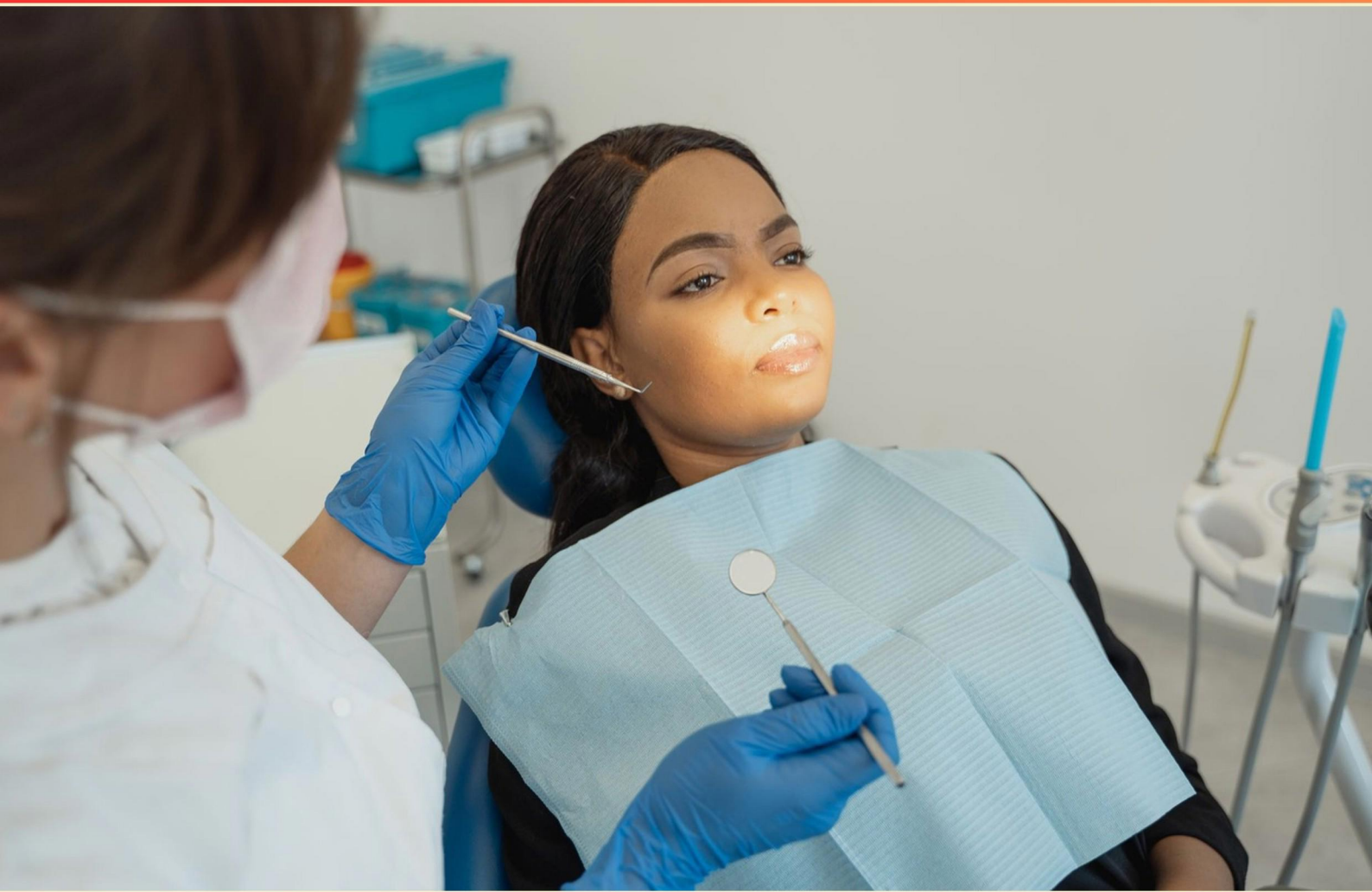


HOSA CHAIRSIDE ASSISTING / DENTAL INSTRUMENTS PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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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. Which instrument is often required to visualize and access the canal system?**
 - A. Endo explorer
 - B. Straight fissure
 - C. Glick
 - D. Irrigating syringe
- 2. What instrument is used to apply primer and sealants?**
 - A. Micro brush
 - B. Plastic instrument
 - C. Curing light
 - D. Articulating paper holder
- 3. What is the function of a needle guard in dentistry?**
 - A. To protect the patient's gums
 - B. To safely cap the anesthetic needle
 - C. To hold dental instruments
 - D. To clean the workspace
- 4. Which instrument is typically used to cut and prepare the tooth?**
 - A. Cavit
 - B. Straight fissure
 - C. Glick
 - D. Endo explorer
- 5. What is an auxiliary use of an irrigating syringe in a dental setting?**
 - A. Cutting tooth enamel
 - B. Cleansing the root canal
 - C. Marking lateral canals
 - D. Filling the root canal
- 6. What is another name for the contra angle hand piece?**
 - A. Straight hand piece
 - B. Low speed hand piece
 - C. Maxillary hand piece
 - D. Curved hand piece

- 7. Which tool is specifically used for cleaning under dental bridges and braces?**
- A. Bitwing Mount
 - B. Bridge Threader
 - C. Snap A-Ray
 - D. X-ray Developer
- 8. Which tool is employed with a mallet to remove bone?**
- A. Rongeurs
 - B. Mallet
 - C. Chisile
 - D. Sutures
- 9. What is the primary use of dental impression trays in clinical practice?**
- A. To prepare dental materials
 - B. To take impressions of oral structures
 - C. To polish teeth
 - D. To extract teeth
- 10. What is the purpose of acid etch-gel during dental processes?**
- A. To hold liquid materials like prime and bond
 - B. To separate teeth
 - C. To remove decay
 - D. To smooth restorations

Answers

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

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Explanations

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1. Which instrument is often required to visualize and access the canal system?

- A. Endo explorer**
- B. Straight fissure
- C. Glick
- D. Irrigating syringe

The endo explorer is specifically designed for endodontic procedures, particularly for locating and accessing the canal system of a tooth. Its thin, pointed tip allows dental professionals to navigate through the intricate anatomy of the root canals, including finding canal orifices and assessing the condition of the tissue within the canals. This capability is essential for thorough cleaning and shaping during root canal therapy. In contrast, other instruments on the list serve different purposes. The straight fissure bur is utilized for cutting enamel and dentin, shaping and preparing cavities but is not designed for accessing canal systems. The Glick instrument is primarily used for the placement and removal of temporary restorations and for carrying material into the canal but does not assist significantly in visualizing the canal itself. The irrigating syringe is important for delivering solutions to cleanse the canal but does not aid in visualizing or gaining access to the canal system. Thus, the endo explorer is the correct choice as it plays a pivotal role in accessing and visualizing the internal anatomy of the tooth during endodontic treatments.

2. What instrument is used to apply primer and sealants?

- A. Micro brush**
- B. Plastic instrument
- C. Curing light
- D. Articulating paper holder

The micro brush is an ideal instrument for applying primer and sealants in dental procedures. Its small, soft bristles allow for precise application of materials into narrow areas within the tooth surface, ensuring thorough coverage and an even layer without excess material. This precision is crucial when dealing with adhesives or sealants that need to bond effectively to the tooth structure. While a plastic instrument is also used in dentistry, it is primarily for carrying out other tasks like mixing materials or shaping dental composite. Curing lights, on the other hand, are used to harden light-sensitive materials like composites or sealants once they have been applied. Articulating paper holders serve a different purpose, as they are used for evaluating occlusion by holding articulating paper in place while checking the bite. Thus, the micro brush is specifically suited for the application of primers and sealants due to its design and functionality.

3. What is the function of a needle guard in dentistry?

- A. To protect the patient's gums
- B. To safely cap the anesthetic needle**
- C. To hold dental instruments
- D. To clean the workspace

The function of a needle guard in dentistry is primarily to safely cap the anesthetic needle. This device is vital in preventing accidental needle sticks, which can pose a risk of injury and infection to both dental professionals and patients. By securely covering the needle when it is not in use, the needle guard ensures that the sharp tip is protected and minimizes the opportunity for accidental contact. This aspect of safety is crucial in a dental practice, where multiple instruments and functions are performed in close proximity to patients. While the other choices may relate to aspects of dental practice, they do not accurately describe the specific function of a needle guard. Protecting the patient's gums pertains to other methods of patient care and handling tools rather than the needle guard itself. The roles of holding dental instruments and cleaning the workspace are functions associated with different tools and devices used in the dental setting and do not pertain to the purpose of a needle guard specifically.

4. Which instrument is typically used to cut and prepare the tooth?

- A. Cavit
- B. Straight fissure**
- C. Glick
- D. Endo explorer

The straight fissure bur is specifically designed to cut and prepare tooth structure. This instrument has a straight, cylindrical shape with sharp edges that are ideal for creating smooth, precise cavities or shaping tooth enamel. It allows dental professionals to efficiently remove decay and prepare the tooth for restoration procedures, such as fillings or crowns. The design of the straight fissure bur enables the operator to have better visibility and control, which is essential for achieving the desired tooth preparation. Other instruments, while important in dental procedures, serve different functions. For example, a cavit is used in temporary tooth restoration but does not cut; the Glick is primarily utilized for condensing material and carrying it to the tooth but does not prepare or cut the tooth itself; and the endo explorer is used to navigate and explore the root canal system but is not intended for cutting or shaping tooth enamel or dentin. This specialized function of the straight fissure bur makes it the appropriate choice for cutting and preparing teeth during dental procedures.

5. What is an auxiliary use of an irrigating syringe in a dental setting?

- A. Cutting tooth enamel
- B. Cleansing the root canal**
- C. Marking lateral canals
- D. Filling the root canal

In a dental setting, an irrigating syringe is primarily utilized for cleansing the root canal. This is an essential step in endodontic procedures when treating a tooth that has become infected or inflamed. The cleansing process involves flushing the root canal system with an irrigating solution, which helps to remove debris, bacteria, and infected tissue from the canal. This thorough cleansing allows for a more effective disinfection and preparation of the canal prior to any filling or sealing procedures. By ensuring that the canal is clean, the dentist can significantly increase the chances of successfully treating the tooth and preventing future complications. Other uses, such as cutting tooth enamel or marking lateral canals, do not align with the primary function of an irrigating syringe. Filling the root canal is typically accomplished using different instruments and materials designated for that purpose. Thus, the auxiliary use of an irrigating syringe as a cleansing tool is critical for effective endodontic treatment.

6. What is another name for the contra angle hand piece?

- A. Straight hand piece
- B. Low speed hand piece
- C. Maxillary hand piece
- D. Curved hand piece**

The contra angle handpiece is a specific type of dental handpiece characterized by its angled neck, which allows for better access to the posterior areas of the mouth. Another common term used for the contra angle handpiece is the "curved handpiece." This name reflects the design of the instrument, which has a bend or curve, allowing for easier maneuverability when performing various dental procedures. The curvature helps in reaching areas that would be difficult with a straight handpiece, enhancing the dentist's ability to provide care effectively. In contrast, a straight handpiece would refer to a handpiece without the angle, which lacks the advantages of the design that allows for better access in tight spaces. A low speed handpiece generally covers a broader category of handpieces that may or may not include the angled design, as it refers primarily to the speed of the drill rather than the shape. The term maxillary handpiece would not typically denote a specific type of handpiece at all, as it refers to the upper jaw and is used more in relation to treatments concerning that area, not the instrument design. Therefore, "curved handpiece" accurately captures the essential characteristic of the contra angle handpiece.

7. Which tool is specifically used for cleaning under dental bridges and braces?

- A. Bitewing Mount
- B. Bridge Threader**
- C. Snap A-Ray
- D. X-ray Developer

The tool specifically used for cleaning under dental bridges and braces is the bridge threader. This instrument is designed to help patients and dental professionals access areas that are typically hard to reach, allowing for effective cleaning around orthodontic appliances and fixed dental restorations like bridges. A bridge threader typically consists of a thin, flexible threader that can pass dental floss or other cleaning materials through tight spaces. This is crucial for maintaining optimal oral hygiene, as it prevents plaque buildup and promotes better gum health in patients with these types of dental work. Other tools mentioned, such as the bitewing mount, snap-a-ray, and X-ray developer, serve different purposes within dental practices. Bitewing mounts are used for positioning dental X-rays to capture specific views. Snap-a-ray is a convenient device that holds X-ray film in a way that facilitates imaging without requiring additional equipment. The X-ray developer is utilized in the photographic processing of X-ray films rather than cleaning practices in dentistry. These tools do not aid in the specific task of cleaning around dental bridges and braces, which reinforces the importance of the bridge threader in maintaining oral hygiene in patients with these conditions.

8. Which tool is employed with a mallet to remove bone?

- A. Rongeurs
- B. Mallet
- C. Chisile**
- D. Sutures

The correct choice is a chisel, as it is specifically designed for the removal of bone and works effectively when combined with a mallet. The chisel's sharp edge allows for precise cutting and sculpting of bone tissue. When used in conjunction with a mallet, the force applied with the mallet helps drive the chisel through the bone, making the procedure more efficient and manageable. Rongeurs, while also used in surgical procedures, are designed for grasping and cutting soft tissue or removing small pieces of bone, rather than the precise bone shaping that a chisel provides. The mallet is only a tool that aids the chisel in its function but is not the main instrument used for bone removal. Sutures are unrelated to the process of bone removal, as they are used for closing incisions and securing tissue together after surgical procedures. Thus, the chisel is the best choice for this task.

9. What is the primary use of dental impression trays in clinical practice?

- A. To prepare dental materials
- B. To take impressions of oral structures**
- C. To polish teeth
- D. To extract teeth

The primary use of dental impression trays in clinical practice is to take impressions of oral structures. Impression trays are designed to hold the impression material in place while it sets, capturing detailed and accurate replicas of a patient's teeth, gums, and other oral anatomy. This information is crucial for creating custom dental devices such as crowns, bridges, dentures, and orthodontic appliances, as well as for diagnostic purposes. The success of many dental procedures depends on the precision of these impressions, making this function of impression trays vital in restorative and orthodontic dentistry. The other options, while related to dental procedures, do not accurately represent the main function of impression trays in a clinical setting. For example, some dental materials and tools are involved in the preparation or polishing of teeth, but these processes require different instruments and methods. Extraction of teeth is a surgical procedure that involves specific extraction tools and techniques rather than impressions. Thus, the correct answer emphasizes the essential role of impression trays in capturing oral anatomy for accurate dental treatment planning and execution.

10. What is the purpose of acid etch-gel during dental processes?

- A. To hold liquid materials like prime and bond**
- B. To separate teeth
- C. To remove decay
- D. To smooth restorations

The purpose of acid etch-gel during dental processes is to prepare the tooth surface for bonding by creating a micro-roughened texture. This process enhances the mechanical retention of materials like prime and bond, which are critical for ensuring that restorative materials adhere effectively to the enamel and dentin. The etching gel typically contains phosphoric acid, which removes a small layer of enamel and opens up the pores within the tooth structure, allowing for a stronger bond when composite materials are applied. Other options relate to different functions; for instance, acid etching does not separate teeth, remove decay, or smooth restorations directly. Instead, its primary role is to facilitate optimal bonding of materials and improve the effectiveness of subsequent restorative procedures. Hence, using acid etch-gel is a crucial step in achieving long-lasting results in dental restorations.

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.

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

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

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