

BARBER EXAMINATION PACKET

**PLEASE READ THE EXAMINATION INSTRUCTIONS AND
COMPLETE THE MODEL RELEASE FORM BEFORE YOU COME
TO THE EXAM SITE.**

The Board of Barbers and Hairdressers allows individuals taking the practical exam and their models to bring bottled water in a sealable container into the exam site.



THE STATE

of

ALASKA *Department of Commerce, Community, and Economic Development
Division of Corporations, Business and Professional Licensing*

Board of Barbers and Hairdressers

State Office Building, 333 Willoughby Avenue, 9th Floor

PO Box 110806, Juneau, AK 99811-0806

Phone: (907) 465-2550 • Fax: (907) 465-2974

Email: license@alaska.gov

Website: ProfessionalLicense.Alaska.gov/BoardOfBarbersHairdressers

EXAMINATION INSTRUCTIONS FOR BARBERS

The following are instructions for the examination for which you have been scheduled.

Please bring picture identification to show the examiner when registering.

Enclosed are:

1. What to expect at the practical exam
2. Instructions for each exam
3. A List of supplies which are necessary for the practical exam
4. A sample score sheet which will be used at the practical exam
5. A sample of the written examination
6. Blood Spill Procedure/Infection Control

Models are to be provided by the student. Students testing as barbers or hairdressers may bring and use one (1) mannequin in place of a live model. A model for the practical examination may not be a licensed barber, hairdresser, esthetician, student, or shop apprentice (Regulation 12 AAC 09.035(e)). The model must be at least 15 years of age. If your model is under the age of 18, the parent or legal guardian must sign a Release Form. Please inform your model that the haircut portion of the exam takes up to 3 hours. The model may be required to show proof of age (photo ID).

The barber or hairdresser examination candidate may use one (1) new mannequin which has **no previous services performed** on it for the practical examination portions which ask for a live model. Candidates must be able to perform the required haircut and shave on the **unused** mannequin.

If you arrive at the examination without the required release form for your model (if model is under 18), you will not be allowed to take the portion of the examination that requires a model. Models cannot be younger than 15 years of age.

The department will assign each exam applicant a number by which he/she is identified during the examination. No applicant may reveal his/her identity to an examiner until grading has been completed by the examiners. No applicant may make any reference orally or in writing to an examiner about any school of barbering, hairdressing, or esthetics, or present licenses held until grading has been completed by the examiners. No equipment, supplies, apparel, or items which are to be turned in or used for the examination may identify the applicant, except by the number assigned by the department. (Regulation 12 AAC 09.020)

No applicant may leave the practical examination site or the written examination site while the examination is being conducted without permission of an examiner. Absolutely, no talking during the exam. Any attempt by a school owner, instructor, or any person to communicate with or help an applicant in any way while taking the examination, or any attempt by an applicant to secure information from another applicant will disqualify the applicant from completing the examination. (Regulation 12 AAC 09.025)

NOTE: NO FOREIGN LANGUAGE INTERPRETERS are allowed in the written or practical examination room. Children under 15 years of age are not allowed into the exam site.

YOU MUST BE ON TIME AND BRING THIS PACKET TO THE EXAMINATION.

WHAT TO EXPECT AT THE PRACTICAL EXAM

Applicants sign in and provide picture identification.

- Applicants must wear clean and neat uniform type smocks.
- Applicants will be assigned a station and identified by a number.
- Applicants and your model are NOT allowed to leave the station area unless instructed by the examiner.
- There will be NO smoking or gum chewing by applicants or your model.
- Applicants will be given instruction cards at your assigned station to follow during the exam.
- The examiner will tell the applicant which instruction card to use at the appropriate time and each operation will be timed accordingly.
- If the applicant does not complete the operation in the specified time, the applicant will be graded on what the applicant as completed.
- Examiner will not talk to applicants other than to give procedural instructions and ask questions during your explanation time.
- Examiners will not teach or do demonstrations.
- Examiners will be walking around the exam area observing all applicants. Do not be alarmed if the examiners do not watch applicants perform every step of an operation. The examiners will grade applicants based on their final product.
- Examiners will instruct applicants when your model may be dismissed. The model must leave the premises at that time.
- When applicants have completed the exam and are dismissed by the examiners clean up your station area and leave the premises.

BARBERS PRACTICAL EXAMINATION

The following is a list of the procedures for the practical examination, time allowed for each subject and guidelines as to what the examiner is looking for:

I. **SHAVING (to be performed on a live model or mannequin) - 30 minutes**

Application of shaving cream, set up of the model, set-up of the steam, towels, proper shaving steps, and proper strokes.

Finished Product	Finish with application of astringent
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The growth of the beard will be checked by the examiner prior to shaving. At least two days of unshaven beard must be present on the model prior to the examination. The examiners will be looking for the application of the shaving cream, set up of the patron, set up of the steam/towels, proper shaving steps, and proper strokes. Under finished results, the examiner will be looking for whiskers removed and the condition of the skin. No facial hair may be left on the face, including goatees or mustaches.

II. **HAIR CUT (to be performed on a live model or mannequin) – 30 minutes** **HAIR STYLE (to be performed on a live model or mannequin) – 30 minutes**

Protection	Draping, sanex strips, and cleanliness of tools.
Handling of Instruments	Proficient use of clippers, shears, and razor on the neck shave.

All applicants of the barber examination will be required to perform a haircut that is well-balanced and with emphasis upon shading, tapering, and topping. Hair will be checked by the examiners prior to cutting to determine that the hair has not been cut for at least two weeks prior to the examination. The examiners will be looking at the finished results and how well it is tapered, shaded and blended, and the clean outline.

III. PERM (to be performed on mannequin) – 30 minutes

- Rod Placement
- Proper placement of band
- Width of parting with length of rod
- Evenness of partings
- Tension: Too much; too little

Protection	Protective cream, cotton.
Labeling	Perm solution, neutralizer.
Use of Implements	Proper application technique. Simulated product must have consistency of perm solution.

The examiners will be looking for the protection of only the section wrapped. Use water to simulate the perm solution. The applicant is to explain the entire procedure of giving a perm. The explanation will include, client card or release form, hair/scalp analysis, mix to or follow manufacturer’s directions, test curl, rinse, towel blot, neutralizing.

IV. VIRGIN TINT (to be performed on a mannequin) – 30 minutes

Protection	Protection cream, knowledge of predisposition test.
Application	Knowledge of difference between going lighter and darker.
Handling of Application	Proper partings (thinning, etc.) tint applied at the scalp, or ends (virgin versus touch-up.)

The examiners will be looking for the applicant to describe the procedure. The explanation will include patch test or predisposition test, client card or release form, hair/scalp analysis, mix to or follow manufacturer’s directions, test for shade, rinsing. Use cream conditioner for the tint solution.

NOTE: SIMULATED PRODUCT MUST HAVE CONSISTENCY OF TINT.

V. BLEACH TOUCH-UP AND HIGHLIGHTING (to be done on a mannequin) – 30 minutes

Protection	Use of protective cream, draping.
Application	Touch-up versus virgin tint. Knowledge of regrowth and the line of demarcation. Placement of product on hair, beginning and end.

The examiners will be looking for the applicant to describe the procedure. The explanation will include patch test or predisposition test, client card or release form, hair/scalp analysis, mix to or follow manufacturer’s directions, test for stage, proper rinsing. Use shaving cream for the bleach solution. Demonstrate the use of a weaving method of highlighting.

NOTE: SIMULATED PRODUCT MUST HAVE CONSISTENCY OF BLEACH.

Perm tint and bleach will be demonstrated on a mannequin.

**BOARD OF BARBERS AND HAIRDRESSERS
BARBER, HAIRDRESSER OR ESTHETICIAN
PRACTICAL EXAMINATION REQUIRED SUPPLIES**

NOTE: YOU MUST PROVIDE YOUR OWN MODEL. ALL APPLICANTS MUST WEAR CLEAN AND NEAT UNIFORM TYPE SMOCKS. ALL SUPPLIES MUST BE LABELED APPROPRIATELY. YOUR NAME, A SCHOOL NAME OR SHOP NAME MUST NOT APPEAR ANYWHERE ON THE EQUIPMENT, SO THAT IT CAN IDENTIFY WHO YOU ARE TO THE EXAMINERS. PLEASE MAKE SURE THAT ALL NAMES, EXCEPT FOR LABELING OF SUPPLIES, ARE NOT SHOWING.

General Supplies: All supplies must be labeled.

- | | |
|--|--|
| <p>Kleenex
Band-Aids
Combs and Brushes
Yo-ettes (duck bill clips)
Two Pencils - No. 2
Application Bottles
Towels - at least four
Shampoo</p> | <p>Conditioner
Alcohol
Water Bottle
Cotton
Smock
Cape(s)
Bowl and Color Brush
Protective Cream</p> |
|--|--|

PERSONAL APPEARANCE WILL BE EVALUATED. PLEASE BE NEAT AND CLEAN.

APPLICANT: Remember that you need to provide your own towels. You need at least four towels and you may bring more if you wish. The towels will not be provided.

Also, please remember that you need to bring your mannequin and its stand. This is for the hairstyle and the chemical portions of the examination for hairdressers and barbers. If you do not bring your mannequin, you may not take these portions of the exam.

PROCEDURES	SUPPLIES NEEDED
Permanent Waving	Plastic cape, water bottle, rattail comb, eight permanent rods, end papers, yo-ettes, pretend products, and cotton strip
Hair Coloring	Rubber gloves, apron, pretend product in applicator bottle, yo-ettes, and plastic cape
Highlighting and Bleach	Plastic cape, foil on weaving hair, and comb with tail, rubber gloves, apron, pretend product in applicator bottle, yo-ettes, and plastic cape
Shampooing	Shampoo, towel, shampoo cape, and sanex strip
Haircutting	Scissors, razor, water bottle, styling comb, cape, clippers, razor blades, thermal hair spray, blow dryer, brush, curling iron and comb
Hairstyling	Hair rollers, clips, pincurl clips, and gel for finger waves
Shaving	Plastic cape, foil on weaving hair and comb with tail, rubber gloves, apron, pretend product in applicator bottle



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! Model Release Form

Name

Address

City State ZIP Code

Telephone Age (If under 18)

Model must be at least 15 years of age.

Children under 15 years of age are not allowed into the exam site.

I hereby release members of the State Board Barbers and Hairdressers and the State of Alaska from any liabilities incurred as a result of my volunteering to act as a model during the practical portion of the State Board of Barbers and Hairdressers examination. I also authorize the examinee, for whom I am volunteering my services as model, to perform the required skills to complete the practical portion of the State examination.

Further, I am not trained or licensed in the field of Barbering, Hairdressing, or Esthetics; I am not a student or apprentice in the field.

If the model is under 18 the parent or legal guardian must also sign this release form.

Signature: _____ Date: _____

Parent/Guardian: _____ Station No.: _____
(if model is under 18)

BLOOD SPILL PROCEDURE

IF A BLOOD SPILL SHOULD OCCUR THE FOLLOWING STEPS MUST BE FOLLOWED:

- **SUPPLY INJURED PARTY WITH LIQUID SPRAY STYPTIC/ANTISEPTIC AND THE APPROPRIATE DRESSING TO COVER THE INJURY.**
- **DOUBLE BAG ALL BLOOD-SOILED (CONTAMINATED) ARTICLES AND LABEL WITH RED OR ORANGE BIOHAZARD WARNING.**

This is the responsibility of the candidate/student/licensee and should be executed as follows:

CANDIDATE/STUDENT/LICENSEE INJURY

PROTECTION: If a cut is sustained, stop the service and clean the injured area.
APPLY: antiseptic and/or liquid or spray styptic as appropriate (see NOTE).
DRESSING: cover the injury with the appropriate adhesive dressing.
COVER: injured area with finger guard or glove as appropriate.
CLEAN: model/client and station.
DOUBLE BAG: and dispose of all contaminated objects. Clean hands with antimicrobial cleanser.
RETURN: to the service.

MODEL/CLIENT INJURY

STOP service
GLOVE hands of candidate/student/licensee.
CLEAN injured area as appropriate.
APPLY antiseptic and/or liquid or spray styptic as appropriate.
COVER the injury with the appropriate dressing to prevent further blood exposure.
DOUBLE BAG and dispose of all contaminated objects. Clean hands with antimicrobial cleanser.
RETURN to service.

EXAMINATIONS: Examiner is to use new disposable latex gloves or non-allergenic equivalent when checking that candidate's service. Double bag and dispose used gloves. Follow with antimicrobial scrub on hands. Document incident in blood spill log.

NOTE: DO NOT ALLOW CONTAINERS, BRUSHES OR NOZZLES OR LIQUID STYPTIC CONTAINER TO TOUCH THE SKIN OR CONTACT THE WOUND. USE AN APPLICATOR.

WET DISINFECTION and STORAGE STANDARD

All tools and implements, **EXCEPT THOSE THAT HAVE COME IN CONTACT WITH BLOOD OR BODY FLUIDS** must be disinfected, at minimum, by complete immersion in an EPA registered, *bactericidal, virucidal, fungicidal, and pseudomonacidal (Formulated for Hospitals)* disinfectant that is mixed and used according to the manufacturer's directions.

All tools and implements, **THAT HAVE COME IN CONTACT WITH BLOOD OR BODY FLUIDS** must be disinfected, at minimum, by complete immersion in an EPA registered disinfectant that is effective *against HIV-1 and human Hepatitis B Virus or Tuberculoicidal* that is mixed and used according to the manufacturer's directions.

<p>DRY STORAGE STANDARD</p> <p>Disinfected implements must be stored in a disinfected, dry, covered container and be isolated from contaminants.</p>	<p>HAND WASHING (Anti-Bacterial Soap recommended)</p> <p>Thoroughly wash hands and the exposed portions of arms with soap and water before providing services to each client and after smoking, drinking, eating, and using the restroom.</p>	<p>NAIL TECHNOLOGY Practical Examinations</p> <p>Liquid Monomer containing Methyl Methacrylate (MMA) is prohibited for use during NIC practical examinations.</p> <p>Odorless sculpture nail products are required for use during NIC practical examinations.</p>
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Name of Examiner: _____

**Department of Commerce, Community,
 and Economic Development
 Board of Barbers and Hairdressers**

Student Station No. _____

Date of Examination: _____

PRACTICAL EXAMINATION SCORE SHEET FOR BARBER

Subject	Points	Subject	Points	Subject	Points	Subject	Points	Subject	Points
SHAVE (on model or mannequin)		HAIRCUT/ HAIRSTYLE (on model or mannequin)		PERM (on a mannequin)		VIRGIN TINT (on a mannequin)		BLEACH TOUCH-UP & HIGHLIGHTING (on a mannequin)	
Patron Preparation	10 ____	Patron Protection	10 ____	Sections	8 ____	Explanation		Explanation (20)	
Steam Towels		Use of Clippers	10 ____	Tension	8 ____	To include:		To include:	
Pre-Shave Conditioning	12 ____	Used of Shears	10 ____	Rod Selection and Wrap	10 ____	a. Patch Test or Predisposition Test	3 ____	a. Patch test or disposition	2 ____
Lathering	5 ____	Taper	15 ____	Application	8 ____	b. Client Card or Release Form	3 ____	b. Client Card or release form	2 ____
Position to Patron	10 ____	Topping/Blending	15 ____	Explanation (27)		c. Hair/Scalp Analysis	3 ____	c. Hair/Scalp Analysis	2 ____
Strokes	20 ____	Clean Shave at Outline	10 ____	To Include:		d. Mix to or follow Manufacturers Directions	10 ____	d. Mix to or follow Manufacturers Directions	10 ____
Water Shave Second Time Over	5 ____	Removal of Lather	5 ____	a. Client Card or Release Form	2 ____	e. Test for Shade	3 ____	e. Test for Stage	2 ____
Finishing Steps		Sanitation	10 ____	b. Hair/Scalp Analysis	4 ____	f. Rinsing	3 ____	f. Proper Rinsing	2 ____
a. Steam Towel	2 ____	Blow Dry	5 ____	b. Mix to or Follow Manufacturers Directions	5 ____	Patron Protection	15 ____	Patron Protection	15 ____
b. Drying	2 ____	Finished Results	10 ____	d. Test Curl	4 ____	Section	10 ____	Section	5 ____
c. Apply Astringent	4 ____			e. Rinse	4 ____	Application – Lighter or Darker	20 ____	Application	20 ____
Sanitation	15 ____			f. Towel Blot	4 ____	Labeling and Sanitation	10 ____	Labeling and Sanitation	10 ____
Final Results	15 ____			g. Neutralizing	4 ____	Follows Directions	10 ____	Follows Directions	10 ____
				Patron Protection	15 ____	Properly Equipped	10 ____	Demonstrates the use of a Weaving Method of Highlighting	10 ____
				Labeling and Sanitation	10 ____			Properly Equipped	10 ____
				Following Directions	10 ____				
Examiner Scores		Examiner Scores		Properly Equipped	4 ____	Examiner Scores		Examiner Scores	
TOTAL POINTS	100	TOTAL POINTS	100	Examiner Scores		TOTAL POINTS	100	TOTAL POINTS	100
				TOTAL POINTS	100				
TIME: 30 minutes		TIME: 60 minutes		TIME: 30 minutes		TIME: 30 minutes		TIME: 30 minutes	

Circle one: Used Mannequin for Haircut Used Model for Haircut Model Name: _____

ARE ALL SCORES FILLED IN?

COMMENTS: _____

I hereby state that I am associated with the examination candidate in the following way:



NATIONAL BARBER STYLING
THEORY EXAMINATION

CANDIDATE INFORMATION BULLETIN

Please visit your examination provider's website for the most current bulletin prior to testing.

The National Barber Styling Theory Examination is the licensure examination for Barber Stylists, which is developed by the National-Interstate Council of State Boards of Cosmetology (NIC). This bulletin contains **IMPORTANT INFORMATION** regarding the examination, including content outline covered by the theory examination, sample questions and answers, and references. The time allowed for the Barber Styling Theory Examination is 90 minutes.

PLEASE REVIEW ALL INFORMATION CAREFULLY.

IMPORTANT INSTRUCTIONS

- Do not leave the examination area without permission. Permission must be obtained to leave the examination area for any reason, including restroom usage or at the completion of the examination. Picture ID is required for re-entry into examination.
- With the exception of verbal instructions, the proctors and examination administration personnel are not allowed to communicate with candidates.
- If you have an emergency situation, please notify the proctor.
- The following provides examples of materials and actions that are prohibited during the examination administration:
 - Possession of cellular phones, pagers, tablets, computers, projectors, cameras, or any other electronic or recording devices, printed materials, or handwritten notes.
 - Communicating to other candidates
 - Exhibiting disruptive behavior.
 - *The above referenced items or actions are not an exhaustive list. Failure to comply with any of these conditions or exhibiting ANY behavior that suggests an effort to cheat will result in your immediate dismissal from the examination and your actions reported to the proper authorities.*

BARBER STYLING THEORY EXAMINATION CONTENT OUTLINE

1. **SCIENTIFIC CONCEPTS (27%)**
 - A. Demonstrate an understanding of the principles and practice of infection control as it relates to:
 1. Microbiology
 - a. Bacteria
 - b. Viruses
 - c. Parasites
 - d. Immunity
 - e. Prevention
 2. Methods of infection control
 - a. Sanitation
 - b. Disinfection
 - c. Sterilization

3. Federal Regulations
 - a. Occupational Health and Safety Administration (OSHA) guidelines
 - b. Universal precautions
 - c. Material Safety Data Sheets (MSDS)
 - d. Environmental Protection Agency (EPA)
 - e. Food and Drug Administration (FDA)
 4. First Aid
 - a. Minor bleeding and wounds
 - b. Minor burns
 - c. Minor eye irritation
- B. Demonstrate an understanding of basic human anatomy as it relates to:
1. Cells
 2. Tissues
 3. Organs
- C. Demonstrate an understanding of basic physiology (body systems) as it relates to:
1. Skeletal system
 - a. Head
 - b. Face
 - c. Neck
 2. Muscular system
 - a. Head
 - b. Face
 - c. Neck
 3. Nervous system
 - a. Head
 - b. Face
 - c. Neck
 4. Circulatory system
 5. Endocrine system
 6. Digestive system
 7. Respiratory system
 8. Integumentary system
 9. Excretory system
- D. Demonstrate an understanding of basic principles of chemistry as it relates to:
1. Matter
 2. The pH scale
 3. Effects of nutrition on hair, scalp, and skin
 4. Compounds
 5. Mixtures
 6. Product ingredients
 7. Product labeling
 8. Product safety
- E. Demonstrate an understanding of basic principles of electricity as it relates to:
1. Electric current
 2. Electric measurements
 3. Electricity in barber-styling
 - a. Electrotherapy
 - b. Light therapy

2. HAIR CARE SERVICES (40%)

- A. Demonstrate an understanding of trichology as it relates to:
1. Properties and structure of the hair and scalp
 - a. Shaft
 - i. Cuticle
 - ii. Cortex
 - iii. Medulla
 - b. Root
 - i. Follicle
 - ii. Bulb
 - iii. Papilla
 - iv. Arrector pili muscle
 - v. Sebaceous gland
 2. Hair analysis and hair quality
 - a. Porosity
 - b. Texture
 - c. Elasticity
 - d. Density
 3. Hair growth stages
 4. Hair loss
 - a. Types
 - b. Treatments
 5. Disorders of the hair and scalp
 - a. Types
 - b. Treatments
- B. Demonstrate an understanding of performing a client consultation as it relates to:
1. Desired look
 2. Face shape
 3. Hair analysis
- C. Demonstrate an understanding of procedures for draping for all hair services
- D. Demonstrate an understanding of concepts needed for haircutting and styling as it relates to:
1. Elements of hair design
 - a. Form
 - b. Shape
 - c. Line
 - d. Color
 - e. Wave pattern
 2. Principles of hair design
 - a. Proportion
 - b. Balance
 - c. Symmetry
 3. Facial shapes

- E. Demonstrate an understanding of procedures for shampooing, conditioning, massage, and brushing as it relates to:
1. Shampooing
 - a. Product selection
 - b. Procedure
 2. Conditioning
 - a. Product selection
 - b. Procedure
 3. Scalp massage
 - a. Types of manipulations
 - b. Procedure
 4. Scalp treatments
 - a. Product selection
 - b. Procedure
 - c. Equipment
- F. Demonstrate an understanding of procedures for haircutting as it relates to:
1. Basic principles of haircutting
 - a. Areas of the head
 - b. Elevation or projection
 - c. Lines and angles
 - d. Crosschecking
 - e. Texturizing
 2. Tools, implements, and equipment
 - a. Types
 - b. Selection
 - c. Care and maintenance
 3. Safety
 4. Body positioning
 5. Basic haircuts
 - a. Blunt
 - b. Layered
 - c. Tapered
 6. Haircutting procedures
 7. Neck shaving procedures
- G. Demonstrate an understanding of procedures for head shaving as it relates to:
1. Preparation
 2. Shaving procedure
 3. Safety
- H. Demonstrate an understanding of procedures for hairstyling as it relates to:
1. Wet Styling
 - a. Types of styles
 - b. Tools and implements
 - c. Procedures
 - d. Product selection
 2. Thermal styling
 - a. Types of styles
 - b. Tools and implements
 - c. Procedures
 - d. Product selection
 3. Natural hairstyling (e.g., braids, locks, etc.)
 4. Safety

- I. Demonstrate an understanding of wigs, hair pieces, and hair enhancements as it relates to:
 - 1. Materials and construction
 - 2. Supplies
 - 3. Sizing
 - 4. Attachment methods
 - 5. Styling
 - 6. Maintenance

- J. Demonstrate an understanding of procedures for chemical services as it relates to:
 - 1. Chemical Texture
 - a. Chemical waving
 - i Application procedures
 - ii Product selection
 - b. Reformation curls
 - i Application procedures
 - ii Product selection
 - c. Chemical relaxing
 - i Application procedures
 - ii Product selection
 - 2. Haircolor and lightening (including facial hair)
 - a. Color theory
 - i Law of color
 - ii Tone
 - iii Level
 - b. Application procedures
 - c. Product selection
 - 3. Safety

3. FACIAL HAIR SERVICES (17%)

- A. Demonstrate an understanding of performing a client consultation as it relates to:
 - 1. Skin analysis
 - 2. Health history
- B. Demonstrate an understanding of procedures for draping for all facial hair services
- C. Demonstrate an understanding of procedures for shaving and facial hair designing as it relates to:
 - 1. Tools and implements
 - 2. Facial shaving
 - a. Preparation
 - b. Positions and strokes
 - 3. Mustaches and beards
 - a. Preparation
 - b. Products
 - 4. Safety

4. SKIN CARE AND FACIAL SERVICES (16%)

- A. Demonstrate an understanding of skin histology as it relates to:
 - 1. Anatomy of the skin
 - a. Layers of the skin
 - b. Nerves of the skin
 - c. Glands of the skin
 - d. Types of skin
 - e. Skin pigmentation
 - f. Aging of the skin
 - 2. Functions of the skin
 - 3. Disorders of the skin

- B. Demonstrate an understanding of performing a client consultation as it relates to:
 - 1. Skin analysis
 - 2. Health history
- C. Demonstrate an understanding of procedures for draping for all skin care and facial services
- D. Demonstrate an understanding of procedures for facials as it relates to:
 - 1. Tools and implements
 - 2. Equipment
 - 3. Products and materials
 - 4. Types of facial massage manipulations
 - 5. Types of facial treatments
 - 6. Electrotherapy and light therapy
 - 7. Safety
- E. Demonstrate knowledge of types of temporary hair removal

BARBER STYLING SAMPLE QUESTIONS

The following sample questions are similar to those on the NIC Barber Styling Theory Examination. Each question is followed by four answer options. Only one option is correct. Correct answers (keys) are listed following the sample questions.

1. Anthrax and tetanus bacilli form which of the following types of spore?
 - a. Mitosis
 - b. Flagella
 - c. Spherical
 - d. Infectious
2. All French style shears
 - a. are cobalt metal.
 - b. have a finger brace.
 - c. are made in France.
 - d. have tight pivots.
3. Prior to a shaving service the headrest must be
 - a. washed and dried.
 - b. disinfected and covered.
 - c. washed and removed.
 - d. sanitized and sterilized.
4. To avoid damage to muscle tissue, the movements of a massage are directed
 - a. away from the origin of the muscle.
 - b. toward the origin of the muscle.
 - c. around the origin of the muscle.
 - d. above the origin of the muscle.
5. Which of the following can permanently relieve split ends?
 - a. Applying oil to the ends
 - b. Using a styling gel on the ends
 - c. Moistening the ends
 - d. Cutting the ends

6. The diameter of a single strand of hair is also called
 - a. growth pattern.
 - b. porosity.
 - c. density.
 - d. texture.

7. What should be performed **FIRST** before applying permanent hair color?
 - a. Strand test
 - b. Patch test
 - c. Curl test
 - d. Texture test

8. Before sodium hydroxide processing, hair should be analyzed to determine its
 - a. acidity.
 - b. alkalinity.
 - c. texture, porosity and elasticity.
 - d. density, color and end bonds.

Answers		
1. c	4. b	7. b
2. b	5. d	8. c
3. b	6. d	

BARBER STYLING REFERENCES

PRIMARY REFERENCES

Milady's Standard Professional Barbering, 5th Ed. 2011

Author: Maura Scali-Sheahan, Ed D

Milady

5 Maxwell Drive

Clifton Park NY 12065-2919

www.milady.cengage.com

NIC Infection Control and Safety Standards

Adopted 1998; Revised October 2002, Revised August 2014

National-Interstate Council of State Boards of Cosmetology

http://nictesting.org/memberinfo/NIC_Health_&_Safety_Standards- Aug 2014.pdf

SUPPORTING REFERENCES

Milady's Standard Professional Barbering, 2006

Author: Maura Scali-Sheahan

Delmar Learning

5 Maxwell Drive

Clifton Park NY 12065-2919

www.milady.cengage.com



KỶ THI VIẾT QUỐC GIA THỢ CẮT TÓC

BẢN TIN DÀNH CHO THÍ SINH

Hãy thăm www.nictesting.org trước khi thi để có bản tin mới nhất.

Kỳ thi viết Quốc gia Thợ cắt tóc là kỳ thi cấp phép quốc gia cho Thợ cắt tóc, do Hội đồng Quốc gia-Liên tiểu Bang gồm các Hội đồng Mỹ dung tiểu Bang (NIC) soạn và tổ chức. Bản tin dành cho Thí sinh này chứa đại cương nội dung bao gồm trong kỳ thi Quốc gia Thợ cắt tóc của NIC, các câu hỏi và giải đáp mẫu. Thời gian cho phép của kỳ thi viết Thợ cắt tóc là 90 phút.

CÁC KHÁI NIỆM KHOA HỌC 40%

Kiểm soát Lây nhiễm và Thực hành An toàn

- ◇ Vi khuẩn học
 - Các loại vi khuẩn
 - Tăng trưởng và sinh sôi
- ◇ Các Vi rút
 - Các loại
 - Lan truyền
- ◇ Miễn dịch
- ◇ Ký sinh trùng
- ◇ Các phương kiểm soát truyền nhiễm
 - Vô trùng hóa
 - Tẩy uế
 - Làm vệ sinh
- ◇ Quy chế Liên bang và Phòng ngừa Chung

Trang thiết bị và dụng cụ

- ◇ Sử dụng an toàn
- ◇ Xử lý và bảo trì

Giải phẫu và Sinh lý

- ◇ Tế bào
- ◇ Mô
- ◇ Cơ quan
- ◇ Các hệ sinh lý
 - Hệ xương khung
 - Hệ cơ bắp
 - Hệ thần kinh
 - Hệ tuần hoàn

Hóa học

- ◇ Nước
- ◇ Dầu gội và dầu dưỡng
- ◇ Các tác nhân hóa học (như để tạo sóng, duỗi, và nhuộm tóc)
- ◇ Chất tạo kiểu

Điện và Ánh sáng

- ◇ Các loại dòng điện
- ◇ Các thiết bị an toàn
- ◇ Điện liệu pháp
 - Các cách thức (như dòng cao tần, dòng cảm ứng)
 - Quang liệu pháp

Mô học Da

- ◇ Giải phẫu da
 - Các lớp da
 - Các tuyến trên da
 - Các loại thần kinh trên da
 - Màu da

Chức năng của da

- ◇ Các rối loạn về da

Tóc và da đầu

- ◇ Cấu trúc và sinh trưởng tóc
- ◇ Các rối loạn về tóc
- ◇ Rối loạn da đầu

CÁC DỊCH VỤ LÀM MẶT VÀ CẠO 16%

Quy trình Choàng khăn khi làm Dịch vụ Làm mặt và Cạo

Xử lý Da mặt

- ◇ Các thao tác Mát xa
- ◇ Thiết bị
- ◇ Làm mặt
 - Chuẩn bị cho khách hàng
 - Các loại da
 - Phân tích da
 - Sản phẩm
 - Các quy trình

Quy trình Cạo và Thiết kế Râu Rìa

- ◇ Dụng cụ và đồ nghề
- ◇ Cạo mặt
 - Xử lý râu rìa trước khi làm dịch vụ
 - Các vị trí và cách đưa dao
- ◇ Rìa và râu
 - Thiết kế
 - Các quy trình

CÁC DỊCH VỤ LÀM TÓC 20%

Tư vấn Khách hàng

- ◇ Phân tích da đầu
- ◇ Phân tích tóc
 - Kết cấu
 - Độ dày
 - Độ xốp
 - Độ đàn hồi tóc
 - Màu
 - Độ kháng của tóc

Quy trình Choàng khăn khi Gội và Cắt Tóc

Cắt và Tạo dáng Tóc

- ◇ Nguyên tắc cơ bản
 - Hình khuôn mặt
 - Hình dạng đầu
- ◇ Các yếu tố thiết kế
 - Hình dáng
 - Đường nét
 - Dạng sóng
 - Tỷ lệ và cân bằng
 - Phân tích màu
- ◇ Quy trình và phương pháp cắt tóc
 - Kéo xén
 - Tông đơ
 - Dao cạo
 - Tia và tia đuôi
 - Pha trộn và tạo sắc thái
 - Đường viền/cạo cổ
- ◇ Các cách tạo dáng tóc
 - Sấy khô tạo kiểu
 - Tạo kiểu bằng nhiệt
 - Tạo kiểu khi tóc ướt
- ◇ Cạo đầu
 - Chuẩn bị
 - Tính an toàn
- ◇ Các loại độn tóc
 - Vật liệu (của người hoặc bằng chất tổng hợp)
 - Đo kích thước
 - Cách gắn
 - Tạo dáng
 - Bảo trì

Xử lý Tóc và Da đầu

- ◇ Dịch vụ gội
 - Chọn sản phẩm
 - Các quy trình
- ◇ Xử lý da đầu
 - Chọn sản phẩm
 - Thiết bị
 - Các quy trình

**DỊCH VỤ HÓA HỌC
24%**

Quy trình Choàng khăn cho Dịch vụ Hóa học

Quy trình An toàn trong Dịch vụ Hóa học

Thực hiện Tư vấn Khách hàng

- ◇ Phân tích da đầu
- ◇ Phân tích tóc
 - Kết cấu
 - Độ dày
 - Độ xốp
 - Độ đàn hồi tóc
 - Màu
 - Độ kháng của tóc
- ◇ Ghi chép hồ sơ

Dịch vụ Kết cấu Hóa học

- ◇ Uốn tóc bằng hóa chất (như uốn vĩnh cửu)
 - Các quy trình
 - Sản phẩm
- ◇ Sửa lọn
 - Các quy trình
 - Sản phẩm
- ◇ Duỗi tóc bằng hóa chất
 - Các quy trình
 - Sản phẩm

Màu tóc và Làm sáng tóc

- ◇ Lý thuyết màu
 - Luật về màu sắc
 - Sắc điệu
 - Mức độ
- ◇ Nhuộm tóc
 - Các quy trình
 - Sản phẩm
- ◇ Thuốc làm sáng màu tóc
 - Các quy trình
 - Sản phẩm
- ◇ Rỉa và râu
 - Các quy trình
 - Sản phẩm

CÁC CÂU HỎI MẪU

Các câu hỏi mẫu sau đây giống như các câu trong đề Thi Viết cho Thợ Cắt tóc của NIC. Mỗi câu có kèm theo bốn lựa chọn để trả lời. Chỉ có một lựa chọn đúng. Các câu trả lời đúng được liệt kê sau phần câu hỏi mẫu.

1. Thuốc kháng sinh chống bệnh than và uốn ván tạo ra loại bào tử nào sau đây?
 - a. Phân bào có tơ
 - b. Khuẩn roi
 - c. Hình cầu
 - d. Lây nhiễm
2. Mọi kéo tỉa của Pháp đều
 - a. làm từ kim loại coban
 - b. có chấn ngón tay
 - c. làm tại Pháp
 - d. có trục chặt
3. Trước dịch vụ cạo tẩm kê đầu cần được
 - a. rửa và làm khô
 - b. khử trùng và phủ lên
 - c. rửa và tháo ra
 - d. làm sạch và vô trùng
4. Để tránh gây thương tổn cho cơ, các động tác xoa bóp cần hướng
 - a. ra xa gốc cơ
 - b. về phía gốc cơ
 - c. vòng quanh gốc cơ
 - d. lên trên gốc cơ

5. Điều gì sau đây có thể chữa khỏi hần hiện tượng tóc chẻ
 - a. Bôi dầu vào đầu sợi tóc
 - b. Bôi keo tạo dáng lên đầu sợi tóc
 - c. Làm ướt đầu sợi tóc
 - d. Cắt đầu sợi tóc
6. Đường kính một sợi tóc còn được gọi là
 - a. kiểu tóc mọc.
 - b. độ xốp.
 - c. độ rậm.
 - d. kết cấu.
7. Cần làm gì **ĐẦU TIÊN** trước khi bôi màu vĩnh cửu lên tóc?
 - a. Thử sợi tóc
 - b. Thử mảng tóc
 - c. Thử lọn tóc
 - d. Thử kết cấu tóc
8. Trước khi xử lý bằng xút ăn da, cần phân tích tóc để xác định
 - a. tính axit của nó.
 - b. tính kiềm của nó.
 - c. kết cấu, độ xốp, và độ đàn hồi.
 - d. độ rậm, màu và ngọn tóc.

**TÀI LIỆU THAM KHẢO
CHO
THỢ CẮT TÓC**

Giáo khoa Chuẩn cho Thợ Cắt Tóc Chuyên nghiệp của Milady, 2006

Milady
5 Maxwell Drive
Albany, NY 12065
(800) 347-7707
www.Milady.com

Giáo khoa Chuẩn cho Thợ Cắt tóc - Tạo kiểu Chuyên nghiệp của Milady, Tái bản có Sửa đổi 1999

Milady
5 Maxwell Drive
Albany, NY 12065
(800) 347-7707
www.Milady.com

Tiêu chuẩn Sức khỏe và An toàn của NIC

NIC, Inc., October 2002
www.nictesting.org

Giải đáp

- | | | |
|------|------|------|
| 1. c | 4. b | 7. b |
| 2. b | 5. d | 8. c |
| 3. b | 6. d | |



NATIONAL NAIL TECHNOLOGY
THEORY EXAMINATION

CANDIDATE INFORMATION BULLETIN

Please visit your examination provider's website for the most current bulletin prior to testing.

The National Nail Technology Theory Examination is the licensure examination for Nail Technicians, which is developed by the National-Interstate Council of State Boards of Cosmetology (NIC). This bulletin contains **IMPORTANT INFORMATION** regarding the examination, including content outline covered by the theory examination, sample questions and answers, and references. The time allowed for the Nail Technology Theory Examination is 90 minutes.

PLEASE REVIEW ALL INFORMATION CAREFULLY.

IMPORTANT INSTRUCTIONS

- Do not leave the examination area without permission. Permission must be obtained to leave the examination area for any reason, including restroom usage or at the completion of the examination. Picture ID is required for re-entry into examination.
- With the exception of verbal instructions, the proctors and examination administration personnel are not allowed to communicate with candidates.
- If you have an emergency situation please notify the proctor.
- The following provides examples of materials and actions that are prohibited during the examination administration:
 - Possession of cellular phones, pagers, tablets, computers, projectors, cameras, or any other electronic or recording devices, printed materials, or handwritten notes.
 - Communicating to other candidates or any examiner.
 - Exhibiting disruptive behavior.
 - *The above referenced items or actions are not an exhaustive list. Failure to comply with any of these conditions or exhibiting ANY behavior that suggests an effort to cheat will result in your immediate dismissal from the examination and your actions reported to the proper authorities.*

NAIL TECHNOLOGY THEORY EXAMINATION CONTENT OUTLINE

1. **SCIENTIFIC CONCEPTS (40%)**
 - A. Infection Control and Safety Practices
 1. Identify how disease and infection are caused and transmitted
 2. Recognize purpose and/or effects of infection control principles (e.g., cleansing, sanitation, disinfection, sterilization)
 - a. Levels of infection control
 - b. Process of infection control (e.g., dispensing of products, disposal of soiled materials, storage of supplies)
 1. Recognize when cross-contamination occurs
 2. Differentiate between the purpose of single- and multi-use tools
 3. Apply blood exposure/contact procedures
 4. Identify purpose of Material Safety and Data Sheets (MSDS)
 5. Identify ways to prevent work injuries (e.g., ventilation, ergonomics, environment)
 - B. Basic Human Anatomy and Physiology
 1. Identify function and structure of the skin
 2. Differentiate between disorders and diseases of the skin
 3. Identify bones of the arms and hands
 4. Identify bones of the legs and feet
 5. Identify muscles of the arms and hands and their functions
 6. Identify muscles of the legs and feet and their functions

- C. Nail Anatomy and Physiology
 - 1. Identify the parts of the nail (e.g., root, mantle, matrix)
 - 2. Identify function of structures of the nail
 - 3. Differentiate between signs and symptoms of nail conditions, disorders, and diseases

- D. Basic Chemistry of Nail Products
 - 1. Explain purpose and effects of products and ingredients
 - 2. Recognize interaction between chemicals
 - 3. Recognize physical interactions with chemicals
 - 4. Recognize chemical reactions (e.g., overexposure, chemical burn)

2. NAIL TECHNOLOGY PROCEDURES (60%)

- A. Client Consultation and Documentation
 - 1. Identify elements of a client consultation
 - 2. Evaluate condition of client’s nail and skin (i.e., nail assessment)
 - 3. Recognize conditions that would prohibit service (i.e., contraindications)
 - 4. Determine services or products
 - 5. Maintain client records (e.g., service history, client card, health history)

- B. Nail Service Tools
 - 1. Identify function and effects of tools
 - a. Nail equipment (e.g., table, lamp, electric file, pedicure basin)
 - b. Nail implements (e.g., nail clippers, cuticle pusher)
 - c. Nail supplies, products, and materials (e.g., cotton, lotion, towels)
 - 2. Follow practices for safe use of tools (i.e., equipment, implements, supplies)

- C. Nail Service Preparation
 - 1. Perform set-up of work station/service area following infection control procedures
 - 2. Perform sanitation of client's and technician’s hands and/or feet

- D. Manicure and Pedicure Services
 - 1. Perform procedures safely for basic manicure and/or pedicure service
 - a. Shape nails
 - b. Cuticle detailing (e.g., cuticle pushing, removal, conditioning)
 - c. Cleanse nails
 - d. Buff nails
 - e. Exfoliate (e.g., foot file, scrub, AHA)
 - f. Perform basic massage
 - 1. Identify mechanics of massage movements
 - a. Effleurage
 - b. Petrissage
 - c. Friction
 - d. Tapotement
 - 2. Recognize effects of massage types
 - a. Effleurage
 - b. Petrissage
 - c. Friction
 - d. Tapotement

- 2. Recognize purpose and procedures for add-on services
 - a. Paraffin
 - b. Hot oil/lotion
 - c. Masks (e.g., detox, moisture)
 - d. Soak-off gels

- E. Perform Application, Maintenance, and Removal Procedures for Nail Enhancement Services
 - 1. Nail tip
 - 2. Acrylics
 - 3. Light-cured gels

- F. Perform Post-service Procedures Following Infection Control Guidelines

NAIL TECHNOLOGY SAMPLE QUESTIONS

The following sample questions are similar to those on the NIC Nail Technology Theory Examination. Each question is followed by four answer options. Only one option is correct. Correct answers (keys) are listed following the sample questions.

1. Pumice stone is used in pedicuring as
 - a. an abrasive.
 - b. a bleach.
 - c. a lubricant.
 - d. an astringent.

2. What is the **FIRST** step in performing a manicure?
 - a. Shape the nails
 - b. Soften the cuticles
 - c. Clean under free edge
 - d. Remove old polish

3. Where should all manicuring cosmetic supplies be kept when not being used?
 - a. On a clean shelf
 - b. On the manicuring table
 - c. In a clean manicuring kit
 - d. In clean, closed containers

4. Which one of the following is a condition in which the cuticle splits around the nail?
 - a. Hangnails
 - b. Pterygium
 - c. Onychophagy
 - d. Onychorrhexis

5. Nerves and blood vessels are found in the nail
 - a. bed.
 - b. wall.
 - c. plate.
 - d. grooves.

6. An antiseptic is used in manicuring to
 - a. bleach the nails.
 - b. treat minor cuts.
 - c. smooth corrugated nails.
 - d. give the nails a high sheen.

7. After each use, manicuring implements should be
 - a. wiped with a towel.
 - b. wiped with a tissue.
 - c. cleansed and disinfected.
 - d. placed in dry storage.

8. For which one of the following are oil manicures recommended?
 - a. Leuconychia
 - b. Split nails
 - c. Brittle nails
 - d. Prevention of infection

9. What is the actively growing part of the nail?
 - a. Lunula
 - b. Matrix
 - c. Mantle
 - d. Free edge

10. What should be applied to a split in the nail before wrapping it?
 - a. Top coat
 - b. Base coat
 - c. Adhesive glue
 - d. Nail hardener

Answers

- | | | | |
|------|------|------|-------|
| 1. a | 4. a | 7. c | 10. c |
| 2. d | 5. a | 8. c | |
| 3. d | 6. b | 9. b | |

NAIL TECHNOLOGY REFERENCES

PRIMARY REFERENCES

Salon Fundamentals Nails – A Resource for Your Skin Care Career

2007, 10th printing, 1st Edition, June 2013

Pivot Point International, Inc.

World Headquarters

1560 Sherman Avenue, Suite 700

Evanston, IL 60201

800-886-4247

www.pivot-point.com

Milady's Standard Nail Technology

2011, 6th Edition

Alisha Rimando Botero, Catherine M. Frangie, Jim McConnell, et al

Milady

5 Maxwell Drive

Clifton Park NY 12065-2919

www.milady.cengage.com

Nail Technician

2007 2.1 Edition

Author: Randy Rick

CLiC INTERNATIONAL

396 Pottsville/Saint Clair Highway

Pottsville PA 17901

www.clicusa.com

NIC Infection Control and Safety Standards

Adopted 1998; Revised October 2002, Revised August 2014

National-Interstate Council of State Boards of Cosmetology

[http://nictesting.org/memberinfo/NIC Health & Safety Standards- Aug 2014.pdf](http://nictesting.org/memberinfo/NIC_Health_&_Safety_Standards- Aug 2014.pdf)

SUPPORTING REFERENCES

Salon Fundamentals Nails – A Resource for Your Skin Care Career

2007, 7th printing, 1st Edition, October 2011

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Milady's Standard Nail Technology

2007, 5th Edition, Revised Edition

Catherine M. Frangie, Douglas Schoon, Sue Ellen Schultes plus 11 others

Thompson Delmar Learning Milady

5 Maxwell Drive

Clifton Park NY 12065-2919

www.milady.com

Nail Technician

2007 1st Edition

Author: Randy Rick

CLiC INTERNATIONAL

396 Pottsville/Saint Clair Highway

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 - d. Remove old polish

3. Where should all manicuring cosmetic supplies be kept when not being used?
 - a. On a clean shelf
 - b. On the manicuring table
 - c. In a clean manicuring kit
 - d. In clean, closed containers

4. Which one of the following is a condition in which the cuticle splits around the nail?
 - a. Hangnails
 - b. Pterygium
 - c. Onychophagy
 - d. Onychorrhexis

5. Nerves and blood vessels are found in the nail
 - a. bed.
 - b. wall.
 - c. plate.
 - d. grooves.

6. An antiseptic is used in manicuring to
 - a. bleach the nails.
 - b. treat minor cuts.
 - c. smooth corrugated nails.
 - d. give the nails a high sheen.

7. After each use, manicuring implements should be
 - a. wiped with a towel.
 - b. wiped with a tissue.
 - c. cleansed and disinfected.
 - d. placed in dry storage.

8. For which one of the following are oil manicures recommended?
 - a. Leuconychia
 - b. Split nails
 - c. Brittle nails
 - d. Prevention of infection

9. What is the actively growing part of the nail?
 - a. Lunula
 - b. Matrix
 - c. Mantle
 - d. Free edge

10. What should be applied to a split in the nail before wrapping it?
 - a. Top coat
 - b. Base coat
 - c. Adhesive glue
 - d. Nail hardener

Answers

- | | | | |
|------|------|------|-------|
| 1. a | 4. a | 7. c | 10. c |
| 2. d | 5. a | 8. c | |
| 3. d | 6. b | 9. b | |

NAIL TECHNOLOGY REFERENCES

PRIMARY REFERENCES

Salon Fundamentals Nails – A Resource for Your Skin Care Career

2007, 10th printing, 1st Edition, June 2013

Pivot Point International, Inc.

World Headquarters

1560 Sherman Avenue, Suite 700

Evanston, IL 60201

800-886-4247

www.pivot-point.com

Milady's Standard Nail Technology

2011, 6th Edition

Alisha Rimando Botero, Catherine M. Frangie, Jim McConnell, et al

Milady

5 Maxwell Drive

Clifton Park NY 12065-2919

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2007 2.1 Edition

Author: Randy Rick

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SUPPORTING REFERENCES

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