

# California Registered Dental Assistant (RDA) Written Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. The dental history section of a health history form provides the dental team with information regarding what?**
  - A. Previous dental care and treatment**
  - B. Patient's dietary habits**
  - C. Patient's exercise routine**
  - D. Family medical history**
  
- 2. Spreaders and pluggers are used in the?**
  - A. Cleaning of a tooth**
  - B. Filling of a cavity**
  - C. Obturation of a root canal**
  - D. Extraction of a tooth**
  
- 3. Work practice controls include the use of a**
  - A. Full-body protective gear**
  - B. One-handed recapping technique**
  - C. Biohazard disposal system**
  - D. Two-person operation method**
  
- 4. What type of moisture control is recommended for root canal therapy?**
  - A. Cotton Roll**
  - B. Dental Dam**
  - C. Suction Alone**
  - D. Air Dryer**
  
- 5. When a patient is referred to a specialist for treatment, the assistant should do what?**
  - A. Wait for the specialist to contact them**
  - B. Provide verbal information only**
  - C. Send a copy of the pertinent information to the specialist**
  - D. Handle all treatment internally without referral**

- 6. Which of the following greatly reduces or eliminates biofilm in the dental unit water system?**
- A. Regular water flushing**
  - B. Using distilled water only**
  - C. Properly using chemical treatments**
  - D. Air drying**
- 7. What is required during oral surgical procedures regarding irrigating solutions?**
- A. Use of non-sterile irrigating solutions**
  - B. Sterile irrigating solutions using a sterile delivery system**
  - C. Any irrigating solution as long as it is used with a filter**
  - D. Use of saline water only**
- 8. Indirect vision is typically used for viewing which areas?**
- A. Lingual of 7, facial of 25, occlusal of 3**
  - B. Occlusal of 7, facial of 3, lingual of 25**
  - C. Facial of 7, lingual of 3, occlusal of 25**
  - D. Lingual of 3, facial of 7, occlusal of 25**
- 9. Restorative dentistry is often referred to as**
- A. Cosmetic dentistry**
  - B. Prosthodontics**
  - C. Orthodontics**
  - D. Operative dentistry**
- 10. According to OSHA, safety measures that should be taken when using bonding materials with potential hazards must be found in a?**
- A. User Manual**
  - B. Material Safety Data Sheet**
  - C. Clinical Procedure Guide**
  - D. Safety and Compliance Handbook**

## Answers

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

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## **Explanations**

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**1. The dental history section of a health history form provides the dental team with information regarding what?**

**A. Previous dental care and treatment**

**B. Patient's dietary habits**

**C. Patient's exercise routine**

**D. Family medical history**

By providing the patient's previous dental care and treatment, the dental team can understand the patient's oral health history and any potential issues that may need to be addressed. This information is important for creating an individualized treatment plan and identifying any patterns or trends in the patient's dental health. Options B, C, and D are incorrect as they do not pertain to the dental history section and do not provide the dental team with relevant information.

**2. Spreaders and pluggers are used in the?**

**A. Cleaning of a tooth**

**B. Filling of a cavity**

**C. Obturation of a root canal**

**D. Extraction of a tooth**

Spreaders and pluggers are small dental instruments that are used in endodontic (root canal) procedures. They are specialized tools used to shape, compact, and seal the root canal filling material. This is why option C is the correct answer. Options A, B, and D are incorrect because spreaders and pluggers are not used for cleaning, filling cavities, or extracting teeth. These procedures require different instruments and tools. It is important to choose the correct answer in order to have a successful root canal procedure.

**3. Work practice controls include the use of a**

**A. Full-body protective gear**

**B. One-handed recapping technique**

**C. Biohazard disposal system**

**D. Two-person operation method**

The use of a one-handed recapping technique serves as an important work practice control within healthcare settings. This method is designed to minimize the risk of needlestick injuries, which are a significant concern when handling sharp instruments like needles. By using a technique that allows for recapping with one hand, healthcare professionals can maintain control over the needle and avoid the potential hazards associated with using both hands, which increases the risk of accidental injury. This approach reflects principles of safety and risk management in a clinical environment, emphasizing the need to reduce exposure to bloodborne pathogens. While other options may address safety concerns, they do not directly focus on personal handling techniques that are critical in day-to-day practice. For instance, full-body protective gear and biohazard disposal systems contribute to overall safety but do not specifically mitigate the risks during needle recapping. The two-person operation method can enhance workplace safety under certain conditions, yet it does not directly address the immediate actions taken by an individual during the recapping process. Therefore, the one-handed recapping technique is a focused and practical work practice control crucial for maintaining safety in medical procedures.

**4. What type of moisture control is recommended for root canal therapy?**

- A. Cotton Roll**
- B. Dental Dam**
- C. Suction Alone**
- D. Air Dryer**

Root canal therapy involves cleaning and removing infected tissue from the root canal system to prevent further infection and save the tooth. In order to effectively do this, the area must be completely isolated and dry. While a cotton roll may provide some level of isolation, it does not provide complete isolation and does not effectively control moisture. Suction alone may also not be enough to effectively isolate the area. An air dryer, while it may help with drying, does not provide isolation and can actually blow bacteria and debris into the root canal system. Dental dam is the recommended method for moisture control during root canal therapy as it completely isolates the tooth and keeps the area dry for the procedure to be successful.

**5. When a patient is referred to a specialist for treatment, the assistant should do what?**

- A. Wait for the specialist to contact them**
- B. Provide verbal information only**
- C. Send a copy of the pertinent information to the specialist**
- D. Handle all treatment internally without referral**

When a patient is referred to a specialist for treatment, it is important for the assistant to send a copy of the pertinent information to the specialist. This is because the specialist needs as much information as possible in order to provide appropriate treatment to the patient. Option A, waiting for the specialist to contact them, may delay treatment and could potentially lead to missed or incorrect information. Option B, providing verbal information only, may result in important details being left out or forgotten. Option D, handling all treatment internally without referral, may not be appropriate if the condition requires specialized care that the primary practitioner may not be able to provide. Therefore, option C is the best choice for ensuring that the specialist has all necessary information to provide the best treatment for the patient.

**6. Which of the following greatly reduces or eliminates biofilm in the dental unit water system?**

- A. Regular water flushing**
- B. Using distilled water only**
- C. Properly using chemical treatments**
- D. Air drying**

Regular water flushing may help reduce biofilm in the dental unit water system, but it is not a guaranteed method and may not completely eliminate it. Additionally, using distilled water only may be effective in reducing biofilm, but it can be expensive and impractical for daily use. Air drying may not have any significant impact on biofilm. Properly using chemical treatments, on the other hand, has been proven to greatly reduce or eliminate biofilm in the dental unit water system. These treatments are specifically designed to target and eliminate biofilm, making it the most effective option.

**7. What is required during oral surgical procedures regarding irrigating solutions?**

- A. Use of non-sterile irrigating solutions**
- B. Sterile irrigating solutions using a sterile delivery system**
- C. Any irrigating solution as long as it is used with a filter**
- D. Use of saline water only**

When performing oral surgical procedures, it is essential to use sterile irrigating solutions with a sterile delivery system. This is because oral surgery involves delicate tissues that are susceptible to infection. Non-sterile solutions or using any solution with a filter may introduce harmful bacteria to the surgical site, leading to complications. Using saline water alone may not provide enough cleansing and disinfecting properties required during oral surgery. Therefore, the use of sterile irrigating solutions with a sterile delivery system is the most appropriate and recommended option.

**8. Indirect vision is typically used for viewing which areas?**

- A. Lingual of 7, facial of 25, occlusal of 3**
- B. Occlusal of 7, facial of 3, lingual of 25**
- C. Facial of 7, lingual of 3, occlusal of 25**
- D. Lingual of 3, facial of 7, occlusal of 25**

Indirect vision is an important technique in dentistry that allows practitioners to view areas that are not easily accessible or directly visible. In this context, indirect vision typically refers to the use of mirrors to see surfaces of teeth that cannot be viewed directly due to their position in the mouth. The correct answer highlights specific areas of teeth that are more likely to require indirect vision for proper examination and treatment. The lingual surfaces of posterior teeth, such as tooth number 7 (upper left canine), can be difficult to see directly, especially when working on the anterior teeth or in a retracted mouth. Similarly, the facial surface of a tooth like 25 (lower right central incisor) and occlusal surfaces of teeth like number 3 (upper right first molar) also benefit from indirect vision techniques to ensure thorough evaluation and treatment. Using indirect vision allows dental professionals to accurately assess conditions such as decay, calculus, or fractures that are not easily visible to the naked eye. This guidance reinforces the necessity of understanding the anatomy and positioning of teeth in the oral cavity for effective clinical practice.

**9. Restorative dentistry is often referred to as**

- A. Cosmetic dentistry**
- B. Prosthodontics**
- C. Orthodontics**
- D. Operative dentistry**

Restorative dentistry involves the diagnosis, treatment, and management of oral disease and damaged teeth. It primarily focuses on restoring the function and appearance of teeth that have been affected by decay, trauma, or disease. The term "restorative" refers to the process of repairing or replacing damaged or missing teeth. While the other options may involve some restorative aspects, such as improving the appearance of teeth, they do not encompass the full scope of restorative dentistry and are more specialized branches within dentistry. Cosmetic dentistry focuses on improving the aesthetic appearance of teeth, prosthodontics deals with the replacement of missing teeth with artificial restorations, and orthodontics deals with correcting misalignments of teeth and jaws. Therefore, these options are not as encompassing as the term "restorative dentistry" for the field in general. As for operative dentistry, while it does involve

**10. According to OSHA, safety measures that should be taken when using bonding materials with potential hazards must be found in a?**

- A. User Manual**
- B. Material Safety Data Sheet**
- C. Clinical Procedure Guide**
- D. Safety and Compliance Handbook**

The Material Safety Data Sheet (MSDS) is the most comprehensive source of information for handling bonding materials with potential hazards. It contains detailed information about the chemical makeup of the material and provides instructions for safe handling, storage, and disposal. The other options may provide some safety measures, but they do not contain the same level of detail and may not cover all potential hazards. For example, a user manual may only provide basic instructions for using the bonding material, while a clinical procedure guide may only cover a specific use for the material. The Safety and Compliance Handbook may cover general safety protocols, but it may not contain specific information about the hazards of the bonding material itself. Therefore, the MSDS is the most reliable source for safety measures when using bonding materials with potential hazards.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://californiarda.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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