

09.3. Social Psychology.

Question Number. 1. What is peer group pressure?.

Option A. The influence the House of Lords have over the House of Commons.

Option B. Our behaviour influenced by our friends and colleagues.

Option C. The influence an individual has over a group of people.

Correct Answer is. Our behaviour influenced by our friends and colleagues.

Explanation. CAP 715 Ch.3 Para.4.1.

Question Number. 2. A regular behaviour of an individual is known as.

Option A. the norm.

Option B. habit.

Option C. culture.

Correct Answer is. habit.

Explanation. CAP 715 Ch.8 Par.2.5.2.

Question Number. 3. In a discussion, the person who is most likely to be agreed with is.

Option A. the person who repeats the point most times.

Option B. the most argumentative person.

Option C. the person with the highest status.

Correct Answer is. the person with the highest status.

Explanation. No reference found in CAP 715 or 716, but this is one of the problems found with pilots 'steep cockpit status gradient'.

Question Number. 4. An engineer who has developed his own way of performing a task.

Option A. is in regular violation.

Option B. is improving maintenance efficiency.

Option C. should be commended for his resourcefulness.

Correct Answer is. is in regular violation.

Explanation. CAP 715 Ch.8 Para.1.4.5.

Question Number. 5. The aim of human factors programs within an organizations is.

Option A. to safeguard the health and safety of maintenance personnel by reducing accidents in the workplace.

Option B. to optimize the relationship between maintenance personnel and systems with a view to improving safety, efficiency and well-being.

Option C. to reduce costs by increasing efficiency, safety and quality and decreasing waste through human error.

Correct Answer is. and systems with a view to improving safety, efficiency and well-being.

Explanation. CAP 716 App.S Para.2.2 and CAP 715 Ch.1 Para.1.4.3.

Question Number. 6. An aircraft engineer who has 'responsibility'.

Option A. must be licensed on the particular type of aircraft.

Option B. are liable to be called to account as being in charge or control of, or answerable for something.

Option C. is in a management position within their company hierarchy.

Correct Answer is. are liable to be called to account as being in charge or control of, or answerable for something.

Explanation. CAP 715 Ch.3 Para.2.1.

Question Number. 7. The impact of human factors and human error is most important to.

Option A. technicians and engineers.

Option B. planners and managers.

Option C. It is equally important to technicians, engineers, planners and managers.

Correct Answer is. It is equally important to technicians, engineers, planners and managers.

Explanation. CAP 716 App.S Para.3.1.

Question Number. 8. Where are the responsibilities of Licensed Aircraft Engineers laid down?.

Option A. AWN 3.

Option B. The Air Navigation Order.

Option C. CAP 715.

Correct Answer is. AWN 3.

Explanation. AWN 3.

Question Number. 9. Diffusion of responsibility may occur.

Option A. to an individual working as a member of a team.

Option B. with certain people whether they are working in a team or alone.

Option C. to an individual working alone.

Correct Answer is. to an individual working as a member of a team.

Explanation. CAP 715 Ch.3 Para.2.5.2.

Question Number. 10. Risky shift' is.

Option A. the probability of being assigned to a work task which involves some element of risk or physical danger.

Option B. the name given to an inadequate shift handover.

Option C. the tendency for a group of workers to arrive at a course of action which is riskier than that which any individual member might pursue.

Correct Answer is. the tendency for a group of workers to arrive at a course of action which is riskier than that which any individual member might pursue.

Explanation. CAP 715 Ch.3 Para.2.5.5.

Question Number. 11. To ensure that a technician remains reasonably current on the aircraft types to which they hold authorizations, they are required that.

Option A. they have appropriate continuation/refresher training only.

Option B. they are involved in at least 6 months of actual aircraft maintenance experience in any 2 year period only.

Option C. they are involved in at least 6 months of actual aircraft maintenance experience in any 2 year period and they have appropriate continuation/refresher training.

Correct Answer is. they are involved in at least 6 months of actual aircraft maintenance experience in any 2 year period and they have appropriate continuation/refresher training.

Explanation. EASA Part-145, 66 and AWN 3 and CAP 716 Ch.4 Para.4.3 ".

Question Number. 12. The difference between what a person 'can' do and what he 'will' do is largely determined by his.

Option A. motivation.

Option B. education and training.

Option C. physical and mental health.

Correct Answer is. motivation.

Explanation. CAP 715 Ch.3 Para.3.1.

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Question Number. 13. Whose responsibility is it that an engineer remains current on new technology and procedures?.

Option A. The organization's.

Option B. The CAA's.

Option C. The engineer's.

Correct Answer is. The engineer's.

Explanation. CAP 715 Ch.7 Para.3.4.

Question Number. 14. According to Maslow, safety needs (protection from potentially dangerous objects or situations).

Option A. is the last need of human after all other needs have been satisfied.

Option B. is second only to physiological needs (food drink, oxygen etc.).

Option C. is the most primal need of humans.

Correct Answer is. is second only to physiological needs (food drink, oxygen etc.).

Explanation. CAP 715 Ch.3 Para.3.4.

Question Number. 15. The symptoms of de-motivation are very similar to the symptoms of.

Option A. stress.

Option B. tiredness.

Option C. mental illness.

Correct Answer is. stress.

Explanation. CAP 715 Ch.3 Para.3.5.3.

Question Number. 16. The desire of an individual to 'conform' to a group by allowing one's opinions, attitudes and actions to be affected by prevailing conditions is known as.

Option A. peer pressure.

Option B. esteem needs.

Option C. culture issues.

Correct Answer is. peer pressure.

Explanation. CAP 715 Ch.3 Para.4.3.

Question Number. 17. Confirmation bias' is.

Option A. error in work carried out by a supervisor who has also inspected and signed for his own work.

Option B. an inspection of work carried out by an independent inspector or supervisor.

Option C. the subconscious attention to evidence which confirms an engineer's beliefs, and inattention to evidence which contradicts his beliefs.

Correct Answer is. engineer's beliefs, and inattention to evidence which contradicts his beliefs.

Explanation. CAP 715 Ch.8 Para.1.5.7.

Question Number. 18. A person with low self-esteem is.

Option A. more likely to conform to peer pressure.

Option B. less likely to conform to peer pressure.

Option C. Conformity to peer pressure is not affected by level of self-esteem.

Correct Answer is. more likely to conform to peer pressure.

Explanation. CAP 715 Ch.3 Para.4.4.4.

Question Number. 19. Motivation is.

Option A. a reward or punishment designed to reduce errors.

Option B. a reward or punishment designed to increase work rate.

Option C. the thing that drives someone to do something.

Correct Answer is. the thing that drives someone to do something.

Explanation. CAP 715 Ch.3 Para.3.

Question Number. 20. Peer pressure is

Option A. the perceived pressure to carry out a task in the same way your colleagues would.

Option B. the perceived pressure to conform to what you believe your colleagues expect of you.

Option C. Nothing

Correct Answer is. the perceived pressure to conform to what you believe your colleagues expect of you.

Explanation. CAP 715 Ch.3 Para.4.1.

Question missing

Question Number. 21. The eyesight of an engineer is the responsibility of.

Option A. the Quality Manager.

Option B. the optician.

Option C. the engineer.

Correct Answer is. the engineer.

Explanation. CAP 715 Ch.2 Para.2.12.4.

Question Number. 22. A good team is one where every member has.

Option A. an opinion.

Option B. an input.

Option C. a job.

Correct Answer is. an input.

Explanation. CAP 715 Ch.3 Para.6.1.1.

Question Number. 23. AWN 47 states that the engineer.

Option A. is responsible for health and safety.

Option B. is responsible for the work he has signed for.

Option C. does not report for work if unfit.

Correct Answer is. does not report for work if unfit.

Explanation. AWN 47.

Question Number. 24. An effective group work is when.

Option A. everyone contributes in some way.

Option B. everyone discusses ideas and opinions.

Option C. everyone has a job to do.

Correct Answer is. everyone contributes in some way.

Explanation. CAP 715 Ch.3 Para 6.1.1.

Question Number. 25. Which of the following defines a peer pressure situation?.

Option A. Your supervising manager pressuring you to complete the current task on time.

Option B. Your girlfriend telling you to go out with her.

Option C. Your colleagues pressuring you to work faster so they can go home.

Correct Answer is. Your colleagues pressuring you to work faster so they can go home.

Explanation. CAP 715 Ch.3 Para.4.

Question Number. 26. Successful working teams have the following attributes:-.

Option A. Members participate in team activities but retain their own individual requirements.

Option B. All the members participate in team activities and discussions.

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Option C. All the team members work in isolation and therefore provide highly individual solutions to the same problems.

Correct Answer is. Members participate in team activities but retain their own individual requirements.

Explanation. Closest reference found to this is CAP 715 Ch.3 Para.6.

Question Number. 27. Good aircraft maintenance supervisory judgment is usually based upon.

Option A. knowledge and experience and reference to approved data.

Option B. the evidence available and forceful management ability.

Option C. knowledge and experience and reference to course notes.

Correct Answer is. knowledge and experience and reference to approved data.

Explanation. Closest reference found to this is CAP 715 Ch.6 Para.4.5.

Question Number. 28. Organizational culture (whether good or bad) is best described as.

Option A. the way we do things around here'.

Option B. written procedures.

Option C. team resource management.

Correct Answer is. the way we do things around here'.

Explanation. CAP 715 Ch.3 Para.1.2.

Question Number. 29. In an organization which practices human factors there is.

Option A. punishment for all violations.

Option B. no blame unless there is a deliberate violation.

Option C. a no blame culture.

Correct Answer is. no blame unless there is a deliberate violation.

Explanation. CAP 716 App.E.

Question Number. 30. A person can be said to be motivated if.

Option A. they cut corners to get the job done quickly.

Option B. they are on a productivity bonus.

Option C. they are taking action to achieve something.

Correct Answer is. they are taking action to achieve something.

Explanation. CAP 715 Ch.3 Para.3.

Question Number. 31. Group polarisation can result in.

Option A. a group making a more cautious or extreme decision.

Option B. a group making a better decision than the individual.

Option C. members of the group not talking to one another.

Correct Answer is. a group making a more cautious or extreme decision.

Explanation. CAP 715 Ch.3 Para.2.5.5.

Question Number. 32. Who is most likely to deviate from standard procedure?.

Option A. Young, inexperienced man.

Option B. Over confident, young man.

Option C. Old tired man.

Correct Answer is. Over confident, young man.

Explanation. CAP 716 App.R Para.1.2.

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Question Number. 33. The ideal behaviour of a professional aircraft engineer is.

Option A. goal directed rather than person directed.

Option B. both person and goal directed.

Option C. neither person or goal directed.

Correct Answer is. both person and goal directed.

Explanation. NIL.

09.4. Factors Affecting Performance.

Question Number. 1. Information on drugs and alcohol can be found in.

Option A. BCARs.

Option B. AWN 47.

Option C. AWN 3.

Correct Answer is. AWN 47.

Explanation. AWN 47.

Question Number. 2. If you have been prescribed new medicine by your doctor you should.

Option A. continue with your normal shift pattern.

Option B. take 3 days off work to try out the new medication.

Option C. give the new medication a 24 hour trial.

Correct Answer is. give the new medication a 24 hour trial.

Explanation. AWN 47 Para.3.7 and CAP 715 Ch.4 Para.6.4.3.

Question Number. 3. After a general anaesthetic you should.

Option A. return to work as soon as possible.

Option B. not return to work for at least 24 to 48 hours (depending on the individual).

Option C. take at least 7 days off work.

Correct Answer is. not return to work for at least 24 to 48 hours (depending on the individual).

Explanation. AWN 47 Para.3.9.

Question Number. 4. Your doctor has prescribed you tranquillizers as you are suffering from depression. You should.

Option A. not tell your employer and carry on work as normal.

Option B. tell your employer and carry on work as normal.

Option C. not work at all when taking the tranquillizers.

Correct Answer is. not work at all when taking the tranquillizers.

Explanation. AWN 47 App.1 Para.1 (ii).

Question Number. 5. The use of 'pep' pills by an aircraft engineer.

Option A. is recommended only when working late or on night shift.

Option B. as they stimulate the senses and make you less prone to accidents.

Option C. can only be used if prescribed by your doctor should never be done (except for coffee).

Correct Answer is. should never be done (except for coffee).

Explanation. AWN 47 App.1 Para.1 (v) and CAP 715 Ch.4 Para.6.4.3.

Question Number. 6. You are taking SUDAFED to relief nasal congestion. You should.

Option A. stay away from work until you no longer require the SUDAFED.

Option B. continue to take them at work because SUDAFED has no side effects.

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Option C. avoid making engineering decisions or performing licensed duties.
Correct Answer is. avoid making engineering decisions or performing licensed duties.
Explanation. AWN 47 App.1 Para.1 (ix) and CAP 715 Ch.4 Para.6.4.3.

Question Number. 7. What is slow wave sleep?
Option A. Paradoxical sleep.
Option B. Stage 2- 4 sleep.
Option C. REM.
Correct Answer is. Stage 2- 4 sleep.
Explanation. CAP 715 Ch.4 Para.5.1.3.

Question Number. 8. Phase 3/4 sleep.
Option A. can be induced by alcohol.
Option B. occurs only once per sleep cycle.
Option C. is most beneficial for the body's restoration.
Correct Answer is. is most beneficial for the body's restoration.
Explanation. CAP 715 Ch.4 Para.5.1.3.

Question Number. 9. Human error can be caused by.
Option A. high body temperature.
Option B. normal body temperature.
Option C. low body temperature.
Correct Answer is. low body temperature.
Explanation. Both high and low body temperature can cause error. The answer here is taken from CAP 716 App.K Para.4.2.

Question Number. 10. What meal is most recommended after a long shift?
Option A. High carbohydrates.
Option B. Low carbohydrates.

Option C. High protein.
Correct Answer is. High carbohydrates.
Explanation. Carbohydrates replace blood sugar levels most quickly.

Question Number. 11. Long shift work will.
Option A. initially decrease your diagnostic and maintenance ability but eventually increase your diagnostic and maintenance ability as you get used to it.
Option B. always decrease your diagnostic and maintenance ability.
Option C. always increase your diagnostic and maintenance ability.
Correct Answer is. always decrease your diagnostic and maintenance ability.
Explanation. CAP 716 Ch.4 Para.3.

Question Number. 12. The circadian cycle body temperature.
Option A. does not vary.
Option B. varies by 1.5°C.
Option C. varies by 1.5°F.
Correct Answer is. varies by 1.5°F.
Explanation. Body temperature varies from 98.5 deg.F (daytime) and drops to about 97 deg.F (at about 3-4am).

Question Number. 13. Acute stress is.
Option A. intense stress of long duration.
Option B. typically intense but of short duration.
Option C. a frequently reoccurring stress or of long duration.
Correct Answer is. typically intense but of short duration.
Explanation. CAP 715 Ch.4 Para.2.3.1.

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Question Number. 14. Chronic stress is.

Option A. a frequently reoccurring stress or of long duration.

Option B. typically intense but of short duration.

Option C. intense stress of long duration.

Correct Answer is. a frequently reoccurring stress or of long duration.

Explanation. CAP 715 Ch.4 Para.2.3.1.

Question Number. 15. Smoking cannabis.

Option A. subtly impairs performance for up to 24 hours.

Option B. has only a short term affect upon performance.

Option C. has a noticeable affect on a persons behaviour and performance for up to 24 hours.

Correct Answer is. subtly impairs performance for up to 24 hours.

Explanation. CAP 715 Ch.4 Para.6.5.2.

Question Number. 16. Performance is.

Option A. inversely proportional to the individuals state of arousal.

Option B. directly proportional to the individuals state of arousal.

Option C. greatest only at one optimum level of arousal but diminishes as arousal decreases or increases.

Correct Answer is. inversely proportional to the individuals state of arousal.

Explanation. CAP 715 Ch.4 Para.4.3.1.

Question Number. 17. Missing a break in an effort to get a job done within a certain time frame.

Option A. can be done by those actually doing the job providing the supervisors take regular breaks.

Option B. can be counterproductive, as fatigue diminishes motor skills, perception, awareness and standards.

Option C. can be done providing adequate rest period is available at the end of the shift.

Correct Answer is. can be counterproductive, as fatigue diminishes motor skills, perception, awareness and standards.

Explanation. CAP 715 Ch.6 Para.1.2.5.

Question Number. 18. Tiredness causes visual acuity to.

Option A. decrease.

Option B. Visual acuity is not affected by tiredness.

Option C. increase.

Correct Answer is. decrease.

Explanation. CAP 715 Ch.2 Para.2.4.

Question Number. 19. Narrowing of attention occurs at.

Option A. low levels of arousal.

Option B. both high and low levels of arousal.

Option C. high levels of arousal.

Correct Answer is. high levels of arousal.

Explanation. CAP 715 Ch.4 Para.4.3.2.

Question Number. 20. The blood/alcohol limit is.

Option A. 20 milligrams of alcohol per 100 millilitres of blood for commercial aircrew, air traffic controllers and 80 milligrams of alcohol per 100 millilitres of blood for maintenance engineers.

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Option B. 40 milligrams of alcohol per 100 millilitres of blood.
 Option C. 20 milligrams of alcohol per 100 millilitres of blood for commercial aircrew, air traffic controllers and maintenance engineers.
 Correct Answer is. 20 milligrams of alcohol per 100 millilitres of blood for commercial aircrew, air traffic controllers and 80 milligrams of alcohol per 100 millilitres of blood for maintenance engineers.
 Explanation. AWN CAP455 Notice 45 Para.6.

Question Number. 21. Paradoxical sleep is also known as.
 Option A. Stage 3 sleep.
 Option B. Stage 4 sleep.
 Option C. REM sleep.
 Correct Answer is. REM sleep.
 Explanation. CAP 715 Ch.4 Para.5.1.2.

Question Number. 22. When taking medicine for the first time.
 Option A. take the first dose at least 24 hours before any duty to ensure that it does not have any adverse effects.
 Option B. absent yourself from work for the duration of use of the medicine.
 Option C. consult a doctor if you need to carry out any duties.
 Correct Answer is. take the first dose at least 24 hours before any duty to ensure that it does not have any adverse effects.
 Explanation. AWN 47 Para.3.7 (b).

Question Number. 23. For a man to maintain his fitness and health the conducive maximum recommended alcohol intake is.
 Option A. 3 - 4 units per week.

Option B. 28 units per week.
 Option C. 28 units per day.
 Correct Answer is. 28 units per week.
 Explanation. CAP 715 Ch.4 Para.1.6.1.

Question Number. 24. Human Circadian rhythms cycle on a.
 Option A. 25 hour timescale.
 Option B. 8 hour timescale.
 Option C. 24 hour time scale.
 Correct Answer is. 25 hour timescale.
 Explanation. CAP 715 Ch.4 Para.5.2.1.

Question Number. 25. Removal of alcohol from the blood stream.
 Option A. can be speeded up by sleeping.
 Option B. cannot be speeded up.
 Option C. can be speeded up by drinking strong coffee.
 Correct Answer is. cannot be speeded up.
 Explanation. CAP 715 Ch.4 Para.6.3.2.

Question Number. 26. For a person with normal Circadian rhythms, the body temperature will be lowest.
 Option A. between 4 and 6 o'clock in the morning.
 Option B. upon waking.
 Option C. at midday.
 Correct Answer is. between 4 and 6 o'clock in the morning.
 Explanation. CAP 715 Ch.4 Para.5.2.3.

Question Number. 27. If a maintenance engineer has a cold or flu he should.

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Option A. only absent himself from duty if his work contract includes sickness pay.

Option B. only absent himself from duty if there are no staff shortages at his workplace or within his work team.

Option C. absent himself from duty until fully recovered, regardless of other factors.

Correct Answer is. absent himself from duty until fully recovered, regardless of other factors.

Explanation. CAP 715 Ch.4 Para.1.5.5.

Question Number. 28. Consumption of alcohol.

Option A. increases mental and physical reaction times.

Option B. has no affect upon mental and physical reaction times.

Option C. decreases mental and physical reaction times.

Correct Answer is. increases mental and physical reaction times.

Explanation. CAP 715 Ch.4 Para.6.3.1 Please think about the wording very carefully.

Question Number. 29. Alertness and performance is reduced when the body temperature is.

Option A. above normal.

Option B. below normal.

Option C. either above or below normal.

Correct Answer is. below normal.

Explanation. CAP 715 Ch.4 Para.5.2.3.

Question Number. 30. A good rule of thumb for an adequate amount of sleep is.

Option A. one hour of high quality sleep is good for two hours of activity.

Option B. two hours of high quality sleep is good for one hour of activity.

Option C. one hour of high quality sleep is good for one hour of activity.

Correct Answer is. one hour of high quality sleep is good for two hours of activity.

Explanation. CAP 715 Ch.4 Para.5.5.1.

Question Number. 31. Finding that familiar tasks (such as programming the video recorder) seems more complicated than usual, could be an early indication of.

Option A. acute stress.

Option B. chronic fatigue.

Option C. a cold or flu.

Correct Answer is. chronic fatigue.

Explanation. CAP 715 Ch.4 Para.5.5.4.

Question Number. 32. The only permitted stimulant is.

Option A. bromine.

Option B. caffeine.

Option C. amphetamine.

Correct Answer is. caffeine.

Explanation. CAP 715 Ch.4 Para.6.4.3 and AWN 47 App. Para.(v).

Question Number. 33. Large amounts of caffeine can.

Option A. cause anxiety, headaches and stress.

Option B. reduce anxiety and stress.

Option C. improve alertness and increase awareness.

Correct Answer is. cause anxiety, headaches and stress.

Explanation. CAP 715 Ch.4 Para.6.4.3.

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Question Number. 34. The symptoms of stress are.

Option A. violence, sickness, absence from work, drug and alcohol abuse.

Option B. indications of improved work performance.

Option C. irritability, forgetfulness, sickness, absence from work, drug and alcohol abuse.

Correct Answer is. irritability, forgetfulness, sickness, absence from work, drug and alcohol abuse.

Explanation. AWN 47 and CAP 715 Ch.4 Para.2.3.4.

Question Number. 35. Sleeping tablets can.

Option A. slow reaction and dull the senses.

Option B. increase alertness after waking the following morning.

Option C. help REM sleep and realign circadian rhythms.

Correct Answer is. slow reaction and dull the senses.

Explanation. CAP 715 Ch.4 Para.6.4.3.

Question Number. 36. Information for certifying staff when medically unfit is found in.

Option A. AWN 3.

Option B. AWN 47.

Option C. ANO.

Correct Answer is. AWN 47.

Explanation. AWN 47.

Question Number. 37. What effect would the consumption of 3 - 5 units of alcohol?

Option A. Loss of quality of sleep.

Option B. Low REM sleep.

Option C. A drop in body temperature.

Correct Answer is. Loss of quality of sleep.

Explanation. Alcohol produces a loss of quality sleep.

Question Number. 38. Long shift work.

Option A. decreases the ability to recognize defects.

Option B. increases the ability to recognize defects.

Option C. has no effect on the ability to recognize defects.

Correct Answer is. decreases the ability to recognize defects.

Explanation. CAP 716 App.1 Para 1.5.

Question Number. 39. Circadian Rhythms control.

Option A. body temperature.

Option B. urine output.

Option C. sleeping patterns.

Correct Answer is. body temperature.

Explanation. CAP 715 Ch.4 Para.5.2.1.

Question Number. 41. A stimulant allowed to be taken without a doctor's prescription is.

Option A. bromine.

Option B. caffeine.

Option C. antihistamine.

Correct Answer is. caffeine.

Explanation. NIL.

Question Number. 42. The conditions laid down in AWN 47 are applicable to aircraft engineers.

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Option A. who sign for work completed.
 Option B. when under the influence of drink or drugs.
 Option C. for their safety at work.
 Correct Answer is. when under the influence of drink or drugs.
 Explanation. AWN 47 Paras 2.1 and 2.2.

Question Number. 43. Consumption of 3 - 4 units of alcohol before sleep can.
 Option A. increase REM sleep.
 Option B. decrease the quality of sleep.
 Option C. lower the body temperature.
 Correct Answer is. decrease the quality of sleep.
 Explanation. Alcohol has no beneficial qualities (as far as work and sleep is concerned anyway).

Question Number. 44. The cycles of body temperature, sleep requirement and alertness are called.
 Option A. earth cycles.
 Option B. circadian rhythms.
 Option C. ecto - meridian cycles.
 Correct Answer is. circadian rhythms.
 Explanation. CAP 715 Ch.4 Para.5.2.

Question Number. 45. The intake of caffeine in moderate quantities can result in.
 Option A. anxiety, headaches and negative mood states.
 Option B. lack of sleep and subsequent disruption to the circadian rhythms.
 Option C. a temporary increase in the ability to sustain vigilance and increased alertness.
 Correct Answer is. a temporary increase in the ability to sustain vigilance and increased alertness.

Explanation. CAP 715 Ch.4 Para.6.4.3 ('Pep' pills).

Question Number. 46. Working excessively long shifts during unsociable hours can lead to.

Option A. decreased ability to detect defects during aircraft maintenance.

Option B. an increased immunity to stress.

Option C. increased ability to detect defects during aircraft maintenance.

Correct Answer is. decreased ability to detect defects during aircraft maintenance.

Explanation. CAP 715 Ch.4 Para.5.5.4.

Question Number. 47. In theory, human error is most likely to occur.

Option A. when the body temperature is at its lowest.

Option B. during very hot weather.

Option C. when the body temperature is stable.

Correct Answer is. when the body temperature is at its lowest.

Explanation. CAP 715 Ch.4 Para.5.2.3.

Question Number. 48. An individual suffering from stress when confronted with a task within his capability is likely to think the task is.

Option A. too demanding.

Option B. not demanding enough.

Option C. someone else's responsibility.

Correct Answer is. someone else's responsibility.

Explanation. CAP 715 Ch.4 Para.2.6 One defence strategy of a person under stress is to

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avoid additional stressors, by (for example) shifting responsibility.

Question Number. 49. AWN 47 does not mention.

Option A. pep's.

Option B. sudafed.

Option C. melatonin.

Correct Answer is. melatonin.

Explanation. Melatonin is mentioned in CAP 715, Ch.4 Para.6.4.4 (even though the section is a transcript from AWN47).

Question Number. 50. 3 - 4 units of alcohol taken before sleep reduces.

Option A. both.

Option B. quantity of sleep.

Option C. quality of sleep.

Correct Answer is. both.

Explanation. NIL.

Question Number. 51. Which is important in sleep?

Option A. Quantity.

Option B. Quality.

Option C. Both.

Correct Answer is. Both.

Explanation. NIL.

Question Number. 52. Stressors in the environment of noise and heat will cause.

Option A. no loss of attention.

Option B. a total loss of attention.

Option C. a loss of attention and a distraction.

Correct Answer is. a loss of attention and a distraction.

Explanation. CAP 715 Ch.5.

Question Number. 53. When going from day shift to night shift, efficiency.

Option A. stays the same.

Option B. will drop off after the first four weeks.

Option C. will drop off in the first four weeks.

Correct Answer is. will drop off in the first four weeks.

Explanation. CAP 716 App.I.

Question Number. 54. When working on aircraft, the consumption of alcohol.

Option A. is permissible providing the drink driving limit is not exceeded.

Option B. you cannot work on aircraft even 8 hours after consuming large quantities of alcohol.

Option C. a certain amount is permissible.

Correct Answer is. you cannot work on aircraft even 8 hours after consuming large quantities of alcohol.

Explanation. CAP 715 Ch.4 Para.6.2 (1/2 drink-drive limit) and Para.6.3.3.

Question Number. 55. Drinking 3 - 4 units of alcohol before sleeping results in.

Option A. loss of non-REM sleep.

Option B. loss of quality sleep.

Option C. a drop in body temperature.

Correct Answer is. loss of quality sleep.

Explanation. NIL.

Question Number. 56. What effect does alcohol have on sleep?

Option A. Both.

Option B. Decreases quantity of sleep.

Option C. Decreases quality of sleep.

Correct Answer is. Both.

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Explanation. NIL.

Question Number. 57. Narrowing of attention occurs in states of.

Option A. optimum arousal.

Option B. low arousal.

Option C. high arousal.

Correct Answer is. high arousal.

Explanation. CAP 715 Ch.4 Para.4.3.2.

Question Number. 58. Hypoxia can.

Option A. cause a person to slip into a coma if they are not quickly warmed up again.

Option B. impair the sensitivity of the rods and hence have a detrimental effect on eyesight.

Option C. improve the night vision of the cones of the eyes.

Correct Answer is. impair the sensitivity of the rods and hence have a detrimental effect on eyesight.

Explanation. CAP 715 Ch.2 Para.2.8.

Question Number. 59. You are taking prescribed drugs.

Option A. Carry on working, as long as you know the primary and secondary side effects.

Option B. Do not work.

Option C. Work and don't care about other things.

Correct Answer is. Carry on working, as long as you know the primary and secondary side effects.

Explanation. CAP 715 Ch.4 Para.6.4.

Question Number. 60. Which of the following is an acceptable substance, with regard to aircraft maintenance?.

Option A. Penicillin.

Option B. Caffeine.

Option C. Beta Blockers.

Correct Answer is. Caffeine.

Explanation. CAP 715 Ch.4 Para.6.4.3 'Pep' pills and AWN 47.

Question Number. 61. Circadian Rhythms have a cycle of.

Option A. 25 Hours.

Option B. 24 Hours.

Option C. 23 Hours.

Correct Answer is. 25 Hours.

Explanation. CAP 715 Ch.4 Para.5.2.1.

Question Number. 63. After drinking alcohol, absorption is dependant on.

Option A. weight.

Option B. age.

Option C. time.

Correct Answer is. time.

Explanation. CAP 716 App.R Para.1.1.

Question Number. 64. An engineer has a body mass index of 28. This would normally be classed as.

Option A. a healthy weight with no real risk of developing health problems.

Option B. underweight with no real risk of developing health problems.

Option C. overweight and at a risk of developing health problems.

Correct Answer is. a healthy weight with no real risk of developing health problems.

Explanation. Good BMI is 17 - 22 (men). 28 is considerably overweight. See.

<http://nhlbisupport.com/bmi/bmicalc.htm>

Question Number. 66. If an average adult has consumed the equivalent of four units of alcohol, how long will it take for this level to drop to two units.

Option A. four hours.

Option B. eight hours.

Option C. two hours.

Correct Answer is. two hours.

Explanation. IAS Fact Sheet Pg.4.

Question Number. 67. How many stages of sleep are there?.

Option A. 5.

Option B. 3.

Option C. 4.

Correct Answer is. 5.

Explanation. CAP 715 chapter 4 page 11.

Question Number. 68. REM sleep can also be referred to as.

Option A. paranormal sleep.

Option B. slow wave sleep.

Option C. paradoxical sleep.

Correct Answer is. paradoxical sleep.

Explanation. CAP 715 chapter 4 page 11.

Question Number. 69. The presence of something damaging to ones health would be an example of a.

Option A. psychological stressor.

Option B. reactive stressor.

Option C. physical stressor.

Correct Answer is. physical stressor.

Explanation. CAP 715 chapter 4 page 4.

Question Number. 70. Aircraft engineers can take common sense steps to maintain their fitness and health. These are known as.

Option A. self-improvement measures.

Option B. positive self-improvement.

Option C. positive measures.

Correct Answer is. positive measures.

Explanation. CAP 715 chapter 4 page 3 1.6

Positive Measures.

Question Number. 71. The amount of stress experienced with a particular task is dependent on.

Option A. the perceived demand and actual ability.

Option B. the perceived demand and perceived ability.

Option C. the actual demand and actual ability.

Correct Answer is. the perceived demand and perceived ability.

Explanation. CAP 715 Ch.4 para 2.3.

Question Number. 73. Long shift work will.

Option A. increase your diagnostic and maintenance ability.

Option B. initially decrease your diagnostic and maintenance ability but then you will get used to it.

Option C. decrease your diagnostic and maintenance ability.

Correct Answer is. decrease your diagnostic and maintenance ability.

Explanation.

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Question Number. 74. Phase 3 and 4 sleep is.
 Option A. occurs only once per sleep cycle.
 Option B. most beneficial for the bodies recovery.
 Option C. induced by alcohol.
 Correct Answer is. most beneficial for the bodies recovery.
 Explanation. CAP 715 Ch 4 para 5.1.3.

Correct Answer is. noise is directly proportional to the number of errors and the speed of performance of an individual.
 Explanation. CAP 715 Ch.2 para 3.6.

Question Number. 75. Clinical insomnia can be caused by.
 Option A. caffeine.
 Option B. jet lag.
 Option C. a change of environment.
 Correct Answer is. caffeine.
 Explanation.

Question Number. 76. The normal recovery for Circadian dysrhythmia is.
 Option A. at a rate 2.5 hours a day.
 Option B. at a rate 1.5 hours a day.
 Option C. at a rate 2 hours a day.
 Correct Answer is. at a rate 1.5 hours a day.

Explanation.
http://en.wikipedia.org/wiki/Jet_Lag 1 day per time zone is quoted here

Question Number. 77. When comparing noise levels on Human Performance.
 Option A. noise has no effect on the number of errors or the speed of performance of an individual.
 Option B. an individual can find noise levels annoying but still perform well indefinitely.
 Option C. noise is directly proportional to the number of errors and the speed of performance of an individual.