

ALABAMA STATE BOARD OF COSMETOLOGY – THEORY PRACTICE EXAM (SAMPLE) STUDY GUIDE



Prepare with structure. Pass with confidence



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. What is the primary function of OSHA?**
 - A. To regulate food safety
 - B. To ensure environmental protection
 - C. To provide a safe and healthy workplace
 - D. To maintain public health
- 2. Which part of the nail is primarily responsible for its protective function?**
 - A. Nail plate
 - B. Nail bed
 - C. Hyponychium
 - D. Eponychium
- 3. What is the portion of living skin that supports the nail plate called?**
 - A. Nail Bed
 - B. Cuticle
 - C. Nail Matrix
 - D. Free Edge
- 4. Why do tuberculocidal disinfectants require special handling?**
 - A. They are ineffective
 - B. They require special method of disposal
 - C. They are very expensive
 - D. They have no expiration date
- 5. All of the following are reasons to perform a strand test EXCEPT:**
 - A. To determine the best type of shampoo
 - B. To assess hair strength
 - C. To check for color changes
 - D. To evaluate the processing time
- 6. What is the term for the covalent bond formed between amino acids?**
 - A. Peptide bond
 - B. Disulfide bond
 - C. Hydrogen bond
 - D. Ionic bond

- 7. What is the term for a noninfectious, inflammatory skin disease characterized by redness, blisters, scabs, and itching?**
- A. Psoriasis
 - B. Eczema
 - C. Rosacea
 - D. Dermatitis
- 8. Which of the following is used to clean the area during a blood spill response?**
- A. Antiseptic
 - B. Soap and water
 - C. Rubbing alcohol
 - D. Bleach solution
- 9. What should the stylist look for during a scalp analysis for chemical procedures?**
- A. Abrasions on the scalp
 - B. Color of the hair
 - C. Length of the hair
 - D. Density of the hair
- 10. Which sanitizing agent is often recommended for cleaning non-porous surfaces in a salon?**
- A. Alcohol
 - B. Hydrogen peroxide
 - C. Bleach solution
 - D. All of the above

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the primary function of OSHA?

- A. To regulate food safety
- B. To ensure environmental protection
- C. To provide a safe and healthy workplace**
- D. To maintain public health

The primary function of OSHA, or the Occupational Safety and Health Administration, is to provide a safe and healthy workplace for employees across various industries. This federal agency is responsible for setting and enforcing standards that ensure working environments are free from recognized hazards that could cause death or serious physical harm. OSHA develops regulations and guidelines, conducts inspections, and provides training and support to employers and employees to foster workplace safety and compliance. By focusing on reducing workplace injuries and illnesses, OSHA aims to protect workers and enhance their overall well-being. This makes the option related to providing a safe and healthy workplace the most accurate representation of OSHA's mission. Understanding the roles of other agencies may highlight their different areas of focus: one may regulate food safety, another may prioritize environmental protections, and a separate entity could be dedicated to public health. Each serves important functions, but they do not overlap with OSHA's specific aim of workplace safety and health.

2. Which part of the nail is primarily responsible for its protective function?

- A. Nail plate**
- B. Nail bed
- C. Hyponychium
- D. Eponychium

The nail plate serves as the primary component responsible for the protective function of the nail. It is the hard, visible part of the nail that protects the underlying structures, including the nail bed and the tissues of the finger or toe. The nail plate is composed of layers of a protein called keratin, which provides not only protection against physical trauma but also helps to prevent infections by acting as a barrier. When considering the other components: the nail bed is the skin under the nail plate that supports it but does not have a protective function itself. The hyponychium is the area of skin beneath the free edge of the nail, which provides some protection against dirt and microorganisms but is not the primary protective layer. The eponychium, often referred to as the cuticle, is the tissue that overlaps the nail plate at the base and protects the area from infections during nail growth but again does not possess the primary protective qualities that the nail plate provides. Understanding the functions of these different parts highlights the unique role that the nail plate plays in safeguarding the nail's underlying structures from damage and infection.

3. What is the portion of living skin that supports the nail plate called?

- A. Nail Bed
- B. Cuticle
- C. Nail Matrix
- D. Free Edge

The portion of living skin that supports the nail plate is known as the nail bed. The nail bed is an essential part of the nail structure, providing a foundation for the nail plate and playing a critical role in nail growth and health. It is composed of living skin and contains nerves, blood vessels, and other tissues that nourish and support the nail. Understanding the function of the nail bed helps in recognizing why it is crucial for a healthy nail. It allows the nail to adhere appropriately and grow without becoming detached or damaged. It also aids in the overall appearance and strength of the nail, as any injury to the nail bed can lead to complications such as abnormal nail growth or nail infections. The other components related to the nail, such as the cuticle and the nail matrix, have distinct functions but do not serve as the direct support for the nail plate. The cuticle protects the area between the skin and the nail from infections, while the nail matrix is responsible for producing new cells that form the nail plate. The free edge extends beyond the fingertip and does not have a supportive function but rather completes the nail's appearance.

4. Why do tuberculocidal disinfectants require special handling?

- A. They are ineffective
- B. They require special method of disposal
- C. They are very expensive
- D. They have no expiration date

Tuberculocidal disinfectants require special handling primarily because they pose a risk of infection control. These disinfectants are specifically formulated to kill tuberculosis bacteria, which are known for their resilience and ability to survive outside the host for extended periods. Due to their potent nature, the disposal of tuberculocidal disinfectants must adhere to strict regulations to prevent environmental contamination or harm to public health. For instance, these disinfectants often contain chemicals that could be hazardous if poured down the drain or thrown away without following specific guidelines. Special methods of disposal ensure that these substances are handled in a way that meets state and federal safety laws, protecting individuals and the environment from potential exposure to harmful pathogens. Additionally, proper disposal practices help maintain compliance with health and safety standards set by regulatory bodies, further emphasizing the necessity of special handling for these disinfectants.

5. All of the following are reasons to perform a strand test EXCEPT:

- A. To determine the best type of shampoo
- B. To assess hair strength
- C. To check for color changes
- D. To evaluate the processing time

Performing a strand test is primarily intended to evaluate various aspects of hair when preparing for chemical services such as coloring or perming. The main reasons include assessing hair strength, checking for the desired color changes, and determining the appropriate processing time for the chemicals being used. Each of these factors is crucial in ensuring that the results are satisfactory and that the hair remains healthy and undamaged. Determining the best type of shampoo is not typically a reason for conducting a strand test. Shampoo selection usually occurs prior to any chemical processes based on the hair's condition, type, and needs rather than through a strand test, which focuses more on the effects of the chemical treatments on the hair itself. Therefore, the accurate identification of appropriate products like shampoo would be based on prior knowledge of hair care rather than the outcomes from a strand test.

6. What is the term for the covalent bond formed between amino acids?

- A. Peptide bond**
- B. Disulfide bond
- C. Hydrogen bond
- D. Ionic bond

The covalent bond formed between amino acids is known as a peptide bond. This type of bond specifically occurs during the process of protein synthesis when the carboxyl group of one amino acid reacts with the amino group of another, resulting in the release of a molecule of water. This process is known as dehydration synthesis. The formation of peptide bonds is essential for creating polypeptides and proteins, which are crucial for numerous biological functions. In the context of amino acids, peptide bonds create chains that can fold into complex structures, allowing for the functionality of proteins. Each unique sequence of amino acids linked by peptide bonds determines the structure and function of a corresponding protein. Other types of bonds mentioned, such as disulfide bonds, hydrogen bonds, and ionic bonds, play important roles in the stability and structure of proteins but are not involved in the initial formation of the chains of amino acids. Disulfide bonds provide stability between cysteine residues through the oxidation of sulfhydryl groups, hydrogen bonds often contribute to the secondary structure of proteins (like alpha helices and beta sheets), and ionic bonds can influence the tertiary structure by holding together charged side chains. However, these bonds do not serve as the primary linkage between individual amino acids in a growing polypeptide

7. What is the term for a noninfectious, inflammatory skin disease characterized by redness, blisters, scabs, and itching?

- A. Psoriasis
- B. Eczema**
- C. Rosacea
- D. Dermatitis

The term for a noninfectious, inflammatory skin disease that is characterized by redness, blisters, scabs, and itching is eczema. This condition is known for causing the skin to become inflamed, leading to symptoms such as intense itching and discomfort. The blisters that may form can weep and become crusty, often resulting in scabs as they heal. Eczema is particularly common in children, but it can affect individuals of all ages and can be triggered by various factors, including allergens, irritants, and stress. While other conditions like psoriasis, rosacea, and dermatitis have overlapping symptoms, they differ in their specifics. Psoriasis, for instance, is characterized by thick, silvery scales along with red patches, and is often chronic. Rosacea is primarily marked by facial redness, visible blood vessels, and could involve pustules, but does not typically present with scabs in the same way. Dermatitis is a broader term that encompasses various types of skin inflammation, including eczema but does not specifically define the characteristic symptoms described in the question. Thus, eczema stands out as the correct term for this particular presentation.

8. Which of the following is used to clean the area during a blood spill response?

- A. Antiseptic**
- B. Soap and water
- C. Rubbing alcohol
- D. Bleach solution

When responding to a blood spill, it is crucial to use a substance that effectively cleans and disinfects the area while being safe for the environment and skin. An antiseptic is specifically designed to kill or inhibit the growth of microorganisms, making it suitable for cleaning the area where blood has been spilled, particularly to avoid infections. Antiseptics often contain ingredients like alcohol or iodine, which serve to reduce pathogens effectively. Using an antiseptic in this scenario helps ensure the area is not only cleaned but also less likely to harbor harmful bacteria that could potentially lead to infections for both clients and practitioners. While other substances like soap and water, rubbing alcohol, and bleach solutions have cleaning properties, they are not as effective in the context of a blood spill response. Soap and water may not adequately disinfect the area, rubbing alcohol can be more suitable for skin rather than surfaces, and bleach solutions, while effective at disinfecting, can be hazardous and require specific handling instructions. Hence, antiseptics are ideal for maintaining hygiene and safety after a blood spill.

9. What should the stylist look for during a scalp analysis for chemical procedures?

- A. Abrasions on the scalp**
- B. Color of the hair
- C. Length of the hair
- D. Density of the hair

During a scalp analysis for chemical procedures, it is crucial for the stylist to look for abrasions on the scalp. Identifying any cuts, scrapes, or breaks in the skin is essential because these conditions can lead to heightened sensitivity or adverse reactions during chemical treatments, such as hair coloring or perming. If abrasions are present, the stylist may need to postpone the chemical procedure to avoid causing further irritation or discomfort, as well as to prevent chemical products from penetrating into the bloodstream through the damaged skin. While assessing the color, length, and density of the hair can be relevant to the overall service and help in determining the best approach for achieving desired results, these factors do not pose the same immediate health risk associated with scalp abrasions. Therefore, the primary focus should always be on the condition of the scalp itself to ensure the safety and comfort of the client.

10. Which sanitizing agent is often recommended for cleaning non-porous surfaces in a salon?

- A. Alcohol
- B. Hydrogen peroxide
- C. Bleach solution
- D. All of the above**

The recommended choice for cleaning non-porous surfaces in a salon is a bleach solution, along with other sanitizing agents, highlighting the significance of effective sanitization measures. A bleach solution, when diluted properly, is widely recognized for its ability to eliminate bacteria, viruses, and fungi, making it a powerful disinfectant for hard surfaces where cross-contamination can be a risk. In addition to bleach, alcohol and hydrogen peroxide are also effective sanitizers. Alcohol can be used for its quick-drying properties and ability to kill a broad spectrum of pathogens, while hydrogen peroxide is versatile and can also serve as a natural disinfectant. These agents can collectively ensure that non-porous surfaces remain sanitized and safe for use in a salon environment, contributing to health and safety protocols. Thus, the option indicating "all of the above" encompasses the various effective sanitizers that can be utilized, emphasizing their collective role in maintaining hygienic conditions within the salon setting. This comprehensive approach to sanitization is crucial for preventing the spread of infectious agents, ensuring client safety and comfort.

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:

<https://alcosmetologytheory.examzify.com>

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

SAMPLE