

ALASKA HAIRDRESSER AND BARBER CERTIFICATION PRACTICE EXAM (SAMPLE) STUDY GUIDE



Prepare with structure. Pass with confidence



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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. What is the standard temperature for sterilizing tools?**
 - A. 250-300 degrees Fahrenheit
 - B. 320-375 degrees Fahrenheit
 - C. 400-450 degrees Fahrenheit
 - D. 275-325 degrees Fahrenheit
- 2. Which skin condition can affect hair growth?**
 - A. Dandruff
 - B. Psoriasis
 - C. Eczema
 - D. Acne
- 3. Which factor indicates a hair is healthy?**
 - A. It feels greasy
 - B. It appears shiny and is free from split ends
 - C. It has no volume
 - D. It tends to tangle easily
- 4. How is a 'gradient' haircut visually defined?**
 - A. It features sharp, defined lines
 - B. It uses only one layer
 - C. It blends shorter and longer lengths without harsh lines
 - D. It is always uniform in length
- 5. What is the process of 'balayage' in hair coloring?**
 - A. A technique for applying all-over color
 - B. A method of using foils for highlights
 - C. A freehand technique for painting highlights onto the hair
 - D. A quick dyeing technique for full hair coverage
- 6. What must be done to ensure safety when using chemical agents during hair services?**
 - A. Conduct patch tests to check for allergies
 - B. Use gloves at all times
 - C. Mix chemicals in open areas
 - D. Conduct services without consultation

- 7. What is the minimum age requirement to apply for the Alaska Hairdresser and Barber Certification?**
- A. 14 years old
 - B. 15 years old
 - C. 16 years old
 - D. 18 years old
- 8. What is an essential consideration when applying chemical treatments?**
- A. Color matching
 - B. Frequency of treatments
 - C. Client's hair length
 - D. Season of application
- 9. What are the primary hair growth cycles?**
- A. Anagen, telogen, and exogen
 - B. Anagen, catagen, and telogen
 - C. Anagen, catagen, and exogen
 - D. Telogen, growth, and shedding
- 10. Which technique is recommended to achieve volume during a blowout?**
- A. Flat ironing
 - B. Round brushing
 - C. Comb straightening
 - D. Twist drying

Answers

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

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Explanations

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1. What is the standard temperature for sterilizing tools?

- A. 250-300 degrees Fahrenheit
- B. 320-375 degrees Fahrenheit**
- C. 400-450 degrees Fahrenheit
- D. 275-325 degrees Fahrenheit

The correct answer relates to the standard temperature range for effectively sterilizing tools in a professional setting. Sterilization requires high temperatures to destroy all forms of microbial life, including bacteria, viruses, fungi, and spores. Generally, the accepted temperature range for sterilization is around 320-375 degrees Fahrenheit. This temperature is sufficient to achieve complete sterilization while being safe for various tools. In the context of salon tools, such as scissors and combs, maintaining an appropriate temperature is crucial for ensuring that all pathogens are eliminated. It is essential to understand that the right temperature not only guarantees effective sterilization but also prolongs the lifespan of the tools. Other options provided fall outside the ideal temperature range for proper sterilization. For instance, while temperatures lower than the specified range may not effectively kill all microbes, those that exceed it might risk damaging or deforming the tools being sterilized, rendering them ineffective for use. Thus, the range of 320-375 degrees Fahrenheit is the most suitable choice for sterilizing tools in a hairdressing and barbering context.

2. Which skin condition can affect hair growth?

- A. Dandruff
- B. Psoriasis**
- C. Eczema
- D. Acne

Psoriasis is a chronic skin condition characterized by rapid skin cell growth, leading to the formation of scales and red patches that can be itchy and sometimes painful. This condition can indeed affect hair growth due to its impact on the scalp and other areas where hair follicles are present. The inflammation and scaling can obstruct hair follicles, leading to conditions such as hair thinning or even temporary hair loss in affected areas. In some cases, the immune response associated with psoriasis can disrupt the normal hair growth cycle, further influencing hair health. While dandruff, eczema, and acne can also impact the scalp and skin, they are not as directly associated with significant hair growth issues as psoriasis. Dandruff is primarily a scalp condition often related to dry skin or its natural oil production. Eczema can cause irritation and discomfort, but it usually does not cause the same level of disruption in hair growth cycles as psoriasis. Acne, while it can affect the facial area, typically does not have a pronounced effect on hair growth. Thus, psoriasis stands out as the condition that can lead to noticeable changes in hair growth.

3. Which factor indicates a hair is healthy?

- A. It feels greasy
- B. It appears shiny and is free from split ends**
- C. It has no volume
- D. It tends to tangle easily

Healthy hair is characterized by its appearance and texture. A primary indicator of healthy hair is its shine and smoothness, which suggests that the cuticle—the outer layer of the hair—is intact and reflects light well. When hair is free from split ends, it indicates proper care and maintenance, ensuring that the strands are not damaged or frayed at the tips. Additionally, healthy hair typically has a balanced moisture level, contributing to its shiny appearance. On the other hand, greasy hair tends to have an excess of oil, which can lead to a lack of volume and a dull appearance, whereas hair with no volume may indicate damage or excessive product buildup. Hair that tangles easily often suffers from dryness or roughness due to damage, making it another sign of poor hair health. Thus, the presence of shine and the absence of split ends are the most reliable indicators of healthy hair.

4. How is a 'gradient' haircut visually defined?

- A. It features sharp, defined lines
- B. It uses only one layer
- C. It blends shorter and longer lengths without harsh lines**
- D. It is always uniform in length

A 'gradient' haircut is visually defined by the way it blends shorter and longer lengths to create a smooth transition without harsh lines. This technique involves cutting hair at varying lengths so that it gradually changes from shorter layers to longer ones. This soft blending effect offers a more natural and dynamic appearance, contrasting with haircuts that feature sharp edges or uniform length. In a gradient haircut, the stylist skillfully fades the hair, maintaining a gentle flow rather than creating stark contrast, which is essential for achieving the desired aesthetic. This approach is particularly effective in creating movement and volume, allowing the haircut to have a more lived-in look that can frame the face beautifully. The ability to adapt the lengths according to the client's hair type and face shape is also a crucial aspect of this haircutting technique.

5. What is the process of 'balayage' in hair coloring?

- A. A technique for applying all-over color
- B. A method of using foils for highlights
- C. A freehand technique for painting highlights onto the hair**
- D. A quick dyeing technique for full hair coverage

Balayage is a popular hair coloring technique characterized by its freehand painting method. Unlike traditional highlighting techniques that rely on foils or all-over color applications, balayage involves applying color or lightener directly onto the strands of hair, allowing the stylist to create a natural, sun-kissed look. This technique allows for a more personalized and blended result, as it enables the stylist to control how much color is applied and where, resulting in a soft gradient effect. The beauty of balayage lies in its ability to enhance the hair's natural texture and movement while providing a low-maintenance finish since the regrowth line is softer and less noticeable compared to foiled highlights or all-over color. This method's versatility makes it suitable for various styles and hair types, further distinguishing it from other coloring processes.

6. What must be done to ensure safety when using chemical agents during hair services?

- A. Conduct patch tests to check for allergies**
- B. Use gloves at all times
- C. Mix chemicals in open areas
- D. Conduct services without consultation

Conducting patch tests to check for allergies is essential for ensuring safety when using chemical agents during hair services. This practice allows professionals to identify any potential allergic reactions that a client may have to specific chemicals, such as those found in hair dyes or relaxers, before applying them to the entire scalp or hair. By performing a patch test, a small amount of the chemical is applied to a discreet area of the skin, typically behind the ear or on the inner arm, and monitored for any adverse reactions over a specified period of time. This proactive approach not only safeguards the client's health but also enhances the salon's reputation by demonstrating a commitment to client safety. Other practices in the salon environment, such as using gloves or mixing chemicals in well-ventilated areas, are certainly important for safety but do not address the potential for individual allergic responses to the products. Likewise, conducting services without consultation can lead to unforeseen complications and does not prioritize the client's unique needs or health status. Thus, while these considerations are vital in a salon context, patch testing specifically targets the risk of chemical reactions, making it a fundamental and necessary step in the process.

7. What is the minimum age requirement to apply for the Alaska Hairdresser and Barber Certification?

- A. 14 years old
- B. 15 years old
- C. 16 years old**
- D. 18 years old

The minimum age requirement to apply for the Alaska Hairdresser and Barber Certification is 16 years old. This age requirement aligns with the state's regulations, ensuring that applicants have reached a level of maturity suitable for the responsibilities involved in hairdressing and barbering. Being at least 16 years old typically allows for a balance between youthful enthusiasm and the ability to comprehend and adhere to the professional standards, safety practices, and client interaction necessary in the beauty industry. By setting the minimum age at 16, Alaska ensures that candidates are likely to have developed enough skills and judgment to enter the field competently.

8. What is an essential consideration when applying chemical treatments?

- A. Color matching
- B. Frequency of treatments**
- C. Client's hair length
- D. Season of application

When applying chemical treatments, the frequency of treatments is an essential consideration because it directly impacts the health and integrity of the hair. Frequent application of chemical processes, such as coloring, perming, or relaxing, can lead to cumulative damage, causing the hair to become over-processed and more susceptible to breakage, dryness, and other forms of damage. Understanding the frequency at which these treatments are applied allows hairdressers to assess the current condition of the hair and determine the safest approach to achieve the desired results without compromising hair health. It is crucial for hairdressers to communicate with clients about how often they should return for maintenance or reapplication of chemical treatments to ensure optimal hair care and appearance over time.

9. What are the primary hair growth cycles?

- A. Anagen, telogen, and exogen
- B. Anagen, catagen, and telogen**
- C. Anagen, catagen, and exogen
- D. Telogen, growth, and shedding

The primary hair growth cycles include anagen, catagen, and telogen, which are fundamental to understanding the hair growth process. The anagen phase is the active growth phase of hair follicles, where the cells divide rapidly, leading to hair elongation. This phase can last several years and determines the length of the hair. Next is the catagen phase, which is a transitional stage. During this time, hair growth slows, and the hair follicle shrinks, detaching from the dermal papilla, which supplies nutrients to the hair. This phase lasts for a few weeks and marks the end of active hair growth. Finally, the telogen phase is the resting stage, where hair is not growing but may remain in place until it falls out and is replaced by new hair beginning its growth cycle again. This phase lasts several months. Understanding these cycles is crucial for hairdressers and barbers, as they can better identify hair growth patterns and inform clients about hair health and treatments. The other choices mention exogen or growth and shedding phases, which do not accurately represent the primary phases recognized in hair biology.

10. Which technique is recommended to achieve volume during a blowout?

- A. Flat ironing
- B. Round brushing**
- C. Comb straightening
- D. Twist drying

To achieve volume during a blowout, round brushing is the recommended technique. This method involves using a round brush while directing hot air from a blow dryer onto the hair. The round brush lifts the hair at the roots, creating body and fullness, while the heat helps to set the shape, encouraging a bouncy and voluminous look. Using round brushing allows for precision in styling, as the brush can style the ends of the hair while volumizing the roots. This technique is particularly effective for creating soft curls or waves and for elevating hair away from the scalp, enhancing its overall appearance. Other techniques, like flat ironing or comb straightening, focus more on smoothing and straightening the hair rather than adding volume. Twist drying, while it may provide texture, does not specifically target volume in the way that round brushing does.

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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://alaskahairbarber.examzify.com>

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

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