

Nevada State Board Nail Technician Theory Practice Exam (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. In Zone 1 of a pink-and-white acrylic service, what feature is created by using a bead?**
 - A. Free edge thickness**
 - B. Center bead highlight**
 - C. Smile line**
 - D. Cuticle line**

- 2. Which body system circulates blood throughout the body?**
 - A. Nervous system**
 - B. Respiratory system**
 - C. Circulatory system**
 - D. Digestive system**

- 3. When filing what kind of strokes should the nail technician use?**
 - A. Short strokes**
 - B. Circular motions**
 - C. Diagonal strokes**
 - D. Long strokes**

- 4. What term describes spherical bacteria?**
 - A. Cocci**
 - B. Bacilli**
 - C. Spirilla**
 - D. Vibrios**

- 5. Which product is used to soften the cuticles?**
 - A. Cuticle remover**
 - B. Nail polish remover**
 - C. Base coat**
 - D. Top coat**

- 6. What is the correct action if a client reports a contagious condition at check-in?**
- A. Do not perform service; reschedule; recommend medical evaluation; sanitize tools.**
 - B. Proceed with the service with extra precautions.**
 - C. Do not perform service; reschedule; recommend medical evaluation; ensure tools sanitized.**
 - D. Only sanitize tools and continue.**
- 7. Which sequence best describes the proper order for processing tools in a nail salon?**
- A. Clean, sanitize, then disinfect; use sterile or properly disinfected tools between clients**
 - B. Sanitize, disinfect, then clean**
 - C. Disinfect, sanitize, then clean**
 - D. Clean, disinfect, then sanitize**
- 8. Which action is commonly prohibited in nail salons by regulatory rules?**
- A. Performing medical diagnosis or treatment.**
 - B. Using a clean nail file.**
 - C. Providing aftercare advice.**
 - D. Scheduling an appointment.**
- 9. Which part of the brain controls motor function, muscle movement and balance?**
- A. Cerebrum**
 - B. Brainstem**
 - C. Hypothalamus**
 - D. Cerebellum**
- 10. Over exposure in the salon can occur in all of the following ways EXCEPT**
- A. Not washing hands after service**
 - B. Reusing disposable towels**
 - C. Eating or drinking in the work area**
 - D. Wearing protective equipment**

Answers

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

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Explanations

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1. In Zone 1 of a pink-and-white acrylic service, what feature is created by using a bead?

- A. Free edge thickness**
- B. Center bead highlight**
- C. Smile line**
- D. Cuticle line**

In pink-and-white nails, the white tip is created by placing a bead right at the free edge and shaping it into a curved line. This bead defines the boundary where the pink bed ends and the white tip begins, producing the distinct smile line. The smile line is the characteristic curved white edge that gives the nail its signature look. A bead in that zone isn't about the overall thickness of the edge, nor about a center highlight or the line near the cuticle; it specifically forms the tip's curved white boundary, i.e., the smile line.

2. Which body system circulates blood throughout the body?

- A. Nervous system**
- B. Respiratory system**
- C. Circulatory system**
- D. Digestive system**

Blood is circulated throughout the body by the circulatory system, which includes the heart, blood vessels, and blood. Its primary job is to transport oxygen and nutrients to tissues and carry away carbon dioxide and other wastes, helping tissues function and maintain balance. The nervous system coordinates actions and signals, the respiratory system exchanges gases in the lungs, and the digestive system breaks down food for energy and nutrients. Because moving blood and what it carries is the circulatory system's defining role, it is the system responsible for circulating blood.

3. When filing what kind of strokes should the nail technician use?

- A. Short strokes**
- B. Circular motions**
- C. Diagonal strokes**
- D. Long strokes**

Long, smooth strokes keep the nail surface even and control the shaping process. They cover more surface in a single pass, so you reduce friction and heat buildup, which minimizes micro-damage to the nail plate. This approach also helps create a uniform edge without ridges or splits that can come from repeated small passes. Circular motions tend to gouge or lift the nail and can leave uneven texture, while diagonal strokes can produce irregular edges. By filing with long, steady strokes (usually from the cuticle area toward the free edge) with light, even pressure, you achieve a clean, smooth shape efficiently and safely.

4. What term describes spherical bacteria?

- A. Cocci**
- B. Bacilli**
- C. Spirilla**
- D. Vibrios**

Spherical bacteria are described as cocci. In microbiology, shape is a primary way bacteria are categorized, and cocci refer specifically to round, ball-like cells. They can appear alone or in various arrangements such as pairs (diplococci), chains (streptococci), or clusters (staphylococci), but the key feature is their round shape. Other common forms include bacilli (rod-shaped), spirilla (spiral), and vibrios (curved rods). Recognizing cocci helps with identifying organisms and understanding potential infection patterns, which reinforces the importance of proper sanitation and disinfection in nail and skin care settings.

5. Which product is used to soften the cuticles?

- A. Cuticle remover**
- B. Nail polish remover**
- C. Base coat**
- D. Top coat**

Softening the skin around the nail is done with a product designed to loosen the cuticle so it can be gently pushed back or removed. A cuticle remover specifically targets the cuticle, dissolving or loosening the keratin to make grooming safer and more efficient. This step is separate from polishing or protecting the nail: nail polish remover takes off polish, while base coat and top coat are used for adhesion and finish of the color, not for cuticle treatment.

6. What is the correct action if a client reports a contagious condition at check-in?

- A. Do not perform service; reschedule; recommend medical evaluation; sanitize tools.**
- B. Proceed with the service with extra precautions.**
- C. Do not perform service; reschedule; recommend medical evaluation; ensure tools sanitized.**
- D. Only sanitize tools and continue.**

Contagious conditions require stopping the service and following strict infection-control steps to protect others. If a client reports a contagious condition at check-in, you should not perform the nail service. Instead, you reschedule the appointment and encourage the client to seek medical evaluation to determine when they are no longer contagious. This protects other clients and staff from potential transmission and aligns with professional and regulatory expectations. Before the next client is served, ensure that all tools and implements are thoroughly cleaned and properly sanitized, and that work areas and common surfaces are disinfected according to your salon's policies and applicable guidelines. This approach prioritizes safety, minimizes risk of cross-contamination, and maintains a responsible standard of care.

7. Which sequence best describes the proper order for processing tools in a nail salon?

- A. Clean, sanitize, then disinfect; use sterile or properly disinfected tools between clients**
- B. Sanitize, disinfect, then clean**
- C. Disinfect, sanitize, then clean**
- D. Clean, disinfect, then sanitize**

Cleaning first removes debris and organic matter that can shield microbes, letting the following steps work properly. After cleaning, sanitizing reduces the number of microbes to a safe level on items that may come into contact with clients. Then disinfecting takes care of a wider range of pathogens, providing a higher level of microbial kill for tools that have touched clients. Between clients, using sterile tools or ones that have been properly disinfected ensures no cross-contamination occurs. If you skip cleaning or try to sanitize or disinfect in a different order, debris and residue can protect microbes and reduce the effectiveness of the chemical treatments, increasing the risk of transmission between clients.

8. Which action is commonly prohibited in nail salons by regulatory rules?

- A. Performing medical diagnosis or treatment.**
- B. Using a clean nail file.**
- C. Providing aftercare advice.**
- D. Scheduling an appointment.**

Understanding the limits of a nail technician's role is key here. Regulatory rules define a nail tech's work as performing manicures and pedicures, maintaining sanitation, and giving general client guidance within the scope of non-medical services. Diagnosing or treating medical conditions falls outside that scope and is reserved for licensed healthcare professionals. Attempting to diagnose a condition or prescribe or carry out medical treatment could harm a client and may violate licensing laws and professional regulations. When a client shows signs of a medical issue, the appropriate action is to refer them to a physician or other qualified professional. By contrast, using a clean nail file supports proper sanitation routines, providing aftercare advice is a normal part of client education, and scheduling an appointment is a standard administrative task. These activities stay within the permitted scope and are commonly practiced in salons under regulatory guidelines.

9. Which part of the brain controls motor function, muscle movement and balance?

- A. Cerebrum**
- B. Brainstem**
- C. Hypothalamus**
- D. Cerebellum**

The part of the brain that coordinates and smooths movement, supports balance, and helps with motor timing is the cerebellum. It sits at the back of the brain and doesn't start movement itself. Instead, it constantly receives information about your intended actions from the motor areas of the brain and real-time sensory feedback from muscles, joints, and the inner ear. By comparing what you plan to do with what your body is actually doing, the cerebellum sends precise corrections to the motor pathways to adjust posture, refine coordination, and keep movements smooth and balanced. When this area is not functioning properly, movements can become clumsy and uncoordinated—a condition known as ataxia—often with tremors during motion and difficulty with tasks requiring precise timing or rapid, alternating movements. In contrast, other brain regions have different roles: the cerebrum's motor areas initiate voluntary movement, the brainstem manages essential life-sustaining functions, and the hypothalamus regulates autonomic processes and hormones.

10. Over exposure in the salon can occur in all of the following ways EXCEPT

- A. Not washing hands after service**
- B. Reusing disposable towels**
- C. Eating or drinking in the work area**
- D. Wearing protective equipment**

Overexposure happens when safety practices are neglected and hazardous substances or microbes can contact skin, eyes, or mucous membranes. Not washing hands after a service leaves both chemical residues and potential pathogens on the hands, which can transfer to clients, tools, or surfaces and increase your own exposure. Reusing disposable towels can carry contaminants from one client to another and onto the work environment, elevating the risk of spread. Eating or drinking in the work area creates a direct route for ingesting chemicals or pathogens and also promotes cross-contamination as hands and surfaces become vehicles for transfer. Wearing protective equipment, on the other hand, acts as a barrier that reduces contact with these hazards, lowering exposure risk. Because of that protective equipment is the one option that does not contribute to overexposure, making it the correct choice for the exception.

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://nvboardnailtechtheory.examzify.com>

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

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