

# NEVADA STATE BOARD NAIL TECHNICIAN THEORY PRACTICE EXAM (SAMPLE)

**STUDY GUIDE**



**SAMPLE STUDY GUIDE  
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

<https://nvboardnailtechtheory.examzify.com>



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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. Which of the following is not one of the three levels of infection control?**
  - A. Sanitation
  - B. Disinfection
  - C. Sterilization
  - D. Decontamination
  
- 2. During which phase are the steps 'Ask, Analyze, Assess' used?**
  - A. Delivery Phase
  - B. Consultation Phase
  - C. Closure Phase
  - D. Preparation Phase
  
- 3. Which nerve extends down the little finger side of the arm into the palm?**
  - A. Ulnar
  - B. Radial
  - C. Median
  - D. Axillary
  
- 4. An infection confined to a small area, indicated by a pus-filled boil or inflammation, is called a:**
  - A. Local infection
  - B. Systemic infection
  - C. Chronic infection
  - D. Acute infection
  
- 5. Which type of electric file has a small hand piece that is attached to a small box that holds the motor?**
  - A. Pistol grip
  - B. Table file
  - C. Pen file
  - D. Cordless file

- 6. What type of polish should be applied right after an application of base coat?**
- A. One coat of colored polish
  - B. Clear polish
  - C. Two coats of colored polish
  - D. Base coat
- 7. How should waste from chemical spills be disposed?**
- A. Dump into the normal trash.
  - B. Dispose of waste according to regulations.
  - C. Flush down the sink.
  - D. Burn it.
- 8. What product is used to seal the colored polish and help prevent it from chipping?**
- A. Top coat
  - B. Base coat
  - C. Cuticle oil
  - D. Clear polish
- 9. What step should be performed right before applying polish to the fingernails?**
- A. cleaning under nails
  - B. massage movements on arm and hands
  - C. filling nails
  - D. applying lotion
- 10. What is the proper practice for tool hygiene between clients?**
- A. Disinfect all tools between clients
  - B. Wipe with a dry cloth
  - C. Reuse without cleaning
  - D. Only wash with soap and water



## **Answers**

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

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## **Explanations**

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## 1. Which of the following is not one of the three levels of infection control?

- A. Sanitation
- B. Disinfection
- C. Sterilization
- D. Decontamination**

*Infection control is organized into three levels that describe how thoroughly you reduce or eliminate microbes: sanitation, disinfection, and sterilization. Sanitation involves cleaning to remove dirt and reduce microbial load to a safe level. Disinfection uses chemical agents to kill most pathogenic organisms on surfaces or instruments that don't penetrate the body. Sterilization is the highest level, destroying all forms of microbial life, including spores, for items that will contact sterile tissues or breach the skin. Decontamination is the overall process of removing or reducing contaminants from equipment and surfaces so they're safe to handle and ready to undergo cleaning, disinfection, or sterilization. Because it's a broad process rather than a discrete level of control, it isn't counted among the three levels. In practice, you often start with decontamination (cleaning) before moving on to disinfection or sterilization.*

## 2. During which phase are the steps 'Ask, Analyze, Assess' used?

- A. Delivery Phase
- B. Consultation Phase**
- C. Closure Phase
- D. Preparation Phase

*These steps are part of the client consultation, which happens before any service. Asking questions gathers essential information about medical history, allergies, current nail or skin conditions, and the client's goals. Analyzing means interpreting those answers to identify contraindications, risks, or special considerations. Assessing involves evaluating the client's needs and preferences to determine a safe, suitable service plan and product choices. This pre-service dialogue ensures the tech can tailor the service, prevent reactions or injuries, and set accurate expectations. The other phases focus on performing the service, preparing the workspace, or wrapping up with aftercare, and don't center on gathering and interpreting client information.*

## 3. Which nerve extends down the little finger side of the arm into the palm?

- A. Ulnar**
- B. Radial
- C. Median
- D. Axillary

*This question is about which nerve travels along the inner (ulnar) side of the forearm and into the palm. The ulnar nerve follows the ulna down the inner arm, passes behind the elbow near the medial epicondyle, and then continues into the hand through Guyon's canal. In the hand it provides sensation to the little finger and the medial portion of the ring finger and supplies many intrinsic hand muscles. That path explains why this nerve reaches the palm on the little finger side. The other nerves don't follow that route into the palm on the little finger side: the radial nerve stays on the lateral/posterior side of the arm and hand, the median nerve travels down the center toward the thumb side of the palm, and the axillary nerve stays up near the shoulder and does not extend into the hand.*

**4. An infection confined to a small area, indicated by a pus-filled boil or inflammation, is called a:**

- A. Local infection**
- B. Systemic infection
- C. Chronic infection
- D. Acute infection

*Infections are categorized by how far the invader travels in the body. When it stays confined to one small area, like around a nail or a localized boil, that's a local infection. The pus and inflammation you see are signs the body is fighting at that single site, without the organisms circulating to distant parts. If it were systemic, the infection would spread through the bloodstream or lymphatic system and cause symptoms beyond the local area, such as fever or fatigue. Chronic and acute describe how long and how severe the infection is, not where it's located, and the defining feature here is that the infection remains in a single, limited spot.*

**5. Which type of electric file has a small hand piece that is attached to a small box that holds the motor?**

- A. Pistol grip
- B. Table file**
- C. Pen file
- D. Cordless file

*Understanding how electric files are set up helps identify the right type. The description—a small handpiece that is attached to a small box housing the motor—fits a table-top electric file. In this design, the motor isn't in the handpiece; it sits in a separate control box on the table and the handpiece connects to it with a cord. This arrangement is what most exam questions point to when describing a table-top unit. Cordless files use an internal battery in the handpiece, so there isn't a motor box on the table. Pistol grip and pen file refer to the shape of the handpiece, not the motor housing, which is why the distinctive table-top motor box is the giveaway here.*

**6. What type of polish should be applied right after an application of base coat?**

- A. One coat of colored polish
- B. Clear polish
- C. Two coats of colored polish**
- D. Base coat

*After base coat, you build color in two coats of colored polish. The first colored coat smooths and begins the color, while the second coats deepens the pigment and ensures full opacity and an even, uniform finish. The base coat stays beneath to protect the nail and help adhesion, and a top coat would come after to seal in the color and add shine. A single coat of color often doesn't provide full coverage, and clear polish wouldn't give the desired color.*

## 7. How should waste from chemical spills be disposed?

- A. Dump into the normal trash.
- B. Dispose of waste according to regulations.**
- C. Flush down the sink.
- D. Burn it.

*Proper disposal of chemical spill waste follows regulations to protect people and the environment. In a nail salon, spill residues can be flammable, toxic, or reactive, and disposing them incorrectly can contaminate water systems, soils, or air and create health hazards. The correct approach is to dispose of waste according to regulations. This means collecting spill debris and saturated absorbents in approved, clearly labeled containers, sealing and storing them separately from regular trash, and arranging disposal with a licensed hazardous-waste contractor or according to local, state, and federal rules. Always check the material's safety data sheet for specific disposal guidance and follow any site or regulatory procedures. Never dump spill waste into the normal trash, down the sink, or burn it, as those methods bypass safeguards and can violate laws while risking safety and the environment.*

## 8. What product is used to seal the colored polish and help prevent it from chipping?

- A. Top coat**
- B. Base coat
- C. Cuticle oil
- D. Clear polish

*Sealing the colored polish with a protective layer is what a top coat does. It forms a hard, flexible film over the pigment as it dries, creating a barrier that resists wear and helps prevent chipping. This layer also adds shine and helps the color last longer by locking it in. The base coat is placed under color to help adhesion and protect the nail, not to seal the color. Cuticle oil moisturizes the cuticle area and doesn't provide the sealing action. Clear polish is simply a colorless layer, which can protect the nail, but it isn't specifically formulated to seal and prevent chipping as effectively as a top coat.*

## 9. What step should be performed right before applying polish to the fingernails?

- A. cleaning under nails
- B. massage movements on arm and hands**
- C. filling nails
- D. applying lotion

*Giving a hand and arm massage is the step to perform right before applying polish. This helps relax the client, improves circulation, and prepares the hands for the polish application by settling the muscles and skin. After the massage, any lotion or oil should be wiped away so the nails are clean and dry, which is crucial for good polish adhesion. The other tasks—like cleaning under the nails or shaping—are part of prep done earlier in the service, and applying lotion too close to the polish can interfere with adhesion, which is why the massage is the appropriate preceding step.*

**10. What is the proper practice for tool hygiene between clients?**

**A. Disinfect all tools between clients**

B. Wipe with a dry cloth

C. Reuse without cleaning

D. Only wash with soap and water

*Between clients, any tool that touches skin or nails needs to be properly cleaned and disinfected. Cleaning removes visible dirt and debris, and disinfection then kills or inactivates the microbes that could be transferred to the next client. Simply wiping with a dry cloth or washing with soap and water isn't enough to guarantee safety, and reusing tools without cleaning creates a real cross-contamination risk. If a tool is disposable, use a new one for every client; if it's reusable, follow the cleaning steps and use an EPA-registered disinfectant with the correct contact time. This practice protects clients and aligns with standard infection-control requirements.*

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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://nvboardnailtechtheory.examzify.com>

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

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