

Aeromedical Factors

1. What is hypoxia?
2. What are the early symptoms of hypoxia?
3. If a hypoxic state continues, what further symptoms will occur?
4. Why are even the early stages of hypoxia dangerous to pilots?
5. What is the cure for hypoxia?
6. At what altitude does the FAA require flight crew to use supplemental oxygen continuously?
7. Between what altitudes does the FAA require flight crew to use supplemental oxygen after durations of 30 minutes?
8. At what altitude does the FAA require all occupants to use supplemental oxygen?
9. What is hyperventilation?
10. What are the symptoms of hyperventilation?
11. Can stress induce hyperventilation?
12. What emotional states can accompany hyperventilation?
13. What is the cure for hyperventilation?
14. What techniques can be used to stop hyperventilation?
15. What is dehydration?
16. What are the early symptoms of dehydration?
17. Is dehydration always preceded by intense thirst?
18. Can rapid perspiration lead to dehydration?

19. If dehydration is allowed to continue, what other conditions can result?
20. Can dehydration occur on cool days?
21. What is the best way to prevent dehydration?
22. Why are sinus and ear infections hazardous for pilots and passengers?
23. Should a pilot use medications (prescription or over the counter) to reduce ear or sinus inflammation?
24. What is spatial disorientation and when is it likely to occur?
25. Is it possible to keep a glider flying straight and level without visual reference or gyroscopic instruments?
26. What are common causes of motion sickness?
27. What are symptoms of motion sickness?
28. What is the best cure for motion sickness?
29. Is alcohol a stimulant or depressant?
30. What is the minimum time after consuming alcohol before you can act as pilot in command?
31. What is the maximum allowable blood alcohol content for persons acting as flight crew?
32. Do the affects of alcohol increase or decrease with altitude?
33. Why are antihistamines and similar over the counter medications unsafe for pilots?
34. What are the sensory warning signs of carbon monoxide gas?
35. Why is carbon monoxide hazardous?
36. What steps can be taken to guard against carbon monoxide poisoning?
37. Is all stress considered bad?

38. What are some sources of physical stress?

39. What are some sources of mental stress?

40. What are some common causes of fatigue?

41. What is nitrogen saturation and why is it dangerous for pilots?

42. What is the minimum time recommended between diving and flying?