

# Milady Standard Foundations 5 Practice Test (Sample)

## Study Guide



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

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>15</b>

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

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- 1. Quat solutions usually require how long to disinfect implements?**
  - A. 5 minutes**
  - B. 10 minutes**
  - C. 20 minutes**
  - D. 2 minutes**
  
- 2. Which parasite is commonly encountered in the salon and spa?**
  - A. Pediculous capitis**
  - B. Pediculosis pubis**
  - C. Lice parasite of the body**
  - D. Tinea corporis**
  
- 3. Which statement about disinfectants is accurate?**
  - A. They must be hypoallergenic**
  - B. They must be effective against microbes**
  - C. They must be used without gloves**
  - D. They must be edible**
  
- 4. Which of the following is capable of igniting and burning?**
  - A. A combustible**
  - B. A solvent**
  - C. Water**
  - D. Ice**
  
- 5. Which of the following is TRUE of fire extinguishers?**
  - A. They must by law be checked regularly.**
  - B. They never require maintenance.**
  - C. They must be replaced every year.**
  - D. They are for non-salon use only.**
  
- 6. Which of the following is NOT caused by a virus?**
  - A. Strep throat**
  - B. Common cold**
  - C. Influenza**
  - D. COVID-19**

- 7. Beauty and wellness professionals should change gloves \_\_**
- A. after every single use**
  - B. after every client**
  - C. when visibly soiled**
  - D. at the end of the day**
- 8. Which term describes a disease that results from workplace exposure to chemicals?**
- A. An occupational disease**
  - B. A contagious illness**
  - C. A viral infection**
  - D. An acute injury**
- 9. Which practice helps prevent cross-contamination when returning tools to storage between clients?**
- A. Cleaning and sanitizing tools after each use**
  - B. Leaving tools on the treatment table**
  - C. Reusing dirty tools**
  - D. Sharing tools with coworkers**
- 10. Which statement about indirect transmission is true?**
- A. It happens through direct contact**
  - B. It happens through air only**
  - C. It happens through contact with an intermediate object**
  - D. It happens only through water**

## Answers

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

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## **Explanations**

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**1. Quat solutions usually require how long to disinfect implements?**

- A. 5 minutes
- B. 10 minutes**
- C. 20 minutes
- D. 2 minutes

Quaternary ammonium disinfectants require a full dwell time to be effective. For implements, the solution must remain wet on the surface for about 10 minutes to kill bacteria, viruses, and fungi. If you remove the item earlier, some microbes may survive and disinfection isn't guaranteed. That's why ten minutes is the standard requirement. Shorter times, like five or two minutes, aren't sufficient to achieve complete disinfection, while twenty minutes is longer than typically needed for salon quat products. Always follow the product label, but ten minutes is the commonly required contact time for quat solutions.

**2. Which parasite is commonly encountered in the salon and spa?**

- A. Pediculous capitis**
- B. Pediculosis pubis
- C. Lice parasite of the body
- D. Tinea corporis

Recognizing which parasite is most likely to be encountered in a salon and spa. The head louse lives on the scalp and through close contact or shared hair tools like combs, brushes, caps, or towels, it spreads easily. Since salon services routinely involve close contact with the scalp and shared implements, this parasite is the one you're most likely to encounter there. The other options describe infestations that are less typical in a salon context—pubic lice in body hair, body lice on clothing, and a fungal infection such as ringworm—each with its own setting and handling, and not the common parasite involved in scalp-related services.

**3. Which statement about disinfectants is accurate?**

- A. They must be hypoallergenic
- B. They must be effective against microbes**
- C. They must be used without gloves
- D. They must be edible

Disinfectants are chemical agents used to kill or inactivate microorganisms on surfaces, helping prevent the spread of infection. The essential point is that they must be proven to be effective against microbes; without that antimicrobial activity, a product isn't fulfilling the purpose of disinfection. That's why the statement that they must be effective against microbes is the accurate one. Disinfectants aren't defined by being hypoallergenic or edible, and they're not typically used without protective gloves—gloves are commonly worn to protect skin from irritation or chemical burn during handling.

**4. Which of the following is capable of igniting and burning?**

- A. A combustible**
- B. A solvent**
- C. Water**
- D. Ice**

Ignition and burning depend on a substance acting as fuel and reaching a temperature where it will sustain oxidation. A combustible substance is defined as capable of ignition and combustion when exposed to sufficient heat in the presence of air. Water and ice aren't fuels and cannot burn; they actually absorb heat and can help extinguish flames. A solvent can be flammable, but that isn't guaranteed for all solvents and isn't a universal descriptor for burning. So, the term that best identifies something that can ignite and burn is combustible.

**5. Which of the following is TRUE of fire extinguishers?**

- A. They must by law be checked regularly.**
- B. They never require maintenance.**
- C. They must be replaced every year.**
- D. They are for non-salon use only.**

Regular maintenance and inspection keep fire extinguishers ready to work when needed. Laws and safety standards require periodic checks—often a quick monthly visual inspection to ensure the gauge is in the operable range, the pin and tamper seal are intact, and the hose isn't blocked—plus a professional maintenance service at least annually to verify charge, weight, and overall condition. This is why the statement that they must be checked regularly is true: it reflects the ongoing responsibility to keep extinguishers functional in the salon and other settings. They aren't maintenance-free, nor are they replaced every year as a blanket rule. And extinguishers are appropriate for use in salons, not just outside of them.

**6. Which of the following is NOT caused by a virus?**

- A. Strep throat**
- B. Common cold**
- C. Influenza**
- D. COVID-19**

The main idea here is distinguishing whether an illness is caused by bacteria or by a virus. Strep throat is not viral; it's caused by the bacterium *Streptococcus pyogenes* (group A strep). Because it's bacterial, antibiotics can treat it. The other conditions listed are viral infections: the common cold is typically due to rhinoviruses and other viruses, influenza is caused by influenza viruses, and COVID-19 is caused by the SARS-CoV-2 virus. Understanding this difference helps guide treatment, since antibiotics won't help viral illnesses but are appropriate for bacterial ones like strep throat.

7. Beauty and wellness professionals should change gloves \_\_

**A. after every single use**

**B. after every client**

**C. when visibly soiled**

**D. at the end of the day**

Infection control and cross-contamination prevention are at the heart of this. Disposable gloves are a barrier between you and clients, and they're meant to be single-use. Changing gloves after every single use ensures that any bacteria, body fluids, or chemical residues from one client or task aren't carried to the next. If you wait until gloves are visibly soiled or end the day without changing, you open the door to transferring contaminants. The safest, most accepted practice is to apply fresh gloves before starting each new client or service and dispose of them after finishing, followed by hand hygiene.

8. Which term describes a disease that results from workplace exposure to chemicals?

**A. An occupational disease**

**B. A contagious illness**

**C. A viral infection**

**D. An acute injury**

The main idea is that some illnesses arise specifically because of conditions in the work environment. When exposure to chemicals at work leads to illness, that condition is called an occupational disease. It develops from the workplace hazard and is not something you catch from another person. It's not a contagious illness, and it isn't caused by a virus. An acute injury is a sudden harm from an incident, which is a different concept from a disease caused by ongoing exposure. So the best term for a disease resulting from workplace chemical exposure is occupational disease.

9. Which practice helps prevent cross-contamination when returning tools to storage between clients?

**A. Cleaning and sanitizing tools after each use**

**B. Leaving tools on the treatment table**

**C. Reusing dirty tools**

**D. Sharing tools with coworkers**

The main idea is preventing cross-contamination by cleaning and sanitizing tools after each client before putting them away. Cleaning removes residue, which allows sanitizing to work effectively, and sanitizing lowers the microbial count to a safe level. Storing tools after they've been cleaned and sanitized in a clean container or designated storage keeps them ready for the next client and prevents transfer of germs. Leaving dirty tools out on the treatment table, reusing dirty tools, or sharing tools with coworkers all increase the risk of spreading bacteria or viruses between clients. So, cleaning and sanitizing between uses is the best practice for keeping tools safe when returning them to storage.

**10. Which statement about indirect transmission is true?**

- A. It happens through direct contact**
- B. It happens through air only**
- C. It happens through contact with an intermediate object**
- D. It happens only through water**

Indirect transmission involves a mediator between the source and the new host. The statement about contact with an intermediate object captures this idea, as a contaminated object (fomite) can transfer the pathogen when touched and then contacted to the mouth, nose, or eyes. Direct transmission, by contrast, happens with immediate person-to-person contact. Saying it occurs only through air or only through water mischaracterizes indirect transmission, which can involve various vehicles beyond a single medium.

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

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

**<https://miladyfoundations5.examzify.com>**

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

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