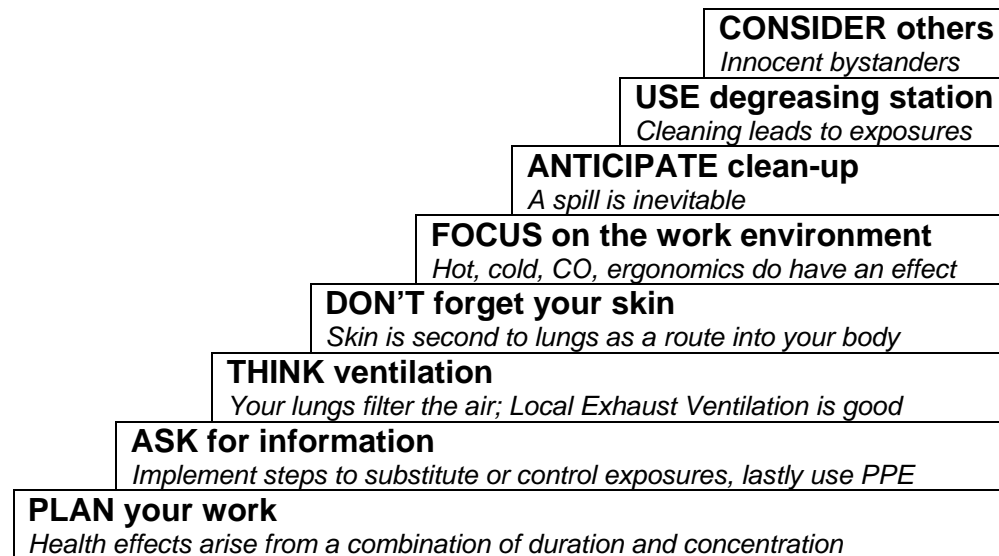


# WORKING healthy - 8

Follow the stairway to prevent exposures from work on aircraft



For Aviation Maintainers: Certified, Students, and Hobbyists

Read, copy freely, and distribute to your co-workers and friends

**Working Healthy** series of books, teaching aids, environmental consulting  
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## Test your knowledge about *your* health in *your* workplace

(answers: [www.workinghealthyalways.com](http://www.workinghealthyalways.com) )

1. The first effects of NOISE induced hearing loss occur:
  - A. At any frequency
  - B. Middle C about 256 Hz
  - C. At a frequency of the human voice
  - D. At 4,000 Hz
  
2. Signs and symptoms of an ERGONOMIC INJURY include all of the following except:
  - A. Deformity, decreased range of motion of the joint, loss of function
  - B. Redness, swelling, stiffness
  - C. Numbness, tingling, pain, burning
  - D. Growths that may be self limited or may lead to cancers
  
3. To reduce the impact of VIBRATING TOOLS, select from the following (table):

Select from table on right	
A. All will reduce the impact of vibrating tools	1- increase hours worked      6- wet hands frequently when using vibrating tools
B. Numbers 1,2 and 5 are most effective	2- assign only one person to use vibrating tools      7- avoid use of tobacco or stimulant drugs
C. Numbers 3,4,7,8, and 9 are recommended	3- keep power tools maintained to manufacturer's specifications      8- keeps hands warm and dry
D. Numbers 1,4, 5, and 6 are the only items that will prevent effects of vibrating tools	4- use anti-vibration hand gear clothing and handles      9- Maintain a neutral posture
	5- tools with damper handles do not provide protection

4. Characteristics of SOLVENTS include all of the following except:
  - A. Dissolves fats in the body
  - B. Mixes with the air
  - C. Causes an immune reaction
  
5. What is LOCAL EXHAUST VENTILLATION?
  - A. Removes air from the room
  - B. Circulates existing air in the room
  - C. Is located over the source of the contamination and captures it before it escapes into the air
  - D. Involves a fan that pushes air through the workspace