



Dental Assistant DANB

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1. In the Universal Numbering System used in the United States, which tooth is designated number 1?

- A. The maxillary right central incisor
- B. The maxillary right third molar
- C. The mandibular left third molar
- D. The maxillary left central incisor

2. The primary goal of four-handed dentistry is to:

- A. Reduce the number of instruments used
- B. Increase efficiency and reduce operator fatigue
- C. Eliminate the need for a dental assistant
- D. Allow the patient to hold the suction

3. Dental amalgam is an alloy that contains which liquid metal?

- A. Gold
- B. Mercury
- C. Tin
- D. Copper

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4. The principle of keeping radiation exposure 'as low as reasonably achievable' is known by which acronym?

- A. OSHA
- B. ALARA
- C. CDC
- D. MSDS



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5. Standard precautions are based on the principle that:

- A. Only patients with known diseases require protection
- B. All blood and body fluids are treated as potentially infectious
- C. Gloves alone are sufficient protection
- D. Only surgical procedures require precautions

6. Why is an accurate, updated medical history essential before dental treatment?

- A. To increase the bill
- B. To identify conditions, medications, and allergies that affect safe care
- C. To market new services
- D. To satisfy curiosity

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7. The most common medical emergency in the dental office is:

- A. Cardiac arrest
- B. Syncope (fainting)
- C. Stroke
- D. Seizure

8. Endodontics is the dental specialty concerned with:

- A. Straightening teeth
- B. Treating the dental pulp and root canal system
- C. Replacing missing teeth with dentures
- D. Surgery of the jaws

9. Using the Universal Numbering System, which tooth is number 32?

- A. The maxillary left third molar
- B. The mandibular right second molar
- C. The mandibular right third molar
- D. The mandibular left third molar

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10. In the clock concept for a right-handed operator, the assistant is generally positioned in which zone?

- A. 7 to 12 o'clock
- B. 12 to 2 o'clock
- C. 2 to 4 o'clock
- D. 4 to 7 o'clock

11. The process of mixing amalgam alloy with mercury in an amalgamator is called:

- A. Condensation
- B. Carving
- C. Trituration
- D. Burnishing

12. Which device worn by the patient reduces scatter radiation exposure to the reproductive and blood-forming organs?

- A. Lead apron
- B. Position-indicating device
- C. Bite block
- D. Film badge

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13. Before donning gloves and after removing them, the dental assistant should always:

- A. Apply hand lotion only
- B. Rinse with water alone
- C. Perform hand hygiene (wash or use an alcohol-based rub)
- D. Put on a new gown

14. Which of the following is a normal resting adult blood pressure reading?

- A. 190/110 mmHg
- B. 80/40 mmHg
- C. 118/76 mmHg
- D. 160/100 mmHg



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15. The immediate management of a patient who faints in the dental chair is to:

- A. Place the patient supine with legs slightly elevated and ensure an open airway
- B. Sit the patient fully upright
- C. Give the patient food
- D. Have the patient stand and walk it off

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16. During root canal therapy, the canals are filled and sealed primarily with which material?

- A. Amalgam
- B. Composite
- C. Gutta-percha
- D. Glass ionomer

17. How many teeth are present in the complete primary (deciduous) dentition?

- A. 16
- B. 24
- C. 20
- D. 28

18. During instrument transfer, the assistant typically picks up and delivers instruments using which hand?

- A. The left hand
- B. The right hand only
- C. Either hand at random
- D. The same hand the operator uses

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19. Overtrituration of amalgam (mixing too long) generally results in a mix that is:

- A. Hot, soupy, and has a shortened working time
- B. Dry, crumbly, and grainy
- C. Unaffected in handling
- D. Stronger and longer lasting



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20. A radiation monitoring (dosimeter) badge is worn by dental personnel to:

- A. Block radiation from reaching the wearer
- B. Measure the amount of occupational radiation exposure over time
- C. Trigger the X-ray exposure
- D. Develop the film

21. Which sequence correctly describes donning personal protective equipment before patient care?

- A. Gown, mask, eyewear, then gloves
- B. Gloves, gown, mask, then eyewear
- C. Mask, gloves, gown, then eyewear
- D. Eyewear, gloves, gown, then mask

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22. The normal resting pulse (heart rate) range for a healthy adult is approximately:

- A. 60 to 100 beats per minute
- B. 20 to 40 beats per minute
- C. 120 to 160 beats per minute
- D. 160 to 200 beats per minute

23. If a conscious adult patient is choking and cannot speak, cough, or breathe, the rescuer should perform:

- A. Chest compressions
- B. Rescue breathing
- C. Abdominal thrusts (the Heimlich maneuver)
- D. Nothing until they pass out

24. A device that measures the working length of a root canal by detecting the apical foramen electronically is called a/an:

- A. Apex locator
- B. Curing light
- C. Articulator
- D. Amalgamator

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25. How many teeth are present in the complete permanent dentition?

- A. 20
- B. 28
- C. 30
- D. 32

26. When transferring an instrument, the assistant should deliver it so that the working end is:

- A. Pointed toward the operator's eyes
- B. Oriented toward the correct arch for immediate use
- C. Wrapped in gauze
- D. Facing the assistant

27. Composite resin restorations are most often hardened (set) using:

- A. Heat from a Bunsen burner
- B. Moisture from saliva
- C. A visible curing light
- D. Time alone with no activation

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28. When no protective barrier is available, the operator should stand at least how far from the patient and at what angle to the beam during an exposure?

- A. 3 feet, directly behind the tube head
- B. 2 feet, in line with the beam
- C. 6 feet and at a 90 to 135 degree angle to the primary beam
- D. Right next to the patient holding the film

29. Which item of PPE is removed first when leaving the operatory after a procedure?

- A. Mask
- B. Protective eyewear
- C. Gown
- D. Contaminated gloves



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30. The normal resting respiration rate for a healthy adult is approximately:

- A. 2 to 5 breaths per minute
- B. 30 to 40 breaths per minute
- C. 45 to 60 breaths per minute
- D. 12 to 20 breaths per minute



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Answer Key & Explanations

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1. B — The maxillary right third molar

The Universal System numbers permanent teeth 1 through 32, beginning with the maxillary right third molar (#1) and proceeding clockwise to the mandibular right third molar (#32).

2. B — Increase efficiency and reduce operator fatigue

Four-handed dentistry uses a seated operator and assistant working as a team to improve efficiency, reduce stress and motion, and keep the procedure smooth.

3. B — Mercury

Amalgam is formed by mixing (trituration) an alloy powder of silver, tin, and copper with liquid mercury, which binds the particles into a workable, hardening mass.

4. B — ALARA

ALARA stands for As Low As Reasonably Achievable, the guiding principle of minimizing radiation dose to patients and staff while still obtaining diagnostic images.

5. B — All blood and body fluids are treated as potentially infectious

Standard precautions require treating all blood, saliva, and other potentially infectious materials as if they carry bloodborne pathogens, regardless of the patient's known status.

6. B — To identify conditions, medications, and allergies that affect safe care

The medical history reveals systemic conditions, medications, and allergies that may alter treatment, require premedication, or affect drug choices and emergency preparedness.

7. B — Syncope (fainting)

Syncope, or fainting, is the most frequent emergency, often triggered by anxiety or fear. It results from a temporary drop in blood flow to the brain.

8. B — Treating the dental pulp and root canal system

Endodontics deals with the dental pulp and periradicular tissues. Root canal therapy removes diseased or infected pulp and seals the canal system to save the tooth.

9. C — The mandibular right third molar

Numbering ends at the mandibular right third molar (#32), the last tooth reached when moving from the upper right around to the lower right.

10. C — 2 to 4 o'clock

For a right-handed operator the assistant's zone is roughly 2 to 4 o'clock, the operator's zone is 7 to 12, the static (transfer) zone is 12 to 2, and the patient is centered.

11. C — Trituration

Trituration is the mechanical mixing of alloy and mercury in an amalgamator to produce a homogeneous, plastic mass ready for placement and condensation.



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12. A — Lead apron

The lead apron protects the patient's trunk and gonadal area from scatter radiation. A thyroid collar adds protection for the thyroid gland during dental exposures.

13. C — Perform hand hygiene (wash or use an alcohol-based rub)

Hand hygiene before gloving and after glove removal is fundamental to infection control. Gloves are not a substitute for hand hygiene because they can have defects or tear.

14. C — 118/76 mmHg

A normal adult blood pressure is generally below about 120/80 mmHg. Readings such as 118/76 fall in the normal range, while persistently high readings signal hypertension.

15. A — Place the patient supine with legs slightly elevated and ensure an open airway

Lowering the head and raising the legs restores cerebral blood flow. Ensuring an open airway, loosening tight clothing, and monitoring vital signs are also part of initial care.

16. C — Gutta-percha

Gutta-percha is a rubberlike material used with a sealer to fill the cleaned and shaped root canal, sealing it to prevent bacterial reentry after the pulp is removed.

17. C — 20

The primary dentition has 20 teeth: two incisors, one canine, and two molars per quadrant. There are no premolars in the primary set.

18. A — The left hand

In a one-handed transfer for a right-handed operator, the assistant uses the left hand to retrieve and deliver instruments, keeping the right hand free for suction and materials.

19. A — Hot, soupy, and has a shortened working time

Overtrituration produces a soupy, hot mix with reduced working time and can lower strength. Undertrituration yields a dry, crumbly, grainy mix that is hard to condense.

20. B — Measure the amount of occupational radiation exposure over time

A dosimeter badge records cumulative occupational exposure so that staff dose can be monitored and kept within safe occupational limits over time.

21. A — Gown, mask, eyewear, then gloves

PPE is generally donned in the order gown, mask, protective eyewear, then gloves, so that gloves are placed last and removed first to limit contamination of hands.

22. A — 60 to 100 beats per minute

A normal adult resting pulse is about 60 to 100 beats per minute. Rates outside this range may indicate bradycardia (slow) or tachycardia (fast) requiring evaluation.

23. C — Abdominal thrusts (the Heimlich maneuver)

Abdominal thrusts are used for a conscious choking adult with complete airway obstruction. They create pressure to expel the object. If the patient becomes unconscious, begin CPR.

24. A — Apex locator

An electronic apex locator helps determine the canal's working length by detecting the apical constriction,



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complementing radiographs and improving accuracy during endodontic treatment.

25. D — 32

The permanent dentition normally has 32 teeth, including third molars: two incisors, one canine, two premolars, and three molars per quadrant.

26. B — Oriented toward the correct arch for immediate use

Instruments are passed in the position of use, with the working end oriented toward the arch being treated, so the operator can begin without repositioning.

27. C — A visible curing light

Light-cured composites contain a photoinitiator that hardens the resin when exposed to a curing light of the proper wavelength, usually in the blue range.

28. C — 6 feet and at a 90 to 135 degree angle to the primary beam

Operators should stand at least 6 feet away and position themselves at a 90 to 135 degree angle to the central beam, where scatter is lowest, or behind a barrier.

29. D — Contaminated gloves

Contaminated gloves are removed first because they carry the heaviest contamination, followed by eyewear, gown, and finally the mask, with hand hygiene afterward.

30. D — 12 to 20 breaths per minute

Normal adult respiration is roughly 12 to 20 breaths per minute. Significant deviations may indicate respiratory distress or other medical concerns.



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