1. OSHA requires a minimum of training of dental personnel in all of the following areas except

   - A. The Bloodborne Pathogens Standard
   - B. The Hazard Communication Standard
   - C. Specialty safety standards
   - D. General safety standards
2. Training of dental personnel must be conducted

- A. As soon as reasonably possible for all new hires
- B. At least weekly
- C. At any time when a new product or chemical is introduced into the practice
- D. A and B only
- E. A and C only
3. Training must include providing information in the form of a Material Safety Data Sheet on each product or chemical used in the office. MSDSs must be safely stored away and made available only to OSHA inspectors.

- A. True
- B. false
4. The office safety supervisor should stay current on notification of changing OSHA regulations through a variety of sources, including:

- A. Dental periodicals
- B. Dental newsletters
- C. Continuing education programs
- D. The Internet
- E. All of the above
5. An office that accepts dental assisting student interns is not required to provide safety training because the student is not an employee of the practice and has already received training at school.

A. True
B. False
6. To be effective, the office’s training program should
   • A. Provide an overview of all the material to be learned
   • B. Provide specific instructional objectives and measurable competencies
   • C. Reinforce incremental learning steps by summarizing what employees either already know or what they have learned as a result of new training
   • D. Break down learning components into reasonably achievable time frames.
   • E. All of the above
7. Office training records must include all of the following except

- A. Individuals Social Security number
- B. Dates on which the training sessions took place
- C. The names and qualifications of the trainer
- D. The content of each training session
- E. The names and job titles of the trainees
8. Employees training records must be

- A. Maintained for a minimum of 3 years.
- B. Available to employees upon request for review and for copying
- C. Transferred to the new owner in the event the practice is sold
- D. Transferred to the National Institute for Occupational Safety and Health (NIOSH)
- E. A, B, and C only
- F. All of the above
9. The dentist/owner of the practice may be subject to OSHA fines or penalties for failing to properly train an employee prior to the employee’s assuming job-related duties, especially those associated with disease containment and hazard reduction.

- A. True
- B. False
10. Current copies of infection control guidelines (Hazard Communication Standard) and EPA, state, or other infectious waste disposal standards must be available for employees and other parties to review as necessary.

- A. True
- B. False
11. A comprehensive office safety program requires that repeatable actions be taken at all of the following times except

- A. Each day as the office is prepared to receive patients
- B. During and between each appointment
- C. In preparation for closing for the lunch hour
- D. In preparation for closing the office
12. The Occupational Safety and Health Administration (OSHA) is concerned with the safety of the

A. employee  
B. Employer  
C. Patient  
D. A, B, and C
13. The MSDS contains information on
   a. Disposal methods
   B. Emergency measures
   C. Health hazards
   D. A, B, and C
14. A product with a “0” reactivity rating is considered to be

A. Capable of violent chemical change
B. Neutral
C. Stable
D. Unstable if heated
15. The Bloodborne Pathogen Standard was issued by the

- A. American Dental Association
- B. Centers for Disease Control and Prevention
- C. Environmental Protection Agency
- D. Occupational Safety and Health Administration
16. Chemical hazards in the dental office can be minimized by

A. Keeping containers tightly covered
B. Maintaining good ventilation
C. Reading labels very carefully
D. A, B, and C
17. The CDC is

- A. A federal regulatory agency
- B. Concerned with safeguarding employees and patients
- C. Responsible for regulating the Hazard Communication Program
- D. A, B, and C
18. Chemical labels are filled out using information supplied by the

- A. Advertising material about the product
- B. Dentist or other staff members
- C. MSDS for that product
- D. State Board of Dentistry
19. An eyewash station

- A. Is used to flush both eyes continuously for 15 seconds
- B. Is used to rinse protective eyewear
- C. Must be located within 200 feet of hazardous chemical storage
- D. A and C
- E. None of the above
20. Developing and maintaining the Hazard Communication Program for the practice is the responsibility of the

- A. Chairside assistant
- B. Dentist/employer
- C. Manufacturers of hazardous products
- D. OSHA inspector
21. A number 1 in the blue triangle of a chemical label means that the product is

A. Deadly
B. Extremely hazardous
C. Nonflammable
D. Slightly hazardous
• 22. State or local laws apply when they are ______ the federal regulations.

• A. Less stringent than
• B. Equal to or more stringent than
23. On the chemical label, the _____ triangle represents the fire hazard.

A. Blue
B. Red
C. White
D. Yellow
24. In the dental office, an MSDS must be obtained for every

- A. Chemical stored in the laboratory
- B. Item purchased from the dental supply company
- C. Product containing a hazardous chemical
- D. A, B, and C
25. Employees must receive hazard communication training

A. Annually
B. Monthly
C. When new chemicals are used
D. A and C
26. Most pathogenic viruses can be treated or contained using all of the following except

A. Heat
B. Disinfectants
C. Antibiotics
27. HIV/AIDS is an example of a/an _____ infection.

- A. Endogenous
- B. Exogenous
- C. Nosocomial
- D. Opportunistic
28. A patient confined to a nursing home develops bed sores and a staph infection. These conditions are an example of _____ infection.

A. Endogenous
B. Exogenous
C. Nosocomial
D. Opportunistic
29. A newborn baby has a cleft lip. This is an example of a/an _____ condition.

- A. Endogenous
- B. Exogenous
- C. Nosocomial
- D. Opportunistic
30. The stages of an infectious disease in sequential order, are

- A. Prodromal, incubation, acute, declining, convalescent
- B. Incubation, prodromal, acute, declining, convalescent
- C. Incubation, prodromal, declining acute, convalescent
- D. Incubation, prodromal, declining, convalescent, acute
31. All of these statements about hepatitis B are true except which of the following?

A. It was formerly called serum hepatitis
B. It is one of the most serious forms of hepatitis and often progresses to cirrhosis, chronic hepatitis, and/or liver cancer and may be fatal
C. It is most often carried through the oral-fecal route
D. Ten thousand new cases are reported each year
32. A dental assistant receives a vaccination against hepatitis B virus. This vaccination, if effective, will provide the dental assistant with _____ immunity.

- A. Acquired
- B. Artificial active
- C. Congenital passive
- D. Passive
• 33. Regardless of type (strain), hepatitis symptoms include

- A. Fatigue and mild fever
- B. Muscle and joint aches
- C. Nausea, vomiting, diarrhea, abdominal discomfort, and jaundice
- D. Changes in urine and stool color
- E. Any or all of the above
34. All of these statements about hepatitis A are true except which of the following?

- A. It is commonly called serum hepatitis
- B. It is transmitted through the oral-fecal route, most often through a contaminated water supply or improper handling of restaurant food
- C. It is most commonly spread from droppings of infected animals, most often those of rodents or insects
- D. A and B only
- E. B and C only
35. Hepatitis B can be transmitted through all of the following mechanisms except:

A. Perinatally
B. The oral-fecal route
C. Through needlesticks and sharing of needles for IV drug use
D. Sexual contact
E. Hemodialysis and blood transfusions
36. Treatment for patients suffering from full-blown AIDS includes all of the following except:

A. Zidovudine (AZT)
B. Antibiotics
C. Acyclovir
D. The AIDS cocktail
37. All of these statements about HIV are true except which of the following?

- A. It is transmitted directly through blood-contaminated body fluids
- B. It is classified as a retrovirus
- C. It originates as a fungal infection
- D. It may be spread from sharing infected needles
- E. It may be spread from an infected mother to the fetus
38. Both herpes types 1 and 2 are highly contagious and are spread by direct contact with a vesicle or vesicular fluid.

A. True
B. False
• 39. _____ is most often associated with viral infections of the lips, mouth, face, and oral mucosa.

- A. Type 2 genital herpes
- B. Type 1 herpes simplex
- C. Tuberculosis
- D. HIV
40. _____ can easily be detected using a skin prick test.

- A. AIDS
- B. Pneumonia
- C. Herpesvirus
- D. Tuberculosis
41. A patient presents with symptoms that include fatigue, low-grade fever, apparent weight loss, and a persistent cough. He also complains of recurring night sweats. He may be infected with

- A. Candidiasis
- B. Tuberculosis
- C. Rubella
- D. Hepatitis
42. Hepatitis c, formerly called post-transfusion non-A, non-B hepatitis is often referred to as an emerging disease because it is only more recently coming to light and the disease is on the rise.

A. True
B. False
43. All of the following are methods of disease transmission for tuberculosis except

A. Airborne particles released from coughs
B. Contact with infected saliva
C. Casual contact
D. Dental treatment if contaminated instruments are used
• 44. OSHA requires employers, including those in the healthcare profession, to,

• A. Establish and carry our procedures to protect employees
• B. Implement and maintain employee exposure incident records for the duration of employment plus 30 years
• C. Provide personal protective equipment to protect staff from infectious disease and other potential hazards
• D. All of the above
45. OSHA’s Bloodborne Pathogens Standard covers all dental employees who could reasonably anticipate coming into contact with blood, saliva, and other potentially infectious materials during the course of employment.

A. True
B. False
46. The Environmental Protection Agency

A. Regulates and registers certain products used in dental practices
B. Requires products to undergo and pass specific testing requirements prior to approval for registration
C. Reviews product labels for false or misleading information and sufficient directions for use.
D. All of the above
47. The role of the CDC is to enforce regulations set forth by OSHA to protect the health, safety, and welfare of the public and dental office personnel to ensure safe dental practices.

A. True
B. False
• 48. Off of these statements regarding OSAP are true except for which of the following?

• A. OSAP is a national organization comprised of teachers, practitioners, dental healthcare workers, and manufacturers/distributors of dental equipment and products

• B. OSAP develops and communicates standards and information on aseptic technique to dental practices and educational institutions to assist them in the efficacy of their infection control programs.
C. OSAP has the authority to inspect dental offices and to issue citations and fines for noncompliance with government regulations.

D. OSAP holds annual and regional meetings that address a variety of infection control and hazard communication topics of interest to the dental profession.
50. All of these statements regarding the ADA are true except for which of the following?

- A. The ADA has a strong influence upon organized dentistry by determining needs and setting policies, protocols, and standards of conduct for members of the dental profession.
- B. The ADA is a legal regulatory body.
• C. The ADA provides information position papers, directives, and statements regarding standards of dental care and protocols for ensuring a safe dental practice environment

D. The ADA releases many patient educational materials of interest to the public.
• 52. Certification in infection control for the dental assistant is available through testing offered by

- A. DANB
- B. ADAA
- C. NADA
- E. All of the above
53. Tuberculosis is a major concern because it

A. Frequently accompanies hepatitis B
B. Is spread by airborne transmission
C. Withstands disinfectants that kill many other bacteria
D. B and C
54. The herpes viruses are transmitted through

- A. Direct contact with lesions
- B. Sexual contact
- C. Spatter droplets from the handpiece
- D. A, B, and C
55. The term _____ means through the skin.

A. Aerosol
B. Autogenous
C. Parenteral
D. Self-infection
56. The ability of a pathogen to overcome the body’s defenses and cause disease is known as

- A. Bioburden
- B. Concentration
- C. Resistance
- D. Virulence
57. Hepatitis _____ is/are not bloodborne.

- A. A
- B. A and E
- C. B
- D. C and D
58. A negative test result for HIV means that

- A. Infection was not present at the time of the test
- B. The individual is a carrier for the virus
- C. The individual is immune to the virus
59. Contact with blood and potentially with other body fluids that are contaminated with blood may result in ______ transmission.

- A. Bloodborne
- B. Cross-contamination
- C. Droplet
- D. A or C
• 60. Carrier-transmitted diseases include

• A. Hepatitis B
• B. Human immunodeficiency virus
• C. Tuberculosis
• D. A, B, and C
61. Lowered resistance to disease is influenced by

- A. Chronic fatigue
- B. Compromise of the immune system
- C. Stress
- D. A, B, and C
62. One danger of infection through a puncture wound from a soiled instrument is the transmission of

- A. Hepatitis A
- B. Herpes
- C. Tetanus
- D. Tuberculosis
63. Viruses ______ respond to antibiotics.

- A. Do
- B. Do not
64. An infectious disease can be transmitted _____ actual contact between individuals.

- A. Only with
- B. Without
- C. A and/or B
65. Transient bacteremia is caused by

- A. Airborne transmission
- B. Autogenous infection
- C. Cross-contamination
- D. Parenteral transmission
66. Which are the smallest microbes?

- A. Viruses
- B. Fungi
- C. Bacteria
- D. Algae
67. A protective non-growing form of a microorganism is referred to as a

- A. Spore
- B. Fungus
- C. Cell
- D. Virus
68. The ability to ward off disease is known as

- A. Infection
- B. Host resistance
- C. Postponement
- D. The autogenic ability
69. A recurrent viral infection in the mouth is

A. Pyogenic granuloma
B. Herpes simplex
C. Aphthous ulcer
D. Thrush
• 70. Neoplasm refers to

- A. Tissue dysplasia
- B. A malignant growth
- C. A new growth
- D. An allergic reaction
• 71. Hazardous substances must be

  • A. Labeled
  • B. Have a MSDS sheet on file
  • C. Handled correctly
  • D. All of the above
72. Critical items are those instruments and related items that

- A. Are not intended to penetrate oral soft or hard tissues but may come into contact with oral tissues.
- B. Are used to perform invasive procedures
- C. Can be scrubbed, sanitized, and returned to the cupboard
- D. Are used only by dental specialists.
73. Instrument pre-cleaning prior to sterilization is a crucial step in the instrument processing cycle because it

A. Allows the dental assistant time to take a break
B. Eliminates the need to scrub instruments
C. Reduces the amount of sterilization cycle time
D. Reduces the number of microbes present and removes blood, saliva, and other materials that may insulate pathogenic microbes from the sterilizing agent.
74. Why should the dental assistant hold the contaminated instruments below the surface of the solution when scrubbing them?

- A. To reduce the amount of time required to scrub the instruments
- B. To avoid potential allergic reactions to the solution
- C. To better be able to identify the instruments by tray setup
- D. To avoid unnecessary splashing of the solution
75. Ultrasonic instrument scrubbing is preferred over hand scrubbing for all of the following reasons except

- A. It has been clinically demonstrated to clean instruments more effectively
- B. It reduces the likelihood of sustaining a parenteral exposure to bloodborne pathogens
- C. It takes the place of using a holding/presoaking solution
- D. It frees up the assistant to decontaminate and prepare the treatment room for the next patient.
76. Spores are killed during the disinfection process.

A. True
B. False
77. The three universal sterilization cycle components, in the correct order, are

- A. Exposure period, heat-up period, and cool-down period
- B. Cool-down period, exposure period, and heat-up period
- C. Heat-up period, exposure period, and cool-down period
- D. Presoak, scrub, and sterilize
78. All of these statements are true of dry heat sterilization except which of the following?

A. Plastic instruments and materials may melt during cycle time
B. Loads must be carefully wrapped and organized inside the chamber to allow proper air circulation to complete the sterilization cycle
C. Instruments placed inside must be completely dry to prevent rusting or corrosion
D. Solder joints of most instruments can tolerate the heat of a dry heat sterilizer
79. For sterilization to occur, which of the following is required when using an autoclave?

- A. 250 F at 15 psi for 15 minutes
- B. 350 F at 15 psi for 20 minutes
- C. 400 F at 20 psi for 30 minutes
- D. 150 F at 25 psi for 35 minutes
80. To sterilize effectively, which of the following is required when using a chemical vapor sterilizer?

- A. 270 C at 20 psi for a minimum of 20 minutes
- B. 350 F at 15 psi for a minimum of 15 minutes
- C. 270 F at 20 psi for a minimum of 20 minutes
- D. 400 F at 20 psi for 30 minutes
81. Process indicators are the most accurate method to confirm that true sterilization has been attained during a sterilization cycle.

A. True
B. False
• 82. Reasons for sterilization failure may include all of the following except

• A. Sterilizer malfunction
• B. The test kit may be outdated or accidentally exposed to extreme temperatures
• C. The type of packaging materials used
• D. Reading and following the manufacturer’s recommended instructions
83. Instruments that cannot be sterilized should be high-level disinfected using an EPA-registered product such as glutaraldehyde.

- A. True
- B. False
84. Chemical disinfectants in dentistry are used for

- A. Sterilizer solution
- B. Oral preoperative rinses
- C. Immersion and surface disinfection
- D. Fixing laboratory cultures
85. Chemical disinfection

A. Takes less time than heat sterilization
B. Replaces heat sterilization
C. Is used to achieve asepsis for instruments and related items that cannot withstand heat sterilization
D. Is most effective when the lid is left off the pan
• 86. The ultrasonic cleaner is used to

  • A. Sterilize handpieces
  • B. Clean instruments
  • C. Sterilize instruments
  • D. Pasteurize fluids
87. The most effective way to kill microbes is

A. Cold sterilization
B. Boiling water
C. Autoclaving
D. Ultraviolet light
88. The term asepsis

- A. The condition of being free from pathogenic microorganisms
- B. The presence of disease producing microorganisms
- C. The steps to prevent contact with pathogens
- D. The limit of disease transmission
89. Sterilization is

A. The process of killing some life forms
B. The process of killing all life forms
C. There is no such thing in the dental office
90. Carbon steel instruments are best sterilized by

A. Dry heat
B. Autoclaving
C. Disinfectants
D. Flaming
• 91. Glutaraldehyde is used as a high-level

  • A. Sterilizer
  • B. Disinfectant
• 92. Plastic saliva ejectors may be
  
  • A. Autoclaved
  • B. Discarded after use
  • C. Disinfected
93. Sodium Hypochlorite is also called

A. A sterilizer
B. House-hold bleach
C. A disinfectant
D. An iodophor
E. B and C
94. When testing to verify sterilization for equipment (autoclave, chemical-vapor) the operator would use

- A. A spore test strip
- B. The tape on the side of the package
- C. The look of the instruments
95. After sterilization the tape on the side of the package changes color. This indicates that:

- A. The instruments are sterile
- B. The proper temperature and time were achieved
- C. That all spores are killed
96. The Infection Control Recommendations for Dentistry were issued by the

- A. Centers for Disease Control and Prevention
- B. Occupational Safety and Health Administration
- C. Environmental Protection Agency
97. To protect themselves against unfavorable conditions such as extremes of heat and dryness, some bacteria take the form of

- A. Capsules
- B. Spores
- C. Viruses
- D. None of the above
98. When using the spray-wipe-spray technique, after the final spray the surface is

- A. Dried with a clean paper towel
- B. Left wet
- C. Wiped vigorously with a sponge
99. When soiled instruments are transported to the sterilization center, ______ are worn.

- A. Fresh exam gloves
- B. Overgloves
- C. Utility gloves
- D. Gloves are not necessary
100. Glutaraldehydes are EPA-registered ______

- A. High-level disinfectants
- B. Hospital grade disinfectants
- C. Sterilant/disinfectant chemicals
- D. A and C
101. When mixed to make a 1:10 dilution, sodium hypochlorite is a/an _____ disinfectant.

- A. High-level
- B. Intermediate-level
- C. Low-level
- D. Tuberculocidal
102. Disinfection

A. Involves the use of heat
B. Kills all microbes on contact
C. Kills viruses on contact
D. None of the above
103. Because they are inactivated by hard water, ______ should be mixed with distilled or soft water.

- A. Glutaraldehydes
- B. Iodophors
- C. Synthetic phenol compounds
- D. Sodium hypochlorites
104. A gauze sponge that is soaking wet with blood is considered to be

A. Contaminated waste
B. Non-hazardous waste
C. Regulated waste
D. A and B
• 105. All surfaces likely to be touched during patient care must be

  • A. Cleaned and disinfected after the patient visit
  • B. Covered with a protective barrier
  • C. Sterilized after the patient visit
  • D. A or B
106. When contaminated plastic barriers are removed, the assistant wears

- A. Fresh exam gloves
- B. Overgloves
- C. Used exam gloves covered by overgloves
- D. Utility gloves
107. Surfaces that have been soiled with potentially infectious patient materials should be disinfected using a/an _____ level disinfectant.

A. High –
B. Intermediate –
C. Low –
D. B or C
108. A biopsy specimen must be

- A. Labeled as a biohazard
- B. Placed in a leak-proof bag
- C. Sterilized before leaving the office
- D. A and B
109. Mouth mirrors are classified as _____ items.

- A. Critical
- B. Non-critical
- C. Semi-critical
110. The ultrasonic cleaner is used

A. Before hand scrubbing instruments
B. To prevent bioburden from drying on instruments
C. To remove bioburden and debris from instruments
D. A and B
111. The head of an x-ray machine is considered to be a ______ item.

A. Critical
B. Non-critical
C. Semi-critical
112. Instruments must be dry before being wrapped and placed in the _____ for processing.

- A. Autoclave
- B. Chemical vapor sterilizer
- C. Dry heat sterilizer
- D. B and C
- 113. In preparation for reuse, the used instrument tray is
  - A. Disinfected
  - B. Sterilized
114. A tape that turns color

A. Is a biologic indicator
B. Is a process indicator
C. Meets requirements for monitoring sterilization
D. A and C
• 115. When a cassette system is used, the instruments are _____ in the cassette.

• A. Cleaned
• B. Stored
• C. Transported
• D. A, B, and C
116. Distilled water is used in the

A. Autoclave
B. Holding tank
C. Ultrasonic cleaner
D. A and C
117. When you reassemble a present tray, the instruments are

- A. Covered with a towel to maintain sterility
- B. Stored in their wrappings
- C. Unwrapped and arranged in order of use
- D. A and C
118. Aluminum foil may be used when wrapping instruments for sterilization by

- A. Autoclaving
- B. Chemiclave
- C. Dry heat
- D. None of the above; aluminum foil is not used in sterilization
• 119. Items classified as semi-critical _____ used in the mouth.

  • A. Are
  • B. Are not
• 120. To determine that sterilization has actually occurred throughout the load during sterilization, _____ indicators are used.

• A. Biologic
• B. Pressure
• C. Temperature
• D. Sterilization
• 121. In the autoclave, steam moves in a _____ flow.

• A. Bottom to top
• B. Random
• C. Top-to-bottom
122. Phenolic solutions are used as holding solutions because they

- A. Act as a preliminary sterilization agent
- B. Begin reducing the microbial count
- C. Disinfect the instruments
- D. Neutralize the contamination on the instruments
123. At the end of the day, the solution in the ultrasonic cleaner is

- A. Discarded
- B. Disinfected
- C. Tested for contamination
- D. C and then B
124. The patient’s chart and radiographs are put in place

A. After putting on clean exam gloves
B. Before gloving
C. While still wearing utility gloves
125. Bacteria found in dental office waterlines may include which of the following?

A. Pseudomonas aeruginosa
B. Escherichia coli
C. Legionella
D. Cryptosporidium
E. All of the above
• 126. The CDC and the ADA recommend that the dental assistant flush the dental unit waterlines at the start of each day and between patients.

• A. True
• B. False
• C. Currently there are no recommendations about reducing waterline biofilms.
127. Aquatic biofilms may contain

- A. Fungi
- B. Algae
- C. Protozoans
- D. Nematodes
- E. All of the above
128. Biofilms are composed of millions of microorganisms that accumulate on surfaces in dry environments.

A. True
B. False
129. The rate of water flow inside the tubing is greatest

A. At the tubing surface
B. In the center
C. In the treatment room faucet
D. In the Cavitron
130. The CDC recommends flushing waterlines at the beginning of the day for _____ seconds to temporarily reduce the level of microbes in the water.

- A. 30
- B. 60
- C. 90
- D. 120
- E. 190
131. During the accumulation stage, microbes are continuously released from the biofilm into the flowing water.

A. True
B. False
132. Independent sterile water systems allow for the addition of solutions and other medicaments to the water.

- A. True
- B. False
133. Which of the following is a list of the stages of biofilm formation in the correct sequential order?

- A. Accumulation, initial attachment, and release
- B. Release, accumulation, and initial attachment
- C. Initial attachment, accumulation, and release
- D. Retention, initial attachment, and accumulation
134. The American Dental Association recommends that dental equipment consistently deliver no more than ______ cfu/ml of aerobic bacteria at any time.

A. 100  
B. 1,000  
C. 200  
D. 2,000
135. Methods to improve dental unit water quality include:

- A. Improving the quality of the incoming water
- B. Controlling biofilms in the tubing
- C. Controlling water quality as it leaves the tubing
- D. A and B only
- E. A, B, and C
• 136. To disinfect a water bottle attached to the dental unit, the dental assistant should

• A. Pour about 1/3 cup of a 1:10 disinfectant solution into the bottle
• B. Cap and shake the bottle for 5 seconds
• C. Allow the bottle to stand for 10 minutes
• D. Shake the bottle again
• E. All of the above steps are necessary in the order listed
137. When disinfecting the waterlines in the unit, the dental assistant should allow disinfectant to remain in the unit for at least 10 minutes but never longer than 30 minutes.

A. True
B. False
C. It is not necessary to disinfect waterlines in the dental unit
138. When performing any disinfection procedure, the dental assistant must wear all of the following in accordance with OSHA guidelines except:

- A. Nitrile gloves
- B. Face mask
- C. Hepafilter mask
- D. Protective eyewear
- E. Protective clothing
139. The recommended ratio of bleach to water in disinfectant solution is

A. 1:1
B. 1:10
C. 1:100
D. 1:1,000
• 140. The dental assistant plays a significant role in preventing cross-contamination by employing all of the following goals except
  • A. Reducing the number of pathogenic microorganisms present so normal resistance can prevent infection
  • B. Breaking the cycle of infection and eliminating cross-contamination
  • C. Treating only HIV/AIDS patients as though potentially infectious
  • D. Protecting high-risk patients and dental personnel from infection
• 141. All dental assistants who have either direct or indirect contact with patients’ blood and/or saliva must be immunized against hepatitis A or show serological evidence of immunity to hepatitis A virus infection.

• A. True
• B. False
142. To project a professional appearance regarding hand and nail care, the dental assistant should

- A. Always keep fingernails short and well groomed
- B. Keep the nail tips no more than 2mm long
- C. Avoid wearing long or artificial nails because they harbor bacteria and tend to puncture gloves
- D. All of the above
143. Which of the following statements is true regarding basic handwashing technique?

A. It is a substitute for proper gloving
B. It is equivalent to a surgical scrub
C. It is the basis for preventing infectious disease transmission in the dental office
D. All of the above are true
144. All of these statements regarding transient bacterial flora are true except which of the following?

- A. These bacteria may reside permanently under several layers of the skin’s surface
- B. These bacteria can never be removed even with surgical scrubbing
- C. Washing can significantly reduce their numbers
- D. These bacteria tend to survive on the hands for many days.
145. Controlling cross-contamination in the lab area is ______ containing disease in the treatment rooms.

- A. More important than
- B. Less important than
- C. Equally as important as
- D. It is of unknown importance
• 146. Laboratory supplies, materials, and appliances must be thoroughly and carefully cleaned because

- A. This is a CDC guideline requirement
- B. Blood and saliva from the mouth contain contaminants
- C. Commercial laboratories do not generally clean or disinfect prostheses or appliances before returning them to the dental office
- D. A and B only
• 147. When working in the dental lab area, the dental assistant must wear PPE because this

• A. Aids in prevention of disease transmission
• B. Is a requirement under CDC guidelines
• C. Provides additional protection from harmful substances or injuries
• D. Keeps all dental staff color-coordinated in similar clinical wear
• E. A, B, and C
148. To save money on packaging costs, the dental assistant should save, recycle and reuse lab packaging materials.

A. True
B. False
149. All of the following can be used to safely disinfect plastic or porcelain full dentures except

A. Glutaraldehydes
B. Iodophors
C. Sodium hypochlorite
150. When disinfecting wax rims and wax bites, the dental assistant should allow the device to remain wet with disinfectant for the time recommended to attain

- A. Saturation
- B. Disinfection
- C. Sterilization
- D. Tuberculocidal disinfection
• 151. When properly disposing of laboratory waste materials, the dental assistant should

• A. Use waste receptacles in the treatment room
• B. Wash and reuse solid waste containers
• C. Follow regulations established by local or state environmental agencies
• D. Use the fastest and least expensive method
• 152. In the laboratory, pumice used on a case that has been in the mouth

  A. Can be reused  
  B. Is discarded  
  C. Is disinfected before reuse  
  D. Is sterilized before reuse
• 153. Which of the following is a contraindication to hepatitis B vaccine?

• A. Pregnancy
• B. History of anaphylaxis associated with neomycin
• C. Previous anaphylaxis to baker’s yeast
• D. Previous allergic dermatitis associated with latex
• 154. _____ are the single most important factor in controlling the spread of infectious disease between the dental assistant and the patient.

  • A. Masks
  • B. Face shields
  • C. Goggles
  • D. Gloves
155. The FDA recommends surgical masks have a ______ or greater bacterial filtration efficiency.

A. 90 percent  
B. 93 percent  
C. 95 percent  
D. 98 percent
156. Chin-length face shields, which reduce exposure to blood, saliva, or other body fluids, can be worn by the dental assistant in place of a face mask and goggles.

A. True
B. False
157. Laundering of reusable outer protective garments is the responsibility of the

- A. Employers
- B. Employees
• 158. The CDC recommends that disposable face masks must be replaced

- A. After each patient
- B. During extended procedures when the mask becomes visibly wet or soiled with bioburden
- C. Every morning and afternoon
- D. A and B only
159. According to OSHA, the dental assistant may do which of the following prior to depositing a contaminated needle in a designated puncture-resistant container?

- A. Recap it
- B. Bend it
- C. Break it
- D. None of the above are acceptable according to OSHA
• 160. All dental practices are required to have a proactive written policy statement regarding the postoperative management and follow-up of accidental exposures. The policy statement should include
  • A. Measures the practice will take to prevent accidental exposures
  • B. Prompt reporting of accidental exposures
  • C. Prevention strategies
  • D. Post-exposure management principles
  • E. All of the above
161. By law, the dentist/employer is entitled to the results of the employee’s blood test resulting from an accidental occupational exposure.

A. True
B. False
• 162. Refusing treatment to known HIV/AIDS-infected patients is considered discrimination and may result in sanctions, penalties, or lawsuits.

  • A. True
  • B. False
163. If a patient alleges he or she contracted a serious infectious illness as a direct result of an office visit, that patient may sue the office for failure to maintain sound infection control techniques.

A. True
B. False
164. Which of the following pieces of information is the dental assistant allowed to disclose without the patient’s permission?

- A. Patient’s name, address, and telephone number
- B. Nature of treatment
- C. Disclosure of infectious disease status and diagnosis
- D. A and B only
- E. None of the above
165. Because dental assistants are not licensed in most states, they are not obligated to follow legal and ethical standards of the profession in the state of employment.

A. True
B. False
166. Powder and cornstarch are the most common causes of latex allergy associated with glove use in the dental office.

A. True
B. False
167. The distinct reactions directly attributed to NRL latex products include all of the following except

- A. Immediate hypersensitivity (type I)
- B. Delayed hypersensitivity (type IV)
- C. Intermediate hypersensitivity (type III)
- D. Irritant dermatitis (ID)
168. The maximum permissible noise level is _____ decibels.

- A. 55
- B. 65
- C. 75
- D. 85
169. The contents of office first-aid and emergency kits should be checked _____ by the dental assistant or office safety supervisor for expiration dates, leakage, or unusual appearance.

A. Daily
B. Weekly
C. Monthly
D. Annually
170. Marketing infection control helps put patients at ease and allays their fears about cross-contamination of infectious diseases.

A. True
B. False
171. Mycology is the study of

- A. Bacteria
- B. Viruses
- C. Fungi
- D. Protozoa
172. Infection control is

• A. Sterilizing instruments
• B. Disinfecting surfaces
• C. Handling sharps carefully
• D. Controlling microbial contamination and infection
173. Who became known as the father of oral microbiology?

- A. Willoby D. Miller
- B. Louis Pasteur
- C. Robert Koch
- D. Ignaz Semmelweis
174. Pasteurization is achieved by which of the following processes?

- A. Cleaning surfaces with a disinfectant
- B. Heating a fluid to 63 degrees C (145.4 degrees F) for 30 minutes
- C. Sterilizing instruments at 121 degree F for 20 minutes
- D. Using an alcohol-bases hand rub
175. Who first proposed that infection of open wounds was caused by microorganisms in the air?

• A. Louis Pasteur
• B. Oliver Wendell Holmes
• C. Lord Joseph Lister
• D. Chris H. Miller
176. Viruses that infect bacteria are called

- A. Fungi
- B. Bacteriophages
- C. Prions
- D. Protozoa
177. Candida albicans is a

A. Prion
B. Bacterium
C. Virus
D. Yeast
178. Which type of bacterium is shaped like a sphere?

- A. Bacillus
- B. Coccus
- C. Spirillum
179. Which is smaller?

• A. A human red blood cell
• B. A bacterium
• C. A virus
180. Bacteria that can survive and grow in the presence of acids are called

- A. Aerobic
- B. Anaerobic
- C. Aciduric
- D. Acidogenic
181. Bacteria that die in the presence of oxygen are called

• A. Aerobic
• B. Anaerobic
• C. Fermentative
• D. Acidogenic
182. The most important source of potentially infectious microbes in the dental office is:

- A. Water
- B. Air
- C. Insects
- D. The patients’ mouths
183. Microbes spreading from a patient’s mouth to your hand and then to another patient’s mouth represent what type of spread from patient to patient?

- A. Indirect contact
- B. Direct contact
- C. Droplet infection
- D. Airborne infection
184. Antibodies are best defined as

- A. The active ingredients in antimicrobial handwashing products.
- B. Microbes that can enter the body and stimulate an immune response
- C. Different types of chemicals such as penicillin that can kill microbes
- D. Proteins made in the body that bind to and destroy microbes and other antigens.
185. The incubation stage of an infectious disease occurs

• A. After contamination and before symptoms
• B. During the height of the symptoms
• C. After the symptoms have subsided
Infection is best defined as the

- A. Occurrence of severe symptoms of a disease
- B. Entrance of microbes into the body
- C. Growth and survival of microbes on or in the body
187. The difference between droplet and airborne infections is that

A. Airborne infections are caused by smaller infectious particles
B. Droplet infections are caused by smaller infectious particles
C. Airborne infections are caused by larger infectious particles
188. The material in a vaccine that stimulates an immune response is called an

- A. Antibody
- B. Antigen
- C. Antibiotic
- D. Acidogen
189. Which of the following is an infectious disease?

- A. The hereditary malfunctioning of an organ
- B. The abnormal growth of body cells
- C. An allergic reaction
- D. Tissue damage caused by a microorganism
190. Hay fever and asthma are examples of

- A. Endogenous infectious diseases
- B. Allergic reactions
- C. Artificial immunity
- D. Mechanical barriers
191. Dental caries is what type of infectious disease?

- A. Endogenous
- B. Exogenous
- C. Toxigenic
192. Which is a correct statement about hepatitis B?

- A. Only about one third of those infected have recognizable symptoms
- B. Most dental assistants who have been working for more than 5 years get hepatitis B
- C. Most persons who get hepatitis B die.
- D. Hepatitis B is usually spread through drinking contaminated water.
193. How does HIV cause AIDS?

A. It destroys the liver
B. It destroys the body defenses against diseases
C. It destroys the ability to control muscle action
D. It paralyzes the body
194. The vaccine for hepatitis B protects against

- A. Hepatitis A, B, C, and D
- B. Hepatitis B and may prevent type D
- C. Hepatitis B, C, and D
- D. Hepatitis D
195. All of the following types of viral hepatitis are blood-borne except

- A. Hepatitis A
- B. Hepatitis B
- C. Hepatitis C
- D. Hepatitis D
196. Occupationally, acquired hepatitis B in health care workers is most commonly contracted

- A. By ingesting contaminated water
- B. Through sharps injuries
- C. Through inhalation of respiratory aerosols
197. A hepatitis B carrier is

- A. HBsAg - positive
- B. Anti-HBsAG – positive
- C. HIV – positive
198. Herpetic whitlow is an infection of the

- A. Hand and fingers
- B. Lips
- C. Genitalia
- D. Mouth
199. Those who have shingles previously had

- A. Tuberculosis
- B. Chickenpox
- C. Syphilis
- D. Diphtheria
200. Which governmental agency controls the safety and effectiveness of sterilizers?

- A. Food and Drug Administration
- B. Environmental Protection Agency
- C. Occupational Safety and Health Administration
- D. Centers for Disease Control and Prevention
201. Which governmental agency requires employers to protect their employees from exposure to blood and saliva at work?

- A. Food and Drug Administration
- B. Environmental Protection Agency
- C. Occupational Safety and Health Administration
- D. Centers for Disease Control and Prevention
202. Which governmental agency controls the safety and effectiveness of surface disinfectants?

- A. Food and Drug Administration
- B. Environmental Protection Agency
- C. Occupational Safety and Health Administration
- D. Centers for Disease Control and Prevention
203. Not doing a good job cleaning or sterilizing hand instruments contributes to which pathway of cross-contamination in the office?

- A. Patient to dental team
- B. Dental team to patient
- C. Patient to patient
- D. Community to office
204. Improving the quality of dental unit water addresses which pathway of cross-contamination in the office?

- A. Community to office
- B. Dental team to patient
- C. Patient to dental team
205. Which of the following is the infection control education organization in dentistry?

- A. Association for Advancement of Medical Instrumentation
- B. Organization for Safety and Asepsis Procedures
- C. Occupational Safety and Health Administration
- D. Environmental Protection Agency
206. Which microorganisms are removed by routine handwashing?

- A. Resident flora
- B. Transient flora
207. The last of the personal protective barriers to be put on before patient treatment begins are

- A. Gown
- B. Masks
- C. Gloves
- D. Eyeglasses
208. When should an alcohol-based hand rub be used?

- A. Under any conditions
- B. Only following handwashing with another antimicrobial agent
- C. Only if no soil is visible on the hands
- D. Only if sterile gloves will be donned afterward
209. Powder-free gloves are used to

- A. Prevent irritant contact dermatitis
- B. Eliminate the need for hand hygiene after removing gloves
- C. Limit the spread of latex protein allergens
- D. Make the gloves easier to put on
210. How should one sterilize a plastic rubber dam frame that melts at 100 degrees C?

• A. Steam
• B. Dry heat
• C. Unsaturated chemical vapor
• D. Liquid sterilant such as glutaraldehyde
211. Spores of *Geobacillus stearothermophilus* are used to monitor what types of sterilizers?

- A. Steam and dry heat
- B. Unsaturated chemical vapor and dry heat
- C. Unsaturated chemical vapor and steam
212. What type of sterilization causes carbon steel instruments to rust?

- A. Steam
- B. Dry heat
- C. Unsaturated chemical vapor
- D. Ethylene oxide gas
213. Spores of *Bacillus atrophaeus* are used to monitor what type of sterilizer?

- A. Steam
- B. Dry heat
- C. Unsaturated chemical vapor
214. The leading cause of sterilization failure is

- A. Not pushing the correct buttons to operate the sterilizer
- B. Using the wrong type of sterilizer for heat-sensitive items
- C. Overloading the sterilizer
- D. Opening the sterilizer door before the end of the cycle
215. What information does a chemical indicator provide?

- A. That an item is sterile
- B. That an item is clean
- C. That an item has been packaged properly
- D. That an item has been processed through a heat sterilizer
216. The purpose of an aluminum foil test is to

- A. See if the steam in a sterilizer is at the proper temperature
- B. Measure the strength of a liquid sterilant/high-level disinfectant
- C. Assess the kill of bacterial spores in a sterilizer
- D. Determine whether an ultrasonic cleaner chamber has an even distribution of sonic energy
217. The main rationale for cleaning instruments before sterilization is to

- A. Give the sterilization procedure the best chance to work
- B. Prevent the formation of water spots on the instruments
- C. Reduce rusting of instruments
- D. Eliminate the need for packaging the instruments
Placing wet instruments into a dry heat sterilizer or an unsaturated chemical vapor sterilizer can:

- A. Prevent sterilization
- B. Reduce the sterilization time by half
- C. Counteract the antirusting nature of these sterilizers
Wet packages should be allowed to dry inside the sterilizer because paper packaging material may tear on handling and because

- A. The instruments will have water spots
- B. The chemical indicators will not have changed color yet
- C. Of wicking
220. A high-speed handpiece that is destroyed at 300 degrees F cannot be sterilized in

- A. A steam sterilizer
- B. A dry heat sterilizer
- C. An unsaturated chemical vapor sterilizer
221. The active ingredient in the unsaturated chemical vapor sterilization process is

- A. Glutaraldehyde
- B. Peracetic acid
- C. Formaldehyde
- D. Hydrogen peroxide
222. Critical patient care items are to be cleaned and ________ for reuse.

- A. Low-level disinfected
- B. Intermediate-level disinfected
- C. Sterilized
223. When analyzing spore tests, *Geobacillus stearothermophilus* is incubated at what temperature?

- A. 100 degrees C
- B. 55 degrees C
- C. 37 degrees C
- D. 7 degrees C
224. Which of the following microbes are not killed by intermediate-level disinfectants?

- A. Bacterial spores
- B. Tuberculosis agent
- C. Both A and B
- D. Neither A nor B
225. Which of the following types of antimicrobial agents should be used on floors?

• A. Sterilant/high-level disinfectant
• B. Intermediate-level disinfectant
• C. Low-level disinfectant
226. Which of the following antimicrobial agents should not be used for surface disinfection in dentistry?

- A. Sterilant/high-level disinfectant
- B. Intermediate-level disinfectant
- C. Low-level disinfectant
227. Which of the following agents is not tuberculocidal?

• A. Iodophor
• B. Quaternary ammonium compound
• C. Phenolic
• D. Glutaraldehyde
Why should disinfectants used on clinical contact surfaces contaminated with blood or saliva have tuberculocidal activity?

• A. Tuberculosis is a common occupational disease of dental personnel, so a tuberculocidal agent is needed to prevent this type of spread in the office.
• B. The tuberculosis agent is spread most commonly by touching contaminated surfaces.
• C. Because the tuberculosis agent is one of the more resistant microbes to kill, tuberculocidal activity indicates sufficient potency to kill most other vegetative microbes.
Liquid sterilants such as glutaraldehyde should be used only on reusable items that can be submerged and are

- A. Contaminated with blood
- B. Made of metal
- C. Heat sensitive
- D. Classified as critical (penetrate tissue)
230. One should not use ______ as a surface cover.

- A. Paper
- B. Plastic-backed patient napkin
- C. Plastic sheet
- D. Formed plastic bags
231. Use of a disinfectant type cleaner to preclean a contaminated operatory surface

- A. Should not be done
- B. Starts the microbial killing process and helps protect the person doing the cleaning
  - C. Eliminates the need to follow up with a disinfectant wipe
- D. Is necessary every time a surface cover is removed
232. Legionella bacteria can cause what type of disease in susceptible persons?

- A. Damage to the liver
- B. Pneumonia
- C. Intestinal damage
- D. Skin disease
233. Besides Legionella, what other two bacteria that may be present in dental unit water are of the most concern in causing infections in compromised persons?

- A. Streptococcus and pseudomonas
- B. Fusobacterium and micrococcus
- C. Micrococcus and mycobacterium
- D. Pseudomonas and mycobacterium
234. What is the maximum acceptable level of bacteria in dental unit water as recommended by the Centers for Disease Control and Prevention?

- A. 200,000 CFU/ml
- B. 1000 CFU/ml
- C. 500 CFU/ml
- D. 200 CFU/ml