

Answers to Questions:  
**Working Healthy – 8**

Test your knowledge about *your* health  
in *your* workplace

1. The first effects of NOISE induced hearing loss occur:  
*Answer:* D. 4,000 hz  
The important factor of NIHL is that the first loss of hearing occurs at 4,000Hz which is above our speech level. In other words, you'll lose hearing and not know it in everyday conversation. Minimizing exposures to noise is a good example of planning your work. Step 2 of the WH-8
2. Signs and symptoms of an ERGONOMIC INJURY include all of the following except:  
*Answer:* D. Growths that may be self-limited or may lead to cancers  
Responses A, B and C, are examples of symptoms and signs from ergonomic injuries. Ergonomic considerations are part of Step 5 of the WH-8
3. To reduce the impact of VIBRATING TOOLS, select from the following (table):  
*Answer:* C. Numbers 3, 4, 7, 8, and 9 are recommended  
To appreciate the effect of vibrating tools in the aviation workshop, refer to the NIOSH Health Evaluation and Technology Assessment Report 94-0426-2513 for Gulfstream Aerospace Corporation in 1995. See **Working Healthy**, pages 23 to 26. Vibration is a physical hazard so maintainers should ask for information. Step 2 of the WH-8.
4. Characteristics of SOLVENTS include all of the following except:  
*Answer:* C. Causes an immune reaction  
Solvents dissolve fats in the skin causing thinning and dryness of the skin. Solvents do mix with the air and contribute to the VOC components of air pollution. Triggering of an immune response is not a common reaction to solvents. This question focuses on two steps of the WH-8. Skin is an important route of exposure and is the topic of step 4. Solvent vapor can influence the innocent bystander so consider others, step 8
5. What is LOCAL EXHAUST VENTILLATION  
*Answer:* C. Is located over the source of the contamination and captures it before it escapes into the air  
While general ventilation circulates air in an entire room, local exhaust ventilation circulates air at the worksite. The preventive message is to capture contaminants at their source. Local exhaust ventilation mounted over a grinder or as part of a sander are examples. Step 3 of the WH-8 is to Think Ventilation.