second analytical procedures.



Testing Procedures

> The collection site must fulfil the following:

- shall have all necessary personnel, materials, equipment, facilities and supervision to provide for the collection, temporary storage, and shipping of urine specimens to a laboratory, and a suitable clean surface for writing.
- shall include a facility for urination which may include a single- toilet room, having a full-length privacy door, within which urination can occur or the second type where facility for urination may include is a multiscale restroom.
- may be in a medical facility, a dedicated collection facility, or any other location meeting the requirements.
- should be secure from any water sources, there should be no soap, disinfectants, cleaning agents, or other possible adulterants are present.
- e) The company shall implement a policy and procedures to prevent unauthorized personnel from entering any part of the site in which urine specimens are collected or stored. Only employees being tested, collectors and other collection site workers and employer representatives/or Supervisors and CARC representatives are authorized persons for purposes of this paragraph.
- CARC Drugs & Alcohol Testing program form shall be used to document every urine collection required by the CARC drug testing program.



- > The specimen Collector Personnel may observe the individual provide the urine specimen if it necessary.
- The employee shall provide positive identification such as a photo ID issued by the employer, or local government (e.g., a driver's license).
- > Prior to conducting any test, the employee should sign a form in which the employee shall specify any medication they may be taking which could affect the result of the test.
- > The employee shall to go into the room used for urination, and provide a specimen of at least 45 ml, and return to the collector with the specimen as soon as he has completed the void.
- Every urine specimen collected shall be assigned a unique number, only that number and not the employee's name, will be provided to the testing laboratory. The urine specimen should be split into two clean containers and each sealed.
- > Once the collection is complete, the chain of custody form shall be completed before transferring the specimen to the laboratory,



- Refusal by an employee to undergo a test is considered a breach of the CARC policy and will be treated as a positive result.
- cases where the candidate admits the use of medicine which is incompatible with flying duties before submitting the urine test for random checks, shall be considered violation for Civil Aviation Regulations, and the CARC / AMU should be informed.
- The temperature of the specimen should be checked no later than four minutes after the employee has given you the specimen. The acceptable temperature range is 32–38 °C/90–100 °F.
- The specimen then underwent a validity testing, where it is tested for any adulterants or substances added to obscure possibly positive results.



Refusal to take the test

CARC will consider all of the following conditions as a refusal to take the test:

- Fail to appear for any test within a reasonable time, as determined by the employer, after being directed to do so by the employer.
- b) Fail to remain at the testing site until the testing process is complete.
- Fail to provide an adequate amount of breath for alcohol test or urine sample required by this document.
- d) Fail to sign the certification at the alcohol testing form or drug screening form.
- e) Fail to cooperate with any part of the testing procedure.



Consequences

- An employee may be found to use illegal drugs on the basis of any appropriate evidence including, but not limited to:
 - (a) Direct observation;
 - (b) Evidence obtained from an arrest or criminal conviction;
 - (c) A verified positive test result; or
 - (d) An employee's voluntary admission.
- disciplinary consequents of problematic misuse of substance :-
 - (a) Immediate removal from the safety sensitive function duties by AMSC.
 - (b) Temporary suspend the CARC flight license for specific period recommended by AMSC.
 - (c) Other disciplinary appropriate action according to Jordan Civil Aviation Law No. 41/2007 & its amendment (Item 61 . bis)
 - (d) Conditional or restricted return to duty, after the Airman had successfully completed the rehabilitation course of therapy.



Appendix 1. Employee Interview Checklist

- Establish identity of the employee (i.e. full name, employee identification number/License, date of birth).
- Inform employee that medical information discussed during the interview is confidential, and may only be disclosed under very special circumstances. Identify those circumstances.
- If the employee holds a CARC medical certificate, advise the employee that information regarding drug test results and information supplied by the employee will be provided to the CARC / AMU as required by appropriate regulation.
- Tell the employee you are calling about the specific drug test he/she underwent on the specific date and at the specific location. Inform the employee for what drug(s) the specimen tested is positive.
- Briefly explain the testing process, discussing screening and confirmation testing, and laboratory reporting.
- Ask for recent medical history, when appropriate.
- Prescription drugs Over-the-counter drugs Medical or dental procedures Food ingestion
- Request the employee to provide medical records or documentation of prescription for controlled substance when appropriate. Set a specific deadline for receipt of the medical records.
- Request the employee to undergo a medical examination or evaluation, when appropriate. Arrange for medical evaluation.
- Notify the employee that he or she may request a split specimen test, and explain this process. Provide information about payment for this test in accordance with employer's policy, if appropriate. Tell the employee that a split specimen test will not delay verification of the initial test result.
- If the verification process IS complete, inform the employee that the appropriate employer official will be notified. Issuance No. 01 Rev: 00 Effective Date: March 2021
- Offer to answer any further questions.
- Give your name and telephone number in case the employee has any further questions



Appendix 2. CARC Drugs & Alcohol Testing program form

Verification Worksheet

- 1. Employee Name: (First) (Middle) (Last)
- 2. Date of birth:
- 3. Employee License No:
- 4. Date of collection:
- 5. Specimen ID No.:
- 6. Date medical examination conducted (if applicable): Time:
- 7. Examining physician's name: Address: Telephone:
- 8. Result:
- 9. date received:
- 10. Comments:
- 11. attempts to contact employee / interview details:
- 12. Date employee notified of verified result: Time:
- 13. Date employer notified of verified result: Time:
- 14. Employer contact: Address: Telephone:
- 15. Date CARC notified of verified result & time:
- 16. Verification decision
- 17. Positive Drug (specify):
- 18. Test cancelled & Reason for test cancellation:
- 19. General comments:
- 20. Medical officer signature:
- Pote & Place:



CARC Drugs & Alcohol Testing Program form Verification Worksheet

https://www.carc.jo/images/Safety/DrugsAlcohol Programme.pdf





Questions?

MAIN DUTY



TO FLY JORDAN SAFELY

QUESTION?