

Aviation Health Course

Total points 9/10 ?

Instructions:

This document is not anonymous, your training will be recorded under your email address.

Use this form to record any NOAA Aviation Safety Training required to comply with NAO 209-124 and AOC SMS Training.

Please complete the quiz. A minimum score of 80% is required to pass the training. If your score is less than 80%, please re-take the course & quiz until your score is 8/10 or better. If you have questions, please contact aviation.safety@noaa.gov

After you complete the quiz, return to the CLC Website, mark the training complete, acknowledge the course completion, and then you'll be able to get a printable certificate from CLC. Regardless, your score is on file with the Aviation Safety Program Manager and available upon request

Email *

john.kaplan@noaa.gov

0 of 0 points

Office *

Please indicate the office where you work, for example: OMAO AOC, NWS, Etc.

LO: OAR



Training Confirmation *

Please click below to indicate that you have viewed the training, and then press "next" below to take the test.

☒ I have completed my training

Aviation Health Quiz

9 of 10 points

✓ If taking an over the counter medication with instructions for one dosage every six hours, one may safely operate an aircraft after waiting 12 hours from the last dosage *1/1

☒ True



☐ False

✓ What body organs can be affected by the effects of flying? *

1/1

☐ Nerves, ears, lungs, kidneys

☒ Eyes, lungs, intestines, joints (arthritis)



☐ Brain, Liver, legs/feet, skin

☐ Blood, brain, nerves, intestines

✓ Before flying, all medical conditions should be evaluated by a competent medical authority *1/1

☒ True



☐ False

✓ When climbing to 5,000 feet, the decrease in pressure will result in the expansion of ambient gasses, including gasses that may be present in the intestines *1/1

☒ True



☐ False

✓ The focus of all medical programs is to ensure that you are medically capable of performing duties without aggravation of existing physical defects or mental conditions *1/1

☒ True



☐ False

✓ When going from sea level to 5,000, a person needs to breath the following volume of air to obtain the same amount of oxygen *1/1

- ☐ 5% less volume of air because the body requires less at higher altitudes
- ☒ 11% more volume at 5,000 feet is required to provide the same amount of oxygen at sea level ✓
- ☐ 5% more volume provides the same amount of oxygen
- ☐ The same amount because while the pressure is lower, the amount of oxygen is higher

✓ There are some medical concerns that may not be compatible with NOAA's flight mission and should be evaluated medically prior to the flight assignment. They include: *1/1

A. Seizures B. Fainting Spells C. Limited physical mobility D. Medications for anxiety and/or depression E. Alcohol and/or drug abuse

- ☐ All are true except B
- ☒ All of the above are true ✓
- ☐ Only D and E are true
- ☐ Only A and C are true

✓ You have a flight today. On your way to work, after a restless night, you notice a numbness or tingling sensation in your hands or feet and a shortness of breath. You are uncomfortable but feel this is nothing, "it will pass". Before your mission you should: *1/1

- ☐ Inform your supervisor, just in case
- ☐ Inform your partner / co-worker, just in case
- ☒ Inform the Aircraft Commander, Pilot in Command, and/or Aviation Medical Doctor, just in case ✓
- ☐ Take the medicine that works well for you whenever you feel this way, just in case
- ☐ Inform your spouse or significant other, just in case

✗ You have a flight today or tomorrow. You have been having difficulty overcoming the loss of a cherished, close loved one. You feel down; distracted, unhappy, and depressed. You have not been sleeping well. Before your mission you should: *0/1

- ☐ Consult with the Aircraft Commander, Pilot in Command, and/or an Aviation Medical Doctor
- ☐ Request sick leave and advise your mission planner
- ☒ Remove yourself from the flight schedule ✗
- ☐ Any / All of the above

Correct answer

- ☒ Any / All of the above

✓ You have just returned to work today after recovering from the flu. You are scheduled for a flight tomorrow. Because of residual medications to help you sleep, you are not yet quite as alert as you normally are. Before taking off you should: *1/1

- ☐ Inform your Aircraft Commander, Pilot in Command, and/or Aviation Medical Doctor
- ☐ Advise the Mission Planner and request sick leave
- ☐ Remove yourself from the flight schedule
- ☒ Any / All of the above



Training Comments

0 of 0 points

Training Comments

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