
PPE IN DENTAL PRACTICES

Competency Quiz

This quiz is based only on the CDHO Dental IPAC Guide (Feb 2024), RCDSO Standard of Practice: Infection Prevention and Control in the Dental Office (Nov 2018), and PHO IPAC Checklist for Dental Practices: Core Elements (Jul 2019), including the content contained in those resources.

Instructions: Select ONE answer for each question. Each question is worth 1 point. Record your answer on the answer sheet at the end. The scoring section lets you calculate an overall score and identify topic-specific weaknesses.

1. Before each interaction with a patient, what should be performed to determine the interventions required to prevent infection transmission?

- A. A review of the operatory schedule only
- B. A point-of-care risk assessment
- C. A review of the patient's previous treatment fees
- D. A review of the patient's dental insurance

2. According to the PHO dental IPAC checklist, how should PPE such as gowns, gloves, masks and eye protection be selected?

- A. Based on the staff member's preference
- B. The same PPE should be used for every procedure
- C. Based only on the length of the appointment
- D. Based on a risk assessment, including the possibility of handling blood and/or body fluids

3. When must gloves be worn in the dental office according to the RCDSO Standard of Practice?

- A. When contact with mucous membranes, non-intact skin or body fluids is anticipated
- B. Only during invasive surgical procedures
- C. Only when the patient's skin is visibly contaminated
- D. Only when handling instruments

4. *When should gloves be put on?*

- A. At the beginning of the workday
- B. Before entering the dental office
- C. Immediately before the activity for which they are indicated
- D. After completing the procedure

5. *Why does wearing gloves not replace hand hygiene?*

- A. Gloves are designed primarily to protect dental instruments
- B. Gloves are not completely free from leaks and may tear
- C. Gloves eliminate microorganisms from the hands
- D. Gloves become sterile after being worn

6. *When should gloves be removed and discarded?*

- A. At the end of the workday
- B. Only when they become visibly torn
- C. After completing all patients for the day
- D. Immediately after the activity for which they were used, followed by hand hygiene

7. *Can the same pair of gloves be used for more than one patient?*

- A. No. The same pair must not be used for more than one patient
- B. Yes, if the gloves remain visibly clean
- C. Yes, if the gloves are disinfected between patients
- D. Yes, if both patients receive the same procedure

8. *What does the CDHO guideline state about wearing gloves outside the room or area where they are required for personal protection?*

- A. Gloves may be worn anywhere if they look clean
- B. Gloves should be worn throughout the entire office

- C. Gloves must not be worn outside that room or area
- D. Gloves may be worn outside only when handling paperwork

9. Which statement about hand hygiene before and after glove use is supported by the resources?

- A. Hand hygiene is required only after removing gloves
- B. Hand hygiene is unnecessary when gloves are worn correctly
- C. Hand hygiene is required only when gloves tear
- D. Hand hygiene is required before donning gloves and after removing them

10. When should a dental mask be changed according to the RCDSO Standard of Practice?

- A. Only at the end of the workday
- B. When contaminated or wet, and always between patients
- C. Only when the mask is visibly torn
- D. Only when the patient requests a new mask

11. How should a mask fit during a dental hygiene procedure according to the CDHO guideline?

- A. It should cover the mouth but leave the nose uncovered
- B. It should cover the chin but leave the mouth uncovered
- C. It should securely cover the nose, mouth and chin
- D. It only needs to cover the lower face below the nose

12. When is protective clothing such as a gown required according to the RCDSO Standard of Practice?

- A. When a dental procedure is anticipated to generate splashes or sprays of blood, saliva or other body fluids
- B. For every activity performed anywhere in the dental office
- C. Only when handling administrative documents

D. Only after clothing has already become contaminated

13. According to the CDHO guideline, what type of gown is required when spatter, spray or aerosols are anticipated during a dental hygiene procedure?

- A. A regular laboratory coat
- B. A standard cloth jacket
- C. Any gown regardless of fluid resistance
- D. A fluid-resistant gown, Level 2 or higher

14. What should happen to PPE before leaving the operatory?

- A. PPE should remain on until entering the reception area
- B. PPE should remain on until the end of the shift
- C. PPE should be removed before leaving the operatory
- D. PPE should be removed only if visibly soiled

15. What does the RCDSO Standard of Practice state about single-use barriers such as gloves and masks?

- A. They should be stored for use later that day
- B. They must be discarded immediately after use
- C. They may be reused if they appear clean
- D. They should be disinfected and returned to the PPE supply

16. Which mask level is identified by the CDHO guideline for procedures where heavy levels of spray or spatter, but not aerosols, may occur?

- A. ASTM Level 3 – High Barrier
- B. ASTM Level 2 – Moderate Barrier
- C. ASTM Level 1 – Low Barrier
- D. Surgical Molded Utility Mask

17. What does the CDHO guideline identify as the appropriate mask for procedures likely to produce aerosols?

- A. An ASTM Level 1 low-barrier mask
- B. A surgical molded utility mask
- C. A fit-tested and seal-checked N95 respirator or equivalent approved by Health Canada
- D. An ASTM Level 2 moderate-barrier mask

18. What should happen to reusable protective eyewear between patients?

- A. It should be discarded after every patient
- B. It should be stored without cleaning if it looks clean
- C. It should be washed only once per week
- D. It should be cleaned and disinfected between patients

19. Which situation is specifically identified as a way microorganisms can be transferred to environmental surfaces?

- A. Wearing clean protective eyewear
- B. Hands or gloves contacting frequently touched surfaces
- C. Performing hand hygiene before putting on gloves
- D. Changing a mask between patients

20. During manual cleaning of contaminated dental instruments, which protective measures are specified by the RCDSO Standard of Practice?

- A. Heavy-duty utility gloves, appropriate clothing and long-handled brushes
- B. Examination gloves only
- C. A mask only
- D. No PPE when the instruments are visibly clean

Answer Sheet & Scoring

Record one answer for each question, then compare your responses with the answer key. Give yourself 1 point for each correct answer and 0 points for each incorrect answer.

1. _____	2. _____	3. _____	4. _____
5. _____	6. _____	7. _____	8. _____
9. _____	10. _____	11. _____	12. _____
13. _____	14. _____	15. _____	16. _____
17. _____	18. _____	19. _____	20. _____

Overall Score

Total points earned: _____ / 20

Overall Percentage Calculation: Total correct ÷ 20 × 100 = _____ %

Interpretation & Recommended Action

90–100% Overall: Strong performance. Maintain competency and continue routine application of the practices covered in the resources.

80–89% Overall: Good performance, but review any missed questions and reinforce the related topic area(s).

70–79% Overall: Needs targeted improvement. Review the relevant source material and repeat the quiz after focused education.

Below 70% Overall: Priority for remediation. Review the source material comprehensively, complete focused education, and repeat the assessment before considering the competency demonstrated.

Topic-Area Scores

For each area, add the points earned on the listed questions. Then divide by the number of questions in that area.

Topic	Questions	Possible	Earned	%
Point-of-Care Risk Assessment & PPE Selection	Q1–2	2	_____	_____%
Gloves & Hand Hygiene	Q3–9	7	_____	_____%
Masks & Respiratory Protection	Q10–11, Q16–17	4	_____	_____%
Gowns & Protective Clothing	Q12–13	2	_____	_____%
Eye Protection & PPE Removal	Q14, Q18	2	_____	_____%
Contamination Prevention & Reprocessing	Q15, Q19–20	3	_____	_____%

Interpretation & Recommended Action

Any Topic Area Below 80%: Flag the topic for review even if the overall score is passing. Revisit the questions missed in that topic and the corresponding source content.

Any Topic Area Below 70%: Consider the topic a priority weakness. Provide focused education/practice and reassess that topic.

Important: The score is an educational assessment of the content covered by this quiz. It should be used alongside applicable workplace policies, procedures, training, and the source documents themselves.

Personal Improvement Plan

My strongest topic area: _____

My weakest topic area: _____

Questions I missed: _____

Source material I need to review: _____

Action I will take: _____

Date for reassessment: _____

Answer Key & Sources

1. B — RCDSO, p. 8: risk assessment before each patient interaction; CDHO, p. 9: PCRA before or at every client interaction.
2. D — PHO, p. 11: PPE is selected based on risk assessment, including possible handling of blood/body fluids.
3. A — RCDSO, p. 16: gloves are required when contact with mucous membranes, non-intact skin or body fluids is anticipated.
4. C — RCDSO, p. 16: gloves are put on immediately before the activity for which they are indicated.
5. B — RCDSO, p. 16: gloves are not completely free from leaks and may tear; hand hygiene is still required.
6. D — RCDSO, p. 16: gloves are removed/discarded immediately after the activity and hand hygiene is performed.
7. A — RCDSO, p. 16: the same pair of gloves must not be used for more than one patient.
8. C — CDHO, p. 15: gloves must not be worn outside any room or area where they are required for personal protection.
9. D — RCDSO, p. 16: hand hygiene is performed before donning gloves and after removing them.
10. B — RCDSO, p. 16: masks are changed when contaminated or wet and always between patients.
11. C — CDHO, p. 13: masks must securely cover the nose, mouth and chin.
12. A — RCDSO, p. 16: protective clothing such as a gown is required when splashes/sprays of blood, saliva or other body fluids are anticipated.
13. D — CDHO, p. 13: gown must be fluid-resistant, Level 2 or higher.
14. C — CDHO, p. 13; RCDSO, p. 16: PPE must be removed before leaving the operatory.
15. B — RCDSO, p. 15–16: single-use barriers such as gloves and masks are discarded immediately after use.
16. A — CDHO, p. 14: ASTM Level 3 High Barrier is for heavy spray/spatter where aerosols are not expected.

17. C — CDHO, p. 14: N95 respirator must be fit-tested and seal-checked (or equivalent approved by Health Canada) for procedures likely to produce aerosols.

18. D — RCDSO, p. 16: protective eyewear is cleaned and disinfected between patients and when noticeably contaminated.

19. B — RCDSO, p. 36: microorganisms can be transferred when hands or gloves contact frequently touched surfaces.

20. A — RCDSO, p. 15: manual cleaning of contaminated instruments requires heavy-duty utility gloves, appropriate clothing and long-handled brushes.