

1. Damage to hearing will depend on
 - a. age and gender, with males more susceptible
 - b. duration and intensity of noise
 - c. volume and frequency level of sound
 - d. sound pressure level and frequency level
2. The purpose of Eustachian tube in the human respiratory system is to connect the
 - a. middle ear to the outer ear
 - b. inner ear to the middle ear
 - c. outer ear to the inner ear
 - d. middle ear to the throat
3. The painful condition known as Barotrauma is mostly likely to occur
 - a. with an increase in differential pressure inside and outside the body when on descent
 - b. with an increase in differential pressure inside and outside the body when on climb
 - c. with a decrease in differential pressure inside and outside the body when on descent
 - d. with a decrease in differential pressure inside and outside the body when on climb
4. Discomfort or pain in the ears or sinuses is most likely during
 - a. long periods of cruising flight at high altitude
 - b. high rates of descent in unpressurised aircraft
 - c. high rates of climb in unpressurised aircraft
 - d. long slow descents in unpressurised aircraft
5. The CASA has recommended a period on the ground after making a blood donation of at least
 - a. six hours
 - b. twenty four hours
 - c. twelve hours
 - d. forty eight hours
6. CAR256 requires total abstinence by all pilots from any alcohol from a period of
 - a. eight hours before departure
 - b. twenty hours before departure
 - c. eight hours before commencing duty
 - d. twelve hours before departure
7. During a descent with blocked Eustachian Tubes, the gas volume in the middle ear
 - a. increases
 - b. decreases
 - c. remains constant
8. Symptoms of one type of Decompression Sickness are
 - a. blurred vision
 - b. blue colouration of the nose and eyelids
 - c. tingling of the lips and fingers
 - d. sore and aching joints

9. To be effective, exercise should be
 - a. Regular exercise that can double the resting heart rate, minimum 20 minutes duration, minimum 3 times a week
 - b. minimum 30minuted duration of cardio exercises every day
 - c. minimum twice a week, minimum an hour of strengthening exercises
 - d. no regular exercise is required
10. Obesity can cause health problems such as
 - a. drowsiness, headaches, low blood pressure, and gout
 - b. drowsiness, cancer, headaches, and heart disease
 - c. headaches cancer, diabetes, and heart disease
 - d. hypertension, gout, diabetes, and heart disease
11. Two aircrafts on converging tracks have a high chance of collision if
 - a. they maintain same altitude and constant relative bearing
 - b. they maintain a constant relative bearing meanwhile one is on climb
 - c. they maintain a constant relative bearing meanwhile one is on descent
 - d. all the cases above
12. High blood pressure leads to an increased risk of
 - a. coronary artery disease and/or stroke
 - b. family history of early onset heart disease
 - c. decompression sickness below FL180
 - d. fits, or seizures
13. Heart rate ____ and blood pressure ____ with temperatures above 36°C
 - a. increases, decreases
 - b. decreases, increases
 - c. decreases, decreases
 - d. increases, increases
14. At night , in order to achieve the best view of a target, it is necessary to
 - a. look directly at the object at one to two second intervals
 - b. look slightly away form the object that you wish to view
15. Symptoms of hypoxia and hyperventilation are similar, so a patient should be
 - a. questioned carefully before any action is taken
 - b. made to control their breathing, or to breath into a paper bag
 - c. treated as if hypoxic, but only if cabin altitude is above 14,000'
 - d. treated as if hypoxic if cabin altitude is 10,000' or above
16. The cause of 'Cyanosis' as a result of hypoxia is
 - a. evaporation of nitrogen
 - b. deoxygenated haemoglobin
 - c. high levels of blood CO₂
 - d. euphoria and the inability to judge your own performance
17. Rate and depth of breathing is determined by
 - a. blood CO₂ levels, or blood pH receptors in the brain
 - b. blood O₂ levels, or blood pH receptors in the brain

18. What effect does breathing in and out of a paper bag (for hyperventilation) have?
- increases the concentration of carbon dioxide in the lungs
 - removes excess carbon dioxide from the blood
 - reduces nausea and light headedness
 - maintains a stable blood carbon monoxide level
19. Pain in the chest, neck, shoulders and left arm, all of which subside with rest, is probably
- Angina
 - Hypotension (low blood pressure)
 - decompression sickness
 - gastroenteritis or food poisoning
20. Symptoms of carbon monoxide poisoning are
- Cyanosis
 - tingling sensation followed by muscle spasm
 - shortness of breath and loss of energy
 - headaches, breathlessness and cherry-red complexion
21. The time required for one unit of alcohol to be removed from the blood is
- dependent on the individual's BMI, age and gender
 - approximately thirty minutes
 - up to eight hours in some cases
 - approximately one hour
22. What is the major epidemic disease spread by mosquitoes that kills the most people globally?
- Malaria
 - Yellow Fever
 - Typhoid
 - Cholera
23. Carbon monoxide(CO) has great affinity to
- Oxygen
 - Haemoglobin
 - Nitrogen
24. What is the common side effect of Antihistamine?
- drowsiness
 - antibiotic resistance
 - gastrointestinal tract
 - nausea
25. Which of the following is not a symptom of a sustained positive G load?
- tunnel vision
 - grey out
 - black out
 - red out

26. How could we overcome sensory illusions?
- a. keep a constant look out for glimpses of the natural horizon outside
 - b. rely absolutely on the aircraft's instruments
 - c. keep the control column central and maintain a constant power
 - d. disregard the instrument indications and fly by 'feel' until it passes
27. The most common reason for 'in flight incapacitation' is
- a. decompression
 - b. dehydration
 - c. heart attack
 - d. food poisoning
28. If a pilot suspects himself suffering the effect from hypoxia during the flight, the most appropriate action should be
- a. don his oxygen mask and descend immediately to a lower level
 - b. increase both the rate and depth of breathing
 - c. breathe into and also from a paper bag
 - d. descend immediately to a lower level
29. Which is not the possible reason for motion sickness?
- a. brain receives mismatching signals from eyes and ears
 - b. G – LOC
 - c. Anxiety, apprehension, or fear
 - d. Overstimulation of senses
30. If you suspect that you are suffering from carbon monoxide poisoning during flight you should
- a. use cabin heat
 - b. hold your breath
 - c. turn off the heater and open all the fresh air vents
 - d. slow down breathing rate
31. Which of the following would most likely to be the cause of carbon monoxide poisoning during the flight?
- a. smog in the atmosphere
 - b. a leak in the engine exhaust system
 - c. an electrical short cut
 - d. carburettor heat malfunction
32. Which of the following is not a symptom of CO poisoning?
- a. blurring vision
 - b. drowsiness
 - c. cyanosis
 - d. cherry red complexion

Correct Answers:

1b 2d 3a 4b 5b 6a 7b 8d 9a 10d 11d 12a 13d 14b 15d 16b 17a 18a 19a 20d 21d 22a
23b 24a 25d 26b 27d 28a 29b 30c 31b 32c