

# Junior level Safety and Sanitation Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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. How should knives be stored in a kitchen for safety?**
  - A. In a drawer without safety measures**
  - B. In a designated knife block or a protected area to prevent cuts**
  - C. Loosely in a kitchen cabinet**
  - D. Hanging from a magnetic strip above countertops**
- 2. Which of the following is NOT considered waste that must be disposed of after use?**
  - A. Hair clippings**
  - B. Used cotton rounds**
  - C. Sanitized tools**
  - D. Old nail polish**
- 3. What is the right way to store eggs in the refrigerator?**
  - A. On the refrigerator door**
  - B. In a bowl**
  - C. In their original carton on a middle shelf**
  - D. In the freezer**
- 4. How should practitioners ensure sanitation when providing hair services?**
  - A. By having clean towels and tools**
  - B. By only using disposable items**
  - C. By sterilizing tools after each use**
  - D. By limiting the number of clients**
- 5. What practice can help prevent pest infestations in food storage areas?**
  - A. Keeping areas clean and properly sealing food containers**
  - B. Using chemical repellents**
  - C. Regularly changing food locations**
  - D. Keeping doors open for ventilation**

**6. What is not considered a soiled article?**

- A. Unused razors**
- B. Used makeup brushes**
- C. Dirty towels**
- D. Contaminated tools**

**7. What temperature should the refrigerator be set at to ensure food safety?**

- A. At or below 32°F (0°C)**
- B. Between 36°F (2°C) and 38°F (3°C)**
- C. At or below 40°F (4°C)**
- D. Above 40°F (4°C)**

**8. When is it required to wear eye goggles, shields, or masks?**

- A. When using hair color**
- B. When spattering is likely to occur**
- C. When clients are allergic**
- D. When cleaning tools**

**9. What is the safest way to handle waste disposal containers in a sanitation context?**

- A. Leave them unmonitored**
- B. Keep them dirty for exposure**
- C. Ensure they are clean on the outside**
- D. Store them in the open**

**10. Which of the following is an example of a soiled item?**

- A. Cleansing wipes**
- B. Newly purchased products**
- C. A used towel that has not been laundered**
- D. A sanitized tool**

## **Answers**

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

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## **Explanations**

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**1. How should knives be stored in a kitchen for safety?**

- A. In a drawer without safety measures**
- B. In a designated knife block or a protected area to prevent cuts**
- C. Loosely in a kitchen cabinet**
- D. Hanging from a magnetic strip above countertops**

Storing knives in a designated knife block or a protected area is essential for maintaining safety in the kitchen. This method not only keeps the knives organized but also reduces the risk of accidental cuts when retrieving or handling them. Knife blocks often have spaces specifically designed to securely hold the knives, which can prevent them from sliding around and becoming a hazard. This approach also helps to keep the blades sharp, as proper storage prevents dulling and damage that can occur when knives are stored loosely or alongside other utensils. Maintaining the integrity of the knife's edge is crucial for safe and efficient cutting. While other methods of storage such as magnetic strips or hanging setups can be effective, they may expose the knives to potential accidents if someone stumbles or reaches for something above their head. Conversely, storing knives in drawers without any safety measures or loosely in cabinets poses significant risks of cuts and injuries when searching for or retrieving knives. This makes the designated knife block a superior choice for ensuring both safety and the longevity of the kitchen tools.

**2. Which of the following is NOT considered waste that must be disposed of after use?**

- A. Hair clippings**
- B. Used cotton rounds**
- C. Sanitized tools**
- D. Old nail polish**

Sanitized tools are not considered waste that must be disposed of after use because they can be reused safely. In a professional setting, like a salon or spa, tools are typically sanitized according to health and safety standards after each use to ensure they are free from contaminants. This process allows them to be safely used again on different clients, thereby promoting sustainability and cost-effectiveness in operations. In contrast, hair clippings and used cotton rounds are typically discarded after one use due to hygiene concerns. They cannot be sanitized and reused without posing a risk of spreading bacteria or viruses. Old nail polish also must be disposed of since it can dry out or become contaminated, and cannot be restored to a usable condition. Thus, the distinction lies in the ability to sanitize and safely use tools multiple times, unlike the other items listed.

### **3. What is the right way to store eggs in the refrigerator?**

- A. On the refrigerator door**
- B. In a bowl**
- C. In their original carton on a middle shelf**
- D. In the freezer**

Storing eggs in their original carton on a middle shelf is the best practice for several reasons. Firstly, the carton helps protect the eggs from absorbing strong odors and flavors from other foods in the refrigerator, as eggs are porous and can take on these odors easily. By keeping them in the carton, you help maintain their quality and freshness. Furthermore, the middle shelf of the refrigerator provides a more stable temperature compared to the door, which is subject to temperature fluctuations each time it is opened. Consistent, cool temperatures are important for preserving the eggs' quality and extending their shelf life. The other options are not ideal. Storing eggs on the refrigerator door exposes them to temperature variations, which can affect their freshness. Keeping them in a bowl may lead to accidents, such as the eggs being knocked over, and it does not provide the protective benefits of the carton. Placing eggs in the freezer is not advised, as freezing can cause the eggs to expand and crack their shells, compromising their integrity. Thus, the best method is keeping them in their original carton on a middle shelf in the refrigerator.

### **4. How should practitioners ensure sanitation when providing hair services?**

- A. By having clean towels and tools**
- B. By only using disposable items**
- C. By sterilizing tools after each use**
- D. By limiting the number of clients**

Ensuring sanitation when providing hair services involves maintaining a clean environment and using clean implements throughout the service. Having clean towels and tools is fundamental to preventing cross-contamination and the spread of bacteria, viruses, and fungi. By using sanitized towels, practitioners can provide a hygienic experience for clients, enhancing their comfort and safety. While using disposable items may seem like a straightforward method to maintain cleanliness, this practice is not always practical or necessary for every hair service. Similarly, sterilizing tools after each use, while very effective, may not be feasible in every situation, especially when considering time constraints in busy salons. Limiting the number of clients could reduce the potential for spreading contaminants but does not directly address the sanitation of tools and towels used during the services. Therefore, consistently using clean towels and tools is a foundational practice to ensure effective sanitation and hygiene in hair services.

## 5. What practice can help prevent pest infestations in food storage areas?

- A. Keeping areas clean and properly sealing food containers**
- B. Using chemical repellents**
- C. Regularly changing food locations**
- D. Keeping doors open for ventilation**

Keeping areas clean and properly sealing food containers is an essential practice in preventing pest infestations in food storage areas. Pests such as insects and rodents are often attracted to food residue and spills, as these provide a food source. By maintaining cleanliness, you reduce the chances of attracting pests. Sealing food containers effectively eliminates access points for pests to reach food, either by preventing them from entering or by making it harder for them to detect the food. Utilizing airtight containers can significantly diminish the likelihood of pests finding something to eat. Other practices, such as using chemical repellents or changing food locations, can be less effective in the long term and may not address the root causes of infestations. Keeping doors open for ventilation can inadvertently create opportunities for pests to enter, making it counterproductive. Maintaining cleanliness and proper food storage is fundamental to creating an environment that is uninviting to pests.

## 6. What is not considered a soiled article?

- A. Unused razors**
- B. Used makeup brushes**
- C. Dirty towels**
- D. Contaminated tools**

Unused razors are not considered a soiled article because they have not been used and therefore do not carry any contaminants or pathogens. In a hygiene and sanitation context, an item is classified as soiled if it has come into contact with bodily fluids, dirt, or other substances that pose a risk of infection or require cleaning. Used makeup brushes, dirty towels, and contaminated tools, on the other hand, have all been in contact with materials that can harbor bacteria or other pathogens, making them soiled. Therefore, they need to be properly cleaned or disposed of to maintain hygienic standards.

## 7. What temperature should the refrigerator be set at to ensure food safety?

- A. At or below 32°F (0°C)**
- B. Between 36°F (2°C) and 38°F (3°C)**
- C. At or below 40°F (4°C)**
- D. Above 40°F (4°C)**

Setting the refrigerator at or below 40°F (4°C) is crucial for ensuring food safety. This temperature range helps inhibit the growth of harmful bacteria that can thrive in warmer environments. Most perishable food items, such as dairy products, meats, and leftovers, remain safe to consume when stored below this temperature. When the refrigerator is maintained at 40°F or lower, it significantly reduces the risk of foodborne illnesses by slowing down the rate of bacterial growth. The ideal range of 36°F to 38°F (2°C to 3°C), while also safe, is not specified as a requirement; rather, it represents an optimal range for food storage without freezing. Setting the refrigerator temperature at or below 40°F is a general guideline recommended by food safety authorities to ensure all food remains safe for an extended period. Temperatures above 40°F can allow bacteria to multiply rapidly, increasing the risk of spoilage and foodborne illnesses. Therefore, keeping the refrigerator at or below 40°F is essential for maintaining food safety standards.

## 8. When is it required to wear eye goggles, shields, or masks?

- A. When using hair color**
- B. When spattering is likely to occur**
- C. When clients are allergic**
- D. When cleaning tools**

Wearing eye goggles, shields, or masks is essential in situations where spattering is likely to occur because it is designed to protect the eyes and face from potential hazards. This is particularly relevant in environments where chemicals, dyes, or other substances can splash or spray during application. In cases such as hair coloring or other beauty treatments, the use of these protective gear ensures that any accidental splashes do not harm the skin or enter the eyes, which could lead to irritation or injury. This safety practice is a critical aspect of maintaining a safe environment for both the service provider and the client. Other scenarios like using hair color, where accidents may happen, typically warrant caution but do not necessarily require protective goggles unless there's a significant risk of splattering. Similarly, while clients may have allergies, the main concern is often about the reaction on the skin rather than splash-related hazards. When cleaning tools, safety protocols like gloves may be more pertinent than eye protection, unless there's a risk of cleaning solutions splashing.

**9. What is the safest way to handle waste disposal containers in a sanitation context?**

- A. Leave them unmonitored**
- B. Keep them dirty for exposure**
- C. Ensure they are clean on the outside**
- D. Store them in the open**

Ensuring that waste disposal containers are clean on the outside is crucial in a sanitation context. Cleanliness of the container's exterior helps prevent the spread of contaminants and ensures that waste materials do not come into contact with individuals or surfaces unintentionally. Maintaining clean waste containers reduces the risk of odors, pests, and the potential for cross-contamination with food or other surfaces. It also contributes to the overall hygiene and safety of an environment, particularly in settings like kitchens, restaurants, or healthcare facilities where sanitation is a priority. Regular cleaning and proper handling of waste disposal containers demonstrate a commitment to maintaining a safe and hygienic space.

**10. Which of the following is an example of a soiled item?**

- A. Cleansing wipes**
- B. Newly purchased products**
- C. A used towel that has not been laundered**
- D. A sanitized tool**

A soiled item is defined as any object that has been contaminated or is dirty and needs to be cleaned or sanitized before it can be safely used again. In this context, a used towel that has not been laundered fits this definition perfectly. It likely contains bacteria, germs, or other contaminants from its previous use, making it unsafe for further use until it has been properly cleaned. Cleansing wipes, while they are designed to clean surfaces, are not soiled items themselves as they are intended for cleaning, not a result of contamination. Newly purchased products are also free from contamination, given that they haven't been used yet. A sanitized tool is one that has already been cleaned and disinfected, thus making it safe and not soiled. Therefore, the used towel stands out as the only option that requires attention before it can return to being hygienically acceptable.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://jrlevelsafetysanitation.examzify.com>**

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

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