

Before Start	
Inspections and Security _____	COMPLETE
Park Brake _____	SET
Thrust Levers _____	IDLE
MCDU (Initial) _____	SET & CKD
ACARS _____	INITIALISED
QNH _____	SET / X-CKD
LFE Panel _____	CKD
--- Briefing ---	
Threats MEL AIS Weather Return Alternate Runway Flap Terrain & Performance (Inc AA) SSA/MSA Transition Altitude SID (Inc ALT SEL) MCDU (Inc Radio Aids / Autotune) Emergencies Review	
--- Loadsheet ---	
Fuel Quantity _____	CKD
MCDU (Perf) _____	SET
Speed Selector _____	MANUAL
PFD _____	TOGA
Trim Panel _____	SET / 0 / 0
Mobile Device _____	FLIGHT MODE ON
--- Start Approved ---	
Doors & Windows _____	CLOSED
Cockpit Door _____	CLOSED / LOCKED
HYD Pump _____	ON
Beacon _____	ON
Signs _____	ON
Steering _____	OFF
Transponder _____	ALT – ON

After Start	
Autobrake _____	RTO
Flight Controls _____	CKD
Ground Equipment _____	REMOVED
Slats / Flaps _____	SET ... & CKD
APU _____	AS REQ'D

Taxi	
Taxi Light _____	ON
Final Loadsheet _____	RECEIVED
Single Engine Taxi	
Second Engine _____	STARTED
HYD Pumps _____	AUTO
APU _____	AS REQ'D
Vital Data / Review _____	AS REQ'D
Cabin Report _____	RECEIVED
Sterile Light _____	ON

Before Take-Off	
Cabin Crew	ADVISE
Lights / Strobes	ON
Brake Temperature	CKD
Transponder	TA/RA
Take-Off Config	CKD
Auto Throttle	ARMED
MFD	MAP (WX AS REQ'D)
EICAS	CKD

After Take-Off	
Landing Gear _____	UP
Slats / Flaps _____	0
Thrust Rating _____	AS REQ'D
Air Cond & Press _____	CKD
APU _____	AS REQ'D
--- Standard (1013) ---	
Altimeters _____	STD SET / X-CKD

Descent	
--- Briefing ---	
Threats Configuration AIS Weather QNH Transition Level MSA/SSA Terrain Airfield Elevation STAR Approach Type Minima Missed Approach Runway Flap Speeds Stopping Airfield Radio Aids Alternate Fuel Capability Review	
MCDU _____	SET
Minima _____	SET
Steep Approach _____	AS REQ'D
FMA Source _____	SET TO PF

Approach	
Altimeters _____	SET / X-CKD
Speed Selector _____	MANUAL
Autobrake _____	SET
Lights _____	ON
Signs _____	SET
--- 25 NM from Destination ---	
Approach Aids _____	SET / X-CKD
Fuel Panel _____	SET

Before Landing	
Cabin Report	RECEIVED
Landing Gear _____	DOWN
Missed App Data _____	SET
Steep Approach	
Slats / Flaps ____ FULL	Normal Approach
Steep App ____ GREEN	--- By 1000 ft ---
Nose Light ON	Slats / Flaps ____ LDG SET
	Nose Light ON

After Landing	
External Lights	AS REQ'D
Auto Throttle	OFF
Transponder	ALT – ON
WX Radar	STBY
Slats / Flaps	SET 0 / 0
APU	AS REQ'D
--- Approaching Stand ---	
Taxi Lights	OFF
Doors to Manual	CALLED

Shutdown	
Parking Brake _____	SET / TEMP
Transponder _____	STBY
N1 _____	OFF
HYD Panel _____	SET
Beacon _____	OFF
Signs & Sterile Light _____	OFF
Mobile Device _____	FLIGHT MODE OFF

Cockpit Safety Inspection	
Cockpit Emer Equip	CKD
Cockpit Security Check	COMPLETE
Electric Panel	SET
Fuel Panel	CKD
Windshield Wiper	OFF
Hydraulic Panel (System 3A Pump OFF)	CKD
Air Cond/Pneumatic Panel	CKD
Pax Oxy Panel	CKD
ELT	ARM
Landing Gear Lever	DOWN
START/STOP Selectors	STOP
Speed Brake Lever	CLOSED
RAT Manual Deploy	STOWED
SLAT/FLAP Lever	VERIFY POS
Circuit Breakers	CKD

Power Up	
Battery 1	ON
Battery 2	AUTO
Battery Voltage	CKD
GPU Button	PUSH IN / WAIT
Fire Ext Panel	TEST
APU	AS REQ'D
GPU Button	AVAIL LT ON
GPU Button	PUSH OUT
NAV Light	AS REQ'D
Hydraulic Panel (Park Brake)	AS REQ'D
Electronic CBs	CKD
DVDR Panel	CKD

Leaving Aircraft	
Pitch Trim	FULL DOWN
Emergency Lights	OFF
External + Internal Lights	OFF
APU/ GPU	OFF
Windows	CLOSED
Screens	DIM
Batteries 1 + 2	OFF

Full Cockpit Preparation	
Aircraft Library	COMPLETE
→ Gear Pins	CKD
Jump Seat Oxy Mask	CKD
Electric Panel	SET
Cockpit Light Panel	TEST / SET
Engine 1 Fire Handle	STOWED
Fuel Panel	SET
→ Emergency Lights	TEST / ARM
→ Passenger Signs Panel	SET
Fire Extinguisher Panel	CKD
APU Control Panel	AS REQ'D
→ External Lights	AS REQ'D
Engine 2 Fire Handle	STOWED
Hydraulic Panel	CKD / 3A OFF
Pressurisation Panel	SET
Windshield Heating Buttons	SET
Ice Protection Panel	SET
Air Cond/Pneumatic Panel	SET
Gnd Prox Terr Inhibit	CKD
→ EICAS	CKD
→ Clock	SET
Gnd Prox G/S Inhibit	CKD
L/G Warn Inhibit	CKD
Flight Controls Mode Panel	CKD
Stall Warning Panel	CKD
→ Ignition Selector Knobs	AUTO
EICAS Full	CKD
→ Thrust Levers	IDLE
Gnd Prox Flap Override	CKD
→ Slats / Flaps	CKD 0 / 0
→ Trim Panel	CKD
Flight Controls Disconnect Handles	CKD
Alt Gear Ext Compartment	CKD
--- Both Crew Present ---	
Flight Deck Door Inhibit	CKD
→ Oxygen Masks	CKD / 100%
→ Reversionary Panel	SET
→ Flight Instruments / IESS	SET / X-CKD
→ MFD	SET / X-CKD
→ Audio Panels	SET

Post Flight Review	
<p>What happened and why? Was the outcome positive or not? How do we repeat or avoid? Impact on safety? Commercial impact? Were SOPs followed? What are the learning points? Is further action required?</p>	