10 Solve the equation

(a) $5\sec^2 A + 14\tan A - 8 = 0 \quad \text{for} \quad 0° \leqslant A \leqslant 180°,$ [4]

(b) $5\sin\left(4B - \frac{\pi}{8}\right) + 2 = 0 \quad \text{for} \quad -\frac{\pi}{4} \leqslant B \leqslant \frac{\pi}{4}$ radians. [4]