



Name: _____ Date: _____ Score: ____ / 8

CIRCLE THE CORRECT ANSWER FOR EACH QUESTION

- Q1. What are the 5 moments for hand hygiene?**
- A. Before patient contact, before aseptic procedure, after body fluid exposure, after patient contact, after contact with patient surroundings
 - B. Before and after every patient contact only
 - C. Before meals, after toilet use, before procedures
 - D. Every 30 minutes during a shift

- Q2. What is the correct order for donning PPE?**
- A. Gloves, apron, mask, eye protection
 - B. Apron, mask, eye protection, gloves
 - C. Mask, gloves, apron, eye protection
 - D. Eye protection, apron, gloves, mask

- Q3. What is the chain of infection?**
- A. A list of infectious diseases
 - B. The sequence of events needed for infection to spread: pathogen, reservoir, exit, transmission, entry, susceptible host
 - C. A cleaning schedule
 - D. A type of contact tracing

- Q4. What is the minimum handwashing time recommended by the WHO?**
- A. 10 seconds
 - B. 20 seconds
 - C. 30 seconds
 - D. 60 seconds

- Q5. What does HCAI stand for?**
- A. Health Care Assessment Index
 - B. Healthcare-Associated Infection
 - C. Hospital Contamination and Infection Assessment
 - D. Health and Care Acquired Illness

- Q6. Which PPE should be removed first when doffing?**
- A. Mask
 - B. Apron
 - C. Gloves
 - D. Eye protection

- Q7. What is an aseptic technique?**
- A. A cleaning method using bleach
 - B. A procedure that prevents contamination of sterile areas, tissues or fluids
 - C. A type of hand sanitiser
 - D. A sterilisation method for equipment

- Q8. What colour bag should clinical waste be disposed of in?**
- A. Black
 - B. Blue
 - C. Yellow
 - D. Red

Answer Key (Trainer Use Only): Q1:A Q2:B Q3:B Q4:B
Q5:B Q6:C Q7:B Q8:C