

Hawaii Nail Technology State Board Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. For proper handling of disinfectants, which regulation provides the right to know potential hazards?**
 - A. OSHA**
 - B. EPA**
 - C. FDA**
 - D. CDC**
- 2. What is onychophagy commonly known as?**
 - A. Nail disease**
 - B. Bitten nails**
 - C. Hangnail**
 - D. Nail overgrowth**
- 3. What nail change is typically associated with psoriasis?**
 - A. Pitting**
 - B. Thickening**
 - C. Discoloration**
 - D. Exfoliation**
- 4. Which of the following conditions is NOT a nail disease?**
 - A. Pterygium**
 - B. Agnail**
 - C. Onychomycosis**
 - D. Onycholysis**
- 5. What type of surface is bleach and disinfectant usually intended for?**
 - A. Soft fabric surfaces**
 - B. Hard, non-porous surfaces**
 - C. Skin surfaces**
 - D. Wood surfaces**

- 6. What virus is known for being highly contagious and can be transmitted through skin-to-skin contact?**
- A. Human Immunodeficiency Virus**
 - B. Human Papillomavirus**
 - C. Hepatitis Virus**
 - D. Herpes Simplex Virus**
- 7. What is the smallest, basic unit of life?**
- A. Tissue**
 - B. Cell**
 - C. Organ**
 - D. Organism**
- 8. What is a possible symptom of paronychia?**
- A. Yellowing of nails**
 - B. Pus and swelling around the nail**
 - C. Lengthwise grooves**
 - D. Redness on the nail plate**
- 9. What is a requirement of all disinfectant labels according to the Environmental Protection Agency (EPA)?**
- A. Include an expiration date**
 - B. Have a unique FDA number**
 - C. Display an EPA registration number**
 - D. List all ingredients in percentage**
- 10. What is the role of the nail matrix?**
- A. Provides moisture to the nail**
 - B. Produces new nail cells**
 - C. Shapes the free edge**
 - D. Protects the nail bed**

Answers

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

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Explanations

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1. For proper handling of disinfectants, which regulation provides the right to know potential hazards?

A. OSHA

B. EPA

C. FDA

D. CDC

The Occupational Safety and Health Administration (OSHA) is responsible for ensuring safe and healthful working conditions by setting and enforcing standards and by providing training, outreach, education, and assistance. One of the key regulations under OSHA is the Hazard Communication Standard (HCS), which requires employers to inform workers about the potential hazards associated with chemical substances they may encounter in the workplace. This includes providing access to Safety Data Sheets (SDS) that detail the risks and safe handling practices associated with disinfectants and other chemicals used in nail technology. By implementing these regulations, OSHA helps ensure that employees are fully aware of the potential dangers and how to minimize exposure, thereby promoting a safer working environment. The other organizations mentioned—EPA, FDA, and CDC—have important roles as well. The EPA focuses primarily on environmental protection and regulates the safety of disinfectants used in public health and residential settings. The FDA oversees the safety and efficacy of cosmetic products, including nails, but does not specifically address handling regulations in the workplace. The CDC provides guidance on health and safety practices but is not the regulatory body responsible for workplace safety concerning chemical hazards. Therefore, OSHA is the correct answer in the context of understanding and handling disinfectants in a nail technology setting.

2. What is onychophagy commonly known as?

A. Nail disease

B. Bitten nails

C. Hangnail

D. Nail overgrowth

Onychophagy is a term used in the field of nail technology to refer specifically to the habit of biting one's nails. It is a common occurrence among individuals of varying ages and can be a response to stress, anxiety, or boredom. When someone bites their nails, the nails may become uneven, damaged, or more susceptible to infections. Recognizing onychophagy is important for nail technicians as they can provide appropriate care and suggest ways for clients to manage this habit to promote healthier nails. The other options highlight different nail conditions or issues that are not synonymous with onychophagy. For example, nail disease encompasses a variety of infections and ailments that affect the nails, while hangnails refer specifically to small, torn pieces of skin near the nail, and nail overgrowth describes a condition where nails grow excessively long or thick. These terms describe distinct phenomena and do not capture the habitual aspect of nail biting represented by onychophagy.

3. What nail change is typically associated with psoriasis?

- A. Pitting**
- B. Thickening**
- C. Discoloration**
- D. Exfoliation**

Pitting is a common nail change associated with psoriasis, a chronic autoimmune condition that affects the skin and can also have notable effects on the nails. In individuals with psoriasis, the nails may develop tiny indentations or depressions on the surface, which can vary in size and can be quite numerous. This pitting occurs due to the rapid proliferation of skin cells and the inflammatory processes involved in the disease, which affect the keratin production in the nails. The presence of pitting can serve as an important diagnostic clue for practitioners, indicating the potential underlying condition of psoriasis in a client. Other nail changes, such as thickening, discoloration, and exfoliation, may also arise in various conditions affecting the nails but are not as distinctly associated with psoriasis as pitting. In essence, the characteristic pitting of the nails serves as a hallmark sign for those observing or diagnosing hormonal and immunological nail disorders related to psoriasis.

4. Which of the following conditions is NOT a nail disease?

- A. Pterygium**
- B. Agnail**
- C. Onychomycosis**
- D. Onycholysis**

Pterygium is a condition that typically refers to an abnormal growth of tissue that can occur at the nail's cuticle, often leading to the attachment of the nail structure to the underlying skin. While it may affect the nail and its growth, it is not classified as a disease but rather a deformity or condition related to the nail apparatus. In contrast, agnail, onychomycosis, and onycholysis are recognized as nail diseases. Agnail, also known as hangnail, involves the extension of skin around the nail, frequently resulting in pain and inflammation. Onychomycosis is a fungal infection that affects the nail, causing discoloration and often leading to thickening or crumbling. Onycholysis involves the separation of the nail from its nail bed, which can arise from various factors, including injury or fungal infection.

5. What type of surface is bleach and disinfectant usually intended for?

- A. Soft fabric surfaces**
- B. Hard, non-porous surfaces**
- C. Skin surfaces**
- D. Wood surfaces**

Bleach and disinfectant are specifically formulated to be effective on hard, non-porous surfaces. These surfaces, such as countertops, metal instruments, and glass, do not absorb liquids, allowing the disinfectant to effectively kill bacteria, viruses, and other pathogens. Using bleach and disinfectants on these surfaces helps ensure that they remain sanitary, which is particularly important in environments like salons where hygiene is paramount. Hard, non-porous surfaces allow the chemicals to remain on the surface long enough to work effectively, ensuring a thorough disinfection process. Other types of surfaces, such as soft fabrics, skin, or wood, may not respond adequately to these disinfectants, either because the materials can absorb the chemicals which diminishes their effectiveness or because they might cause damage or irritation to those surfaces.

6. What virus is known for being highly contagious and can be transmitted through skin-to-skin contact?

- A. Human Immunodeficiency Virus**
- B. Human Papillomavirus**
- C. Hepatitis Virus**
- D. Herpes Simplex Virus**

The Human Papillomavirus (HPV) is recognized for its high contagion potential and its primary mode of transmission through skin-to-skin contact. HPV is one of the most common sexually transmitted infections, and it can be spread even when an infected person does not show any visible signs or symptoms. This characteristic makes it particularly difficult to control its spread. HPV can affect both men and women and is associated with several health issues, including genital warts and various types of cancers, such as cervical cancer. Its ability to infect areas of the skin that may not be covered by condoms further emphasizes the importance of understanding its contagious nature in the context of nail technology and personal grooming services. In contrast, other viruses listed have different modes of transmission or levels of contagion. For example, Human Immunodeficiency Virus (HIV) is primarily transmitted through blood and bodily fluids rather than casual skin contact. Hepatitis viruses are also mainly spread through blood and less so through skin contact, though Hepatitis A can be transmitted through fecal-oral routes. Herpes Simplex Virus, while also contagious through skin contact, particularly in the case of oral or genital herpes, does not have the same prevalence in the general population as HPV, especially in

7. What is the smallest, basic unit of life?

- A. Tissue
- B. Cell**
- C. Organ
- D. Organism

The smallest, basic unit of life is a cell. Cells are often referred to as the "building blocks of life" because they are the most fundamental structure capable of performing the essential functions necessary for life. Each cell carries out vital processes, including metabolism, energy production, and the replication of genetic material. Cells can exist as independent organisms, like bacteria, or they can function as part of complex multicellular organisms, where they specialize and work together to form tissues, organs, and systems. This hierarchical organization illustrates that while tissues, organs, and organisms consist of groups of cells, it is the cell itself that is the basic structural and functional unit of life. Understanding this concept is crucial in various fields, including biology, medicine, and, in the context of nail technology, understanding how the body's systems are interconnected also helps practitioners provide better care and service.

8. What is a possible symptom of paronychia?

- A. Yellowing of nails
- B. Pus and swelling around the nail**
- C. Lengthwise grooves
- D. Redness on the nail plate

Paronychia is an infection that occurs around the nail and is often characterized by inflammation of the tissue that surrounds the nail. The presence of pus and swelling around the nail is a classic symptom, indicating that an infection is present. The body's immune response to the infection leads to these symptoms as it works to fight off the offending pathogens. This condition can be caused by various factors, including trauma to the nail area, exposure to moisture, or the presence of bacteria or yeast. Other symptoms associated with paronychia can include redness and pain, but the distinct combination of pus and swelling particularly highlights the infection aspect of paronychia, making it a key indicator of the condition's presence.

9. What is a requirement of all disinfectant labels according to the Environmental Protection Agency (EPA)?

- A. Include an expiration date**
- B. Have a unique FDA number**
- C. Display an EPA registration number**
- D. List all ingredients in percentage**

For disinfectant labels according to the Environmental Protection Agency (EPA), it is essential to display an EPA registration number. This number indicates that the disinfectant has been reviewed and approved by the EPA for effectiveness against specific pathogens and for use in certain environments. The EPA registration number serves as a key identifier that helps consumers and professionals verify that a product meets safety and efficacy standards. The registration number provides assurance regarding the product's compliance with federal regulations, ensuring that it has gone through the necessary evaluations before reaching the market. This is crucial in settings like nail salons, where maintaining hygiene and safety standards is paramount. In contrast, other options mentioned do not align with requirements specified by the EPA. For instance, while some products may have expiration dates or list their ingredients, these elements are not mandated specifically in the way the EPA registration number is. Thus, understanding the significance of the EPA registration number is critical for compliance with health and safety regulations in the nail technology field.

10. What is the role of the nail matrix?

- A. Provides moisture to the nail**
- B. Produces new nail cells**
- C. Shapes the free edge**
- D. Protects the nail bed**

The nail matrix plays a crucial role in the growth and formation of the nail itself. It is located beneath the base of the nail, hidden under the cuticle, and is responsible for producing new nail cells. As these cells multiply and rise, they harden and form the visible part of the nail, known as the nail plate. This process is essential for nail growth and health, as the matrix continuously generates the cells that contribute to the length and structure of the nail. The other choices refer to functions or characteristics related to nails but do not accurately describe the primary role of the nail matrix. For instance, while moisture is important for nail health, it is not the matrix that provides moisture. The shaping of the free edge is influenced by various factors, including nail growth and filing, rather than a direct function of the matrix itself. Similarly, while the nail bed needs protection, it is primarily the function of the nail plate that offers this protective layer rather than the matrix directly. Thus, the role of the nail matrix in producing new nail cells is fundamental to nail growth and the overall health of the nails.

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://hawaiinailtechboard.examzify.com>

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