

Answer Key

Name: SANIL GOPINATH

Score: 100

Bloodborne Pathogen Training

1. C
2. D
3. B
4. E
5. A
6. A
7. D
8. B
9. A
10. A

General Awareness and Familiarization

1. TRUE
2. TRUE
3. TRUE
4. FALSE (90 DAYS)
5. TRUE
6. TRUE
7. TRUE
8. TRUE
9. TRUE
10. TRUE
11. FALSE
12. FALSE
13. A, B, C, D
14. A, B, C, D, E, F, G
15. COMPRESSED GAS
16. POISONS
17. OXIDIZERS
18. CORROSIVE - HAZCOP
19. LABELED
20. MARKINGS
21. PSN - DANGER DOT 3111-1111
22. 3.1
23. 6.2
24. 9

Specimen Aircraft Decontamination

1. B
2. C
3. C
4. B
5. B

DOT Regulatory Inspection

1. B
2. A
3. B
4. A
5. A

HAZMAT Incident Response

1. WWW.INFOTRAC.NET
1-(800) 535-5053

Dry Ice Training


1. C
2. B
3. C
4. D
5. A
6. C
7. B
8. C

Hazmat Security Plan

1. C
2. E
3. A
4. B
5. D
6. C
7. E

INITIAL PILOT INDOCTRINATION COMPLETION REPORT

**Sanil Gopinath attended and completed Quest Diagnostics Initial Pilot
Indoctrination Training on September 24, 2008.**



Eric Moscaritolo
Instructor



Scott Borton
Director of Flight Operations

Flight Operations Manual Quiz - Pilots

Name: SANIL GOPINATH Date: 12/12/08 Score: 60

1. How can you determine if the FOM is up to date?
 - a. Check the table of contents
 - b. Check the revision section of the FOM ✓
 - c. Check the list of effective pages
 - d. None of the above

2. Which of the following are fundamental beliefs of our corporate commitment to the Culture of Safety?
 - a. Safety is a core business and personal value.
 - b. Safety is a source of our competitive advantage.
 - c. We will strengthen our business by making excellence in safety an integral part of all flight and ground activities.
 - d. We believe that accidents and incidents can be prevented.
 - e. All levels of line management are held accountable for Quest Diagnostics Flight Operations' safety performance; beginning with the Chief Executive Officer (CEO).
 - f. All of the above

3. One of the core elements of the Safety program at Quest Diagnostics Flight Operations is a commitment to Safety from top management.
 - a. T
 - b. F

4. Who has the final responsibility for Safety during flight?
 - a. Management
 - b. The CEO
 - c. The PIC
 - d. None of the above

5. What is the most important facet of a Safety Management System?
 - a. A dedication to providing the safest possible work environment for our employees
 - b. A individual responsibility to Safety
 - c. Management's commitment to Safety
 - d. None of the above

6. What is the purpose of the non-reprisal policy?
 - a. To promote the reporting of safety issues even if they were the fault of the employee
 - b. To trick employees into revealing when they have made mistakes
 - c. None of the above

7. Which of the following are indicative of a Culture of Safety?
- a. Commitment to Safety by its chairman, the board of directors and the senior executives
 - b. A commitment to excellence and growth
 - c. A commitment to Safety in all aspects of the department's operation
 - d. Continuing to hire and educate the best employees
 - e. All of the above ✓
8. What is the strategic Safety goal of the Safety Management System?
- a. To ensure that all flights are completed on time
 - b. To prevent mistakes
 - c. To reduce risks to the lowest possible level ✓
 - d. None of the above
9. Which of the following are components of the Safety program?
- a. Risk assessment and mitigation
 - b. Internal communication
 - c. Audits
 - d. Accident reports
 - e. All of the above ✓
10. Who is/are responsible for Quest Diagnostics Flight Operations Safety?
- a. The CEO
 - b. The Director of Flight Operations
 - c. The Safety Officer
 - d. The flight crew and technicians
 - e. All of the above
11. What time is the daily flight risk assessment meeting
- a. 0800
 - b. 1300
 - c. 1130 EST ✓
 - d. 1700
12. What areas of the operation are reviewed during the daily risk assessment meeting? (circle all that apply).
- a. Environmental ✓
 - b. Operational ✓
 - c. Maintenance ✓
 - d. None of the above
13. The Safety Risk form can be used by anyone?
- a. T ✓
 - b. F

14. Which of the following would require change management?
- The introduction of a new type of aircraft
 - A significant change in the nature of the operation
 - Changes in scheduling practices
 - Changes to organizational structure, and
 - A significant change in aircraft maintenance arrangements
 - All of the above
15. Name three ways that Safety information is communicated to employees
- Through the flight deck
 - Through the cabin crew
 - Through the ground crew
16. How are hazards reported and tracked?
- ASR, GSR forms
 - Hazards are not tracked
 - I don't know
17. Audits are important to an organization so that the Safety program's effectiveness can be judged. Name two types of audits.
- Internal audits
 - External audits
18. Where can you find copies of the Emergency Response Plan Quick Reference Guide?
- The aircraft "can"
 - The FOM
 - Posted in Operations
 - All of the above
19. Where in the FOM can you find the duties and responsibilities of a Quest Diagnostics Captain and /or First Officer?
- Section 10
 - Section 3
 - Section 2
 - Section 9
20. Which section in the FOM contains information regarding general policies such as payroll issues and TOP?
- Section 3
 - Section 6
 - Section 8
 - Section 7

21. Can Quest Diagnostics pilots donate blood? Under what circumstances?
- Never
 - Sometimes
 - In a family emergency, no flight duties for a minimum of 72 hours
22. What is Quest Diagnostics policy regarding drug abuse?
- No policy
 - Zero tolerance
 - Depends on what drug
23. Can employees discuss drug related dependencies, without fear of reprisal, with their supervisors before a situation arises that would be cause for dismissal?
- Yes
 - No
24. It is important to be aware of any side effects associated with drugs, even if they are so called "over the counter medications".
- True ✓
 - False
25. If a pilot goes SCUBA diving, how much time must elapse until they can fly?
- 72 hours
 - 36 hours
 - 24 hours
 - No time is required
26. Where in the FOM can information regarding bomb threats, hijacking and other security threats be found?
- Section 10
 - Section 5
 - Section 3
 - Section 4
27. Which of the following are the minimum requirements for a pilot to be considered for a Captain position at Quest Diagnostics Flight Operations?
- ATP
 - First Class medical
 - At least 1500 hours flight time
 - Upgrade recommendation from the Chief Pilot
 - Minimum of 3 years experience as a professional pilot
 - All of the above

28. When a pilot is scheduled for standby what time must they call dispatch and check in? What time must they report to RDG flight operations?
- a. 1200, 1500
 - b. 1300, 1700
 - c. 1500, 2000
 - d. It isn't specified in the FOM
29. What is the maximum number of duty hours a flight crewmember may be scheduled for in a 24 hour period? Can this be extended?
- a. 14, yes to 16
 - b. 16, no
 - c. No limit is defined
30. What is the maximum number of flight hours a specimen or corporate pilot may be scheduled in 24 hours?
- a. 10 hours
 - b. 12 hours
 - c. 9 hours
 - d. No limit
31. A "day" is defined as:
- a. A calendar day
 - b. 24 consecutive hour period
 - c. Not defined
32. Special circumstances may require that a pilot's daily duty time be extended beyond the maximum. If this time must be extended more than 2 hours who must approve the extension?
- a. The Director of Flight Operations
 - b. The safety Officer
 - c. The PIC
 - d. The Chief Pilot
 - e. All of the above
 - f. At least 3 of the above
33. What is the maximum number of duty hours a specimen pilot may be scheduled in a 7 day period?
- a. 40
 - b. 36
 - c. 48
 - d. No limit

34. A seven day period is defined as any 7 consecutive 24 hour periods.
35. If a pilot is ill what is their responsibility
- Pilots must fly no matter if they are sick or not
 - A pilot who is ill must notify dispatch as soon as possible before their scheduled departure time
 - Employees who have been ill may be required to obtain a doctor's excuse
 - Employees who abuse the sick time policy may be terminated
 - A,C and D
36. A QUALIFIED SIC is required on all executive flights.
37. What are the levels of action assigned to the Sever Weather Action Plan?
- Alert Status ✓
 - Assign Status ✓
 - Implement Status ✓
 - All of the above
38. Name two reasons why Alert Status may be implemented
- AIRPORT SPECIFIC WX MINIMUMS (ASWM)
 - GENERAL FLIGHT WX MINIMUMS (GFWM)
39. In order to properly handle wind shear should it be encountered during flight a pilot must be familiar with the recommended wind shear recovery procedure in the POH (if specified)
- True
 - False
40. Where can information regarding winter and summer operations be found in the FOM?
- Section 10 ✓
 - Section 8
 - Section 12
 - Section 14
41. What are the 4 intensities of icing?
- Light
 - Medium
 - Heavy
 - Severe
42. What are the 3 types of icing?
- RIME
 - Clear
 - Mixed

43. If only the pitot tube is blocked, what will the indication be on the airspeed indicator?
- The airspeed will read higher than actual
 - The airspeed will read lower than normal
 - The airspeed will read zero
 - None of the above
44. What instrument(s) will be affected if the static port is blocked?
- ASI, VSI
 - VSI, ALT
 - ALT, ASI
 - ASI, ALT, VSI
45. What temperature range is clear ice most likely to occur?
- 0°C to -30°C
 - 10°C to -15°C
 - 15°C to -20°C
 - 0°C to -10°C
46. What are two aerodynamic dangers associated with structural icing?
- Roll upsets
 - Loss of lift
47. What is the danger associated with pumping warm fuel into cold wings?
- Frost and/or clear ice may form on the wing surfaces
 - Nothing will happen
 - Warm fuel will melt any ice on the wings
48. Unheated Type I de-ice fluid provides protection from additional accumulations of frozen precipitation
- True
 - False
49. Quest Diagnostics Flight operations pilots may operate when the braking action is reported as "nil"
- True
 - False
50. During icing conditions, it is the PIC's responsibility to verify that the aircraft's critical flight and control surfaces are free of frozen contamination before departure.
- True
 - False
51. If the computed holdover time is exceeded the required pre-takeoff contamination check may be executed from inside the aircraft
- True
 - False

52. Pilots should avoid severe thunderstorms by _____ miles?
- a. 10
 - b. 5
 - c. 30
 - d. 20
53. Who is designated as the final authority as to the operation of the aircraft?
- a. PIC
 - b. PIC and SIC
 - c. Dispatch
 - d. Flight Operation management
54. When can a pilot deviate from the SOPs?
- a. Anytime they want to
 - b. During an emergency
 - c. Never
 - d. None of the above
55. Pilots must utilize the approved checklist based flows for all aircraft operations
- a. True
 - b. False
56. During two pilot operations how can a flight crew avoid errors?
- a. Acknowledge commands
 - b. Ask questions
 - c. Share information
 - d. All of the above
57. When is the cockpit "sterile"?
- a. Whenever the aircraft is in motion below 10,000 ft
 - b. Always
 - c. Only when the aircraft is in motion
 - d. None of the above
58. If the aircraft has a MEL the flight crew must comply with those MEL procedures for the specific aircraft type.
- a. True
 - b. False
59. If an engine fails during flight or is feathered to prevent further damage what action must the PIC take?
- a. No action is required
 - b. Declare an emergency
 - c. Notify Flight operations Dispatch
 - d. Land at the nearest suitable airport in time
 - e. B, C, and D

60. When should pilots utilize their landing lights?
- a. Within 10 miles of the departure or destination airport. ✓
 - b. When operating at dusk, in haze or MVFR conditions. ✓
 - c. When flocks of migratory birds may be expected. ✓
 - d. All of the above
61. The FOM states provisions for carrying firearms on company aircraft.
- a. True
 - b. False
62. If a Quest Diagnostics flight is ramp checked by an FAA inspector what report must he PIC file, to whom and within what time period?
- a. No report is required
 - b. ASR, Safety officer, 24 hours
 - c. ASR, Safety Officer, no time specified
 - d. ASR, Chief Pilot, 24 hours
63. What is the maximum allowable indicated airspeed at or below 2,500 feet above the surface within 4 nautical miles of the primary airport of a Class C or Class D airspace for a turboprop aircraft?
- a. 250 kts
 - b. 200 kts
 - c. 230 kts
 - d. No speed limit applies
64. An SIC who has less than 100 hours of line operational time in type is restricted from:
- a. Takeoffs
 - b. Landings
 - c. Approaches
 - d. All of the above
65. If maintenance has been performed on an aircraft due to a discrepancy what action must the flight crew take?
- a. Conduct a check of the cockpit controls and switches
 - b. Check the interior and/or exterior areas where maintenance was performed
 - c. Both A and B
 - d. No additional checks are required
66. Quest Diagnostics aircraft be fueled when passengers are on board.
- a. True
 - b. False

67. Specimen Flights must land with a minimum of 2 hours of fuel.
- a. 1 hour
 - b. 2 hours ✓
 - c. 3 hours
 - d. No minimum
68. When must a pilot declare "Minimum Fuel"? Is this considered an emergency?
- a. Whenever the flight has less than one hour of fuel, Yes
 - b. Whenever an aircraft's fuel supply has reached a state where upon reaching its destination little or no delay can be accepted, Yes
 - c. Whenever an aircraft's fuel supply has reached a state where upon reaching its destination little or no delay can be accepted, No
 - d. There is no such terminology
69. If a minor spill occurs on a specimen aircraft what should the pilot do?
- a. Panic - "*the bugs are gonna' get you!!*"
 - b. Nothing, line service will take care of it when the plane gets bag to base
 - c. Make the courier clean it up
 - d. Use the spill disinfectant kit on the aircraft to clean and bag the spill.
70. Who is responsible to ensure that the aircraft is properly loaded prior to takeoff?
- a) PIC ✓
 - b. SIC
 - c. Dispatch
 - d. The courier
71. What is the average weight assigned to a specimen bag?
- a. 15 pounds
 - b. 10 pounds
 - c. 5 pounds
 - d. 12 pounds ✓
72. Before a vehicle may approach the aircraft for the purposes of loading or unloading who must be in position to guide the driver?
- a. The PIC ✓
 - b. Line service
 - c. No one is required
73. Drivers may back their vehicle toward the aircraft in order to make loading easier.
- a. True
 - b. False ✓
74. For corporate flights the standard Safety briefing may be shortened when transporting regular or reoccurring passengers who are familiar with the aircraft
- a. True
 - b. False

75. If a flight is conducted VFR the pilot must utilize
- A flight plan
 - ATC flight following
 - Both A and B
 - No action is required
76. What are the approved methods for removing frozen contaminants?
- Mechanical
 - Heat
 - Application of de-icing fluid
 - All of the above
77. Are specimen flights allowed to use an intersection for takeoff?
- No
 - Yes, whenever it is convenient
 - Yes, if use of the full runway will result in a delay of over 30 minutes
 - None of the above
78. During single pilot operations when using the autopilot what should the PIC avoid?
- Prolonged periods of "heads down" operation
 - Disconnecting the autopilot
 - Filling out paperwork
 - Turning the heading knob too fast
79. When changing altitudes, during single pilot operations what procedure should the pilot follow?
- Just adjust the altitude alerter and climb or descend
 - Adjust the altitude alerter and state aloud "XXXX is set"
 - Climb or descend immediately to the assigned altitude
 - None of the above
80. When descending from flight levels, at what altitude must the PIC verify that the proper QNH altimeter value has been set into the altimeter?
- 18000 MSL
 - 18000 AGL
 - FL 180
 - FL 200
81. During an approach which of the following would require an immediate missed approach?
- One (1) dot or more of localizer deviation.
 - One (1) dot or more of glideslope deviation.
 - Rate of descent in excess of 1,000' feet per minute.
 - Airspeed less than Vref or greater than Vref+10.
 - Any altitude below MDA or DH when runway visual clues are not in sight.
 - Approach not stabilized by 1,000' AGL during IFR conditions.
 - All of the above

82. After landing all EFIS, navigation and communications radios must remain powered up until the aircraft comes to a complete stop.
- a. True
 - b. False
83. If a Quest Diagnostics aircraft requires maintenance who either performs or is in control of that maintenance.
- a. Quest Diagnostics Flight Operations Maintenance department
 - b. The PIC
 - c. Flight Operations dispatch
 - d. None of the above
84. When there are Safety concerns, the decision to operate or not operate a flight must be unanimous among which parties?
- a. The PIC
 - b. The on call technician
 - c. Flight operations management
 - d. Flight operations dispatch
 - e. ATC
 - f. All of the above
 - g. A, B, C and D
 - h. A, B, and D
85. A pilot may defer a item if it is addressed in the MEL
- a. True
 - b. False
86. All maintenance items must be recorded on the daily Maintenance Log Sheet at the time that they are discovered.
- a. True
 - b. False
87. When documenting an aircraft discrepancy it is important to note all pertinent details surrounding the event.
- a. True
 - b. False
88. A Class 3 discrepancy is:
- a. A discrepancy covered by the MEL
 - b. Equipment that is not required for aircraft airworthiness
 - c. Equipment that is required for aircraft airworthiness
 - d. None of the above
89. When placarding an item which has been MEL'd you should:
- a. Position the placard in proximity to the affected inoperative equipment
 - b. Position the placard somewhere in the cockpit
 - c. Apply the placard to the log sheet
 - d. None of the above

90. When ferrying an aircraft for the purposes of maintenance anyone can ride on the aircraft
- a. True
 - b. False
91. When is a functional flight check required?
- a. An engine and/or propeller has been changed
 - b. Control surfaces have been replaced
 - c. Complex avionics were installed
 - d. All of the above ✓
92. What are the two different types of emergencies?
- a. PLANNED
 - b. UNPLANNED ①
93. During an in flight emergency what is the first and most important rule?
- a. Don't panic!
 - b. Declare an emergency
 - c. Ensure that the aircraft is completely under control and remains within a safe flight envelope
 - d. Land as soon as possible
94. After an emergency or incident pilots should speak freely with the press or other news media.
- a. True
 - b. False
95. What constitutes the biggest threat to an aircraft?
- a. Engine failure
 - b. Hijacking
 - c. Controlled flight into terrain
 - d. Fire
96. The following is an example of a Class B fire
- a. Newspapers
 - b. Fuel → FLEET BASE SERVICES
 - c. Electrical equipment
 - d. None of the above
97. Pilot incapacitation is always obvious to other crewmembers
- a. True "TWO COMMUNICATION RULE"
 - b. False

98. Which of the following is not a symptom of dry ice poisoning?
- a. Shortness of breath
 - b. Dizziness
 - c. Nausea
 - d. Constipation
99. In flight how can pilots minimize the possibility of their being affected by dry ice sublimate gases?
- a. Keep the aircraft tightly closed up
 - b. Operate the ventilation system on "re-circulate"
 - c. Use supplemental O2 at all times when carrying dry ice
 - d. Maintain a positive fresh airflow through the cabin
100. If two way communications are lost in flight what squawk should a pilot set in their transponder?
- a. 7700
 - b. 7600 ✓
 - c. 7200
 - d. 0666
101. What does it mean, and what should your actions be if you suddenly notice a heavily armed military aircraft off your left wing and it is rocking its wings?
- a. This isn't your lucky day, start hoping the first sidewinder misses
 - b. The Thunderbirds are in town, find out where to get tickets
 - c. You've been intercepted and he wants you to follow him, rock your wings back and follow the intercept aircraft
 - d. None of the above
102. What sections of the FOM contains information regarding accidents and incidents?
- a. Section 12 and 15
 - b. Section 10 and 14
 - c. Sections 14 and 15 ✓
 - d. Section 9 and 11
103. Appendix I contains what information?
- a. Hazmat information
 - b. NASA report form
 - c. ASR report form ✓
 - d. All of the above ✓
104. APPENDIX II contains the specimen aircraft operational flows.
105. Quest pilots are required to comply with noise abatement procedures so long as they do not conflict with safety requirements.
- a. True
 - b. false

FIRE SAFETY QUIZ

Name: SANIL GOPINATH Date: 12/12/08

Score: 6

1 When evacuating a burning building you should close doors and windows behind you as you leave.

- True
False

2 In case of fire and you are uncomfortable with the situation for any reason, do not try to extinguish it, let the fire department handle it.

- True
False

3 Any non-metal in a liquid state, on fire is classified as

- Class A
Class B
Class C
Class D

4 Never attempt to extinguish a fire if it is spreading rapidly beyond the spot where it started.

- True
False

5 In case of a fire you should never activate the building fire alarm. After all, some building alarm systems are not even connected to the fire department.

- True
False

6 Never attempt to extinguish a fire if you do not know what is burning.

- True
False

7 When synthetic materials such as the nylon in carpeting or foam padding in a sofa burn, they can produce highly toxic gases. These gases can be fatal.

- True
False

8 If a fire is producing large amounts of smoke that you would have to breath in order to fight it, it is best not to try.

- True
False

9. Solid combustible materials that are flammable such as wood, paper, cloth, trash and plastics are classified as:

Class A

Class B

Class C

Class D

10. Not all fires are the same, using the wrong type of extinguisher on the wrong type of fire does not matter.

True

False

Complete quiz and return to Nik Pagerly in RDG

Name: SANIL GOPINATH Date: 12/12/08

Complete the following quiz and return to Nik Pagerly in RDG

Lifting and Carrying Objects Quiz

1. Which of the following types of injuries occur the most frequently in the workplace?
 - a. Foot
 - b. Eye
 - c. Back
2. Before lifting and carrying a heavy object, its important to:
 - a. Do stretching exercises
 - b. Plan ahead for possible hazards
 - c. Take a break to make sure that you are not too tired to carry the object
3. Which of the following contributes to back injuries?
 - a. Poor physical condition
 - b. Improper lifting and carrying techniques
 - c. Both a and b
4. Which set of muscles should do most of the work when lifting an object?
 - a. Legs
 - b. Back
 - c. Arms and shoulders
5. What is the safest technique for changing direction when carrying an object?
 - a. Twist your back first, then move your feet
 - b. Try to move your feet and your back in the desired direction at the same time
 - c. Move your feet in the desired direction but do not move your back
6. How high can you safely raise a heavy object with your arms?
 - a. Shoulder level
 - b. Waist level
 - c. Above your head
7. When should you use a dolly or a hand truck to carry an object rather than carrying it by hand?
 - a. Only if the object is too heavy to lift
 - b. Whenever you believe it is safer and easier to use a dolly or a hand truck
 - c. Only when a dolly or hand truck is not in use and is available
8. What is the most important reason to protect the health of your back?
 - a. To avoid serious injury that could affect everything else you do
 - b. To reduce health insurance costs
 - c. To reduce the number of on-the-job injuries
9. Which of these can be an effective way to reduce the potential for a back injury?
 - a. Gradually increasing the weight of the objects you lift
 - b. Getting regular exercise
 - c. Both a and b
10. How often should you stop and rest when you are carrying a heavy object?
 - a. Whenever directed to do so by a supervisor
 - b. As often as necessary to ensure safety
 - c. Never—try to complete the carry as quickly as possible

Ergonomics Quiz

Name: SANIL GOPINATH
(print)

Date: 12/12/08

Complete the following quiz and return to Nik Pagerly in Reading

- Which of the following might be considered ergonomic concerns?
 - Environmental noise
 - Indoor air quality
 - An uncomfortable office chair
 - d. All of the above
- CTDs may result when:
 - You slip and fall on ice
 - b. Repeated stress is placed on tendons, nerves, and muscles
 - You are exposed to toxic gasses for extended periods of time
 - All of the above
- Swollen tendons or synovial sheaths placing pressure on the median nerve causes carpal Tunnel Syndrome.
 - a. True
 - False
- Leaning forward while sitting can put a great deal of stress on your back and may lead to back pain.
 - a. True
 - False
- To avoid problems while working, you should keep your wrists positioned high above your fingers.
 - True
 - b. False
- Which of the following may cause eyestrain and headaches?
 - Dry eyes
 - Having dusty work conditions
 - Focusing on the task for long periods of time
 - Glare
 - e. All of the above
- If your wrists are at an uncomfortable angle while working, you should try:
 - a. Raising or lowering your chair until your wrists are at a neutral angle
 - Raising your shoulders until your wrists are at a neutral angle
 - Putting the key board on your lap
 - None of the above
- It is best to avoid repetitious tasks
 - a. True
 - False
- It is best to position your work surface so that:
 - You have to lean forward to clearly see the task
 - b. You can clearly see the task without leaning forward, twisting your neck, or looking too far upwards
 - None of the above
- Healthy habits include:
 - Getting plenty of rest
 - Drinking plenty of fluids-64 ounces per day
 - Maintaining a healthy diet
 - Maintaining good posture
 - Remembering to stretch
 - f. All of the above

FATIGUE QUIZ

Name: SANIL GOPINATH

Score: _____

1. What are some of the byproducts of fatigue?
 - a. All are correct
 - b. Drowsiness, sleepiness
 - c. Decreased ability to work safely
 - d. Increased occurrence of accidents

2. What % of all commercial transport accidents can be contributed to fatigue?
 - a. 40 %
 - b. 60 %
 - c. 10 %
 - d. 0 %

3. Napping can be a substitute for those times when you don't get enough rest.
 - a. T
 - b. F

4. "Sleep Inertia" can be described as the amount of time it normally take an individual to become fully awake after a sleep period. Normally how long does this take?
 - a. 15 - 30 min
 - b. 1 hour
 - c. 10 min
 - d. None of the above

5. Anchor sleep is best described as:
 - a. Regular sleep of at least 4 hours duration which is obtained at the same time each day
 - b. Sleep at the beginning of the rest period
 - c. A and B
 - d. None of the above

6. Sleep loss is **not** the primary reason for an individual experiencing fatigue.
 - a. T
 - b. F

7. On an average, how many hours of rest should a normal sleep period provide?
- a. 8
 - b. 10
 - c. 7
 - d. There is no set amount necessary
8. When starting a new shift, what is the best way to avoid incurring sleep debt?
- a. Take a nap before you go to work
 - b. Nothing is required as sleep debt does not exist
 - c. Get at least 2 nights of unrestricted sleep before the beginning of the new shift
 - d. None of the above
10. How can a person minimize the possibility of incurring sleep loss?
- a. Have a regular sleep schedule
 - b. Get enough sleep
 - c. Start a new shift with minimum sleep debt
 - d. All of the above
11. How long does it take for the effects from caffeine to be felt?
- a. 15 -20 min
 - b. 30 min
 - c. 1 hour
 - d. Immediately
12. Which of the following are effective at preventing and mitigating fatigue?
- a. Adequate sleep, caffeine
 - b. Napping as appropriate, anchor sleep
 - c. Providing for a good sleep environment
 - d. All of the above
13. Which of the following are believed to be effective at fatigue management but in reality are actually ineffective?
- a. Nicotine
 - b. Ventilation and temperature manipulation
 - c. Exercise, diet, sound and OTC medications
 - d. All of the above

14. In order for a fatigue management program to be successful, what supervisory level must support it?
- a. Senior management
 - b. Middle management
 - c. The public
 - d. None of the above
15. Why is it important for employers and employees to share the same perspective regarding fatigue management?
- a. Reduction in on - the - job accidents
 - b. Improve employee health
 - c. Increase overall efficiency
 - d. All of the above
15. Circadian Rhythm can best be described as:
- a. The daily fluctuations in physiological and psychological functions controlled by the brain's biological clock
 - b. A new reggae beat
 - c. Insects that emerge from the ground every 17 years
 - d. None of the above
16. Which of the following are examples of time clues that are tied to a person's circadian rhythm?
- a. The amount of sunlight
 - b. An individual's activity level
 - c. Both A and B
 - d. None of the above
17. Why is it difficult for a person to adapt to a work schedule that is opposed to their circadian rhythm?
- a. The normal patterns of light and dark remain the same
 - b. The individual's daily activity level remains the same
 - c. A person's rest pattern shifts on weekends
 - d. All of the above
19. Shift workers many times adjust their rest cycles to align with "the normal world". This can result in a sever misalignment of their circadian rhythm.
- a. T
 - b. F

20. Which of the following is **not** an operational risk factor?
- a. A split shift work schedule
 - b. Sleep disruption, rotating work schedules
 - c. Sleeping too long
 - d. Environmental stresses
21. Long work hours normally result in fatigue
- a. T
 - b. F
22. What can result from repeated incidents of inadequate sleep and fatigue?
- a. Sleep debt
 - b. Operator fatigue
 - c. None of the above
 - d. All of the above
23. Which of the following are considered the low periods regarding a person's circadian rhythm?
- a. 0100 - 0400, 1300 - 1600
 - b. 2300 - 0200, 0500 - 0900
 - c. 0700 - 1100, 1300 - 1400
 - d. None of the above
24. When exercising, which of the following times is least likely to have an effect on a person's rest cycle?
- a. In the morning or afternoon
 - b. In the evening
 - c. Midnight
 - d. As close to bedtime as possible
25. Achieving the "proper state of mind" has **no** bearing on whether a person is able to get an adequate amount of rest.
- a. T
 - b. F

100%

Section 1 Quiz - Thunderstorms

SANIL GOPINATH

Question 1

What kind of front can result in a flight quickly encountering a thunderstorm after flying in relative calm?

1. Cold
- ② Warm
3. Stationary
4. Occluded

Question 2

The best policy regarding flight near thunderstorms is:

1. Never regard any thunderstorm lightly even when echoes are reported "light intensity"
2. Avoidance is the safest option
3. Never fly underneath
- ④ All three

Question 3

If penetration is unavoidable, before entering

1. Tighten your safety belt
2. Put on your shoulder harness if equipped
3. Secure all loose objects
- ④ All three

Question 4

To avoid the most critical icing, penetrate thunderstorms:

1. At an altitude below the freezing level
2. Above the level of -15 deg Celsius
- ③ Both are right
4. Both are wrong

Question 5

During thunderstorm penetration...

1. Keep your eyes on the instruments to reduce risk of temporary blindness from lightning
2. Maintain a constant attitude
3. Do not turn back once in
- ④ All three

Section 2 Quiz – Microbursts

Question 1

Microbursts are usually

1. Large in size, long life, always involves surface precipitation
2. Small in size, long life, can exist without surface precipitation
3. Small in size, short life, can exist without surface precipitation
4. Large in size, short life, always involves surface precipitation

Question 2

The parent cloud of a microburst is a

1. Low or middle layer convective cloud commonly found in the heavy rain area of a thunderstorm
2. High layer convective cloud with strong downdrafts
3. Cumulus cloud with strong downdrafts outside the storm
4. Storm separate from the thunderstorm

Question 3

Microburst intensity can have

1. Downdrafts as high as 2000 feet per minute, winds as strong as 35 knots
2. Downdrafts as high as 1500 feet per minute, winds as strong as 25 knots
3. Downdrafts as high as 4000 feet per minute, winds as strong as 40 knots
4. Downdrafts as high as 6000 feet per minute, winds as strong as 45 knots

Question 4

In the first phase of a microburst encounter an aircraft will experience

1. Decreased performance from a headwind
2. A loss of altitude from intense downdrafts
3. Increased performance from a headwind
4. Decreased performance from a tailwind

Question 5

In the second phase of a microburst encounter an aircraft will experience

1. An increasing headwind, stronger updraft, decreasing performance
2. A decreasing headwind, a stronger downdraft, decreasing performance
3. An increasing headwind, stronger downdraft
4. No change in wind but stronger downdraft, and decreasing performance

SANIL GOPINATH

Question 6

In phase 3 of a microburst encounter an aircraft will experience

- ① Strong downdraft, followed by a rapidly increasing tailwind
2. Strong updraft, followed by a rapidly increasing headwind
3. Weak downdraft, followed by a strong headwind
4. Weak updraft, followed by a strong headwind

Section 3 Quiz – Wind Shear

Question 1

Wind shear is often associated with strong temperature inversions or density gradients. This can happen at:

- ① High or low altitudes
2. Only high altitudes
3. Only low altitudes
4. Only near thunderstorms

Question 2

Frontal wind shears can develop when:

1. The surface temperature difference across the front is 5 degrees or more or the front is moving 15 knots or more
- ② The surface temperature difference across the front is 10 degrees or more or the front is moving 30 knots or more
3. The surface temperature difference across the front is 15 degrees or more or the front is moving 15 knots or more
4. None are correct

Question 3

Wind shear from a thunderstorm's first gust:

1. Can change wind direction drastically, as much as 180 degrees
2. Wind velocities can reach 100 kts as far as 10 miles ahead of the storm
3. Wind speed can increase 50 percent from the surface to 1,500 feet, most of it within 150 feet
- ④ All three

Question 4

Vertical wind shear from a thunderstorm can exceed

1. 1000 feet per minute at 600 feet AGL
- ② 720 feet per minute at 300 feet AGL
3. 1500 feet per minute at 800 feet AGL
4. 800 feet per minute at 400 feet AGL

Question 5

A sudden decrease in headwind during approach will result in the aircraft experiencing

1. A transient loss of airspeed
2. A loss of lift
3. An increased descent rate
4. All three

Question 6

A sudden decrease in tailwind during approach will result in the aircraft experiencing:

1. A decrease in lift causing the aircraft to descend
2. An increase in lift causing the aircraft to climb
3. No change in lift
4. No change in flight path

Section 4 Quiz – Clear Air Turbulence

Question 1

Clear air turbulence is likely to form:

1. At high altitudes
2. Near the jet stream
3. When cold polar air collides with warm air from the south
- ④ All three

Question 2

Clear air turbulence is:

1. Most pronounced during summer, convective currents are the strongest
- ② Most pronounced during winter, temperature gradients are the highest
3. Not affected by season
4. None are correct

Question 3

Which statement is true regarding clear air turbulence?

1. Usually located on the cold side of a jet stream
2. Can exist without a well-defined jet stream
3. Can be located in an upper trough
- ④ All three

Question 4

Clear air turbulence can:

1. Extend from a mountain crest to 5,000 ft above the tropopause
2. Range 100 miles or more downwind from the mountain
- ③ Both are correct
4. Both are incorrect

Question 5

When clear air turbulence is caused by strong winds:

1. Forecast areas do not show drift
2. Forecast areas only show region where it originated
- ③ Forecast areas are elongated to show probable drift
4. There are no forecasts for CAT

Section 5 Quiz – Quest Summer Operations

SANIL GOPINATH

Question 1

If a thunderstorm is in progress in the vicinity of the airport or in the departure path

1. Takeoff is allowed if winds are less than 25 knots
- ② A takeoff will not be attempted
3. After takeoff turn to a heading away from the storm
4. Takeoff with extreme caution

Question 2

When thunderstorms are in the vicinity, radar will be used to scan the departure path for storm locations

- ① Prior to departure
2. During takeoff
3. During climb
4. None are correct

Question 3

If severe weather is along the route of flight:

1. Never allow a condition to develop where a suitable airport cannot be reached without penetrating the severe weather
2. Avoid suspected severe storm cells by 20 miles
3. During the development stages of a cell, the top of the storm may easily exceed the climb capability of the aircraft
- ④ All are correct

Question 4

Flight beneath a developed anvil of a thunderstorm should never be attempted since

1. Severe turbulence could result in loss of control
2. Severe icing is likely
- ③ Large amounts of hail may be present from upper level winds blowing through the cell itself forcing hail on the leeward side
4. All three

Question 5

A line of clouds aligned with a storm

- ① Should never be penetrated or flown below the base since downburst or severe wind shear could exist
2. Can be penetrated or flown underneath the base if winds are reported light
3. Indicates severe turbulence in clouds and should be avoided
4. Usually appear ahead of a storm

Dispatch FOM Test

Name: SANIL GOPINATH Date: 12/12/08 Score: 10

1. What section of the FOM can the Dispatcher duties and responsibilities be found?
a. Section 3
b. Section 4
c. Section 2
d. None of the above
2. At the beginning of their shift the dispatcher will access what programs on the Command Center computers?
a. Dispatch tracker
b. Today's flight schedule
c. Today's notes
d. WSI
e. Flight Explorer
f. All of the above
3. When a pilot checks in for their shift what action should the dispatcher take?
a. Turn the red block containing the pilot's initials green in Toady' Flight Schedule
b. Turn the red block containing the pilot's initials yellow in Toady' Flight Schedule
c. Turn the red block containing the pilot's initials blue in Toady' Flight Schedule
d. Do nothing
4. Who is responsible to update the bag sheets on a daily basis?
a. The pilots
b. The third shift dispatcher
c. The second shift dispatcher
d. The chief pilot
5. What information can the dispatcher gather from WSI?
a. Weather radar
b. TFR's
c. NOTAM's
d. All of the above
6. What primary function does Flight Explorer serve?
a. Flight tracking in real time
b. It displays the schedule
c. It displays notes
d. None of the above
7. The Afternoon Dispatch Checklist contains all of the opening procedures for the second shift
a. T
b. F
8. What call sign do Quest Diagnostics flights operate under?
a. The aircraft tail number
b. "Quest"
c. Whatever the pilot decides to use that day
d. "LabQuest"

9. Where can a dispatcher find the opening procedures?
- a. Online
 - b. The afternoon dispatch checklist
 - c. The intranet
 - d. None of the above
10. The dispatcher reports directly to CHIEF PILOT
11. If an aircraft experiences a mechanical problem that requires the on call technician to be contacted, where must this information be recorded?
- a. The bag sheet
 - b. The run remarks
 - c. An email to the chief pilot
 - d. No record is required
12. What time should the run remarks report be sent to the run remarks report group?
- a. 0800
 - b. 0600
 - c. 0700
 - d. 0400
13. During an emergency where can the dispatcher find the proper procedure to follow?
- a. The FOM Section 15
 - b. The Accident Response Plan Quick Reference Guide
 - c. Call the chief pilot
 - d. None of the above
14. If cargo has be misplaced or misrouted what actions should the dispatcher take?
- a. Speak to the driver
 - b. Notify the courier department to check all vehicles and empty bags
 - c. A and B
 - d. None of the above
15. Which report summarizes monthly aircraft usage times?
- a. Run Summary
 - b. Flight Times
 - c. Summary of Flights.
 - d. None of the above
16. Where can information regarding the proper procedures for handling a bomb threat be found?
- a. FOM section 15
 - b. FOM section 5
 - c. FOM section 14
 - d. None of the above
17. If a pilot calls in sick for their scheduled flight what action must the dispatcher take?
- a. Cover the schedule immediately
 - b. Try to talk the pilot into coming in to work anyway
 - c. Contact the chief pilot or director of flight operations
 - d. None of the above

18. What document contains notes and items of interest regarding the evening's flights?

- a. The Daily Summary Report
- b. The Run Remarks
- c. The Flight Tracker
- d. None of the above

19. Who is responsible to print the bag sheet each day?

- a. The first shift dispatcher
- b. The second shift dispatcher
- c. The chief pilot
- d. None of the above

20. What reports must be generated at the end of the month?

- a. Run Summary
- b. Flight Times
- c. Summary of Flights
- d. All of the above

Section 1 Quiz - Thunderstorms

SANIL GOPINATH

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Section 5 Quiz – Quest Summer Operations

SANIL GOPINATH

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