

# North Dakota Board of Cosmetology Laws, Rules & Regulations 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. What must separate a salon from living quarters according to the regulations?**
  - A. Soundproofing materials**
  - B. A complete partitioning with solid, self-closing doors**
  - C. A shared lobby area**
  - D. Window barriers**
  
- 2. What types of services do licensed cosmetologists provide?**
  - A. Only hair cutting and styling**
  - B. Services include hair cutting, styling, coloring, skin care, and nail care**
  - C. Only skin care and nail care**
  - D. Services are limited to hair coloring and nail services**
  
- 3. What is the penalty fee for a cosmetologist?**
  - A. \$25**
  - B. \$50**
  - C. \$15**
  - D. \$20**
  
- 4. Why are sanitation and infection control important in cosmetology?**
  - A. They are only necessary for limited services**
  - B. They are critical for safety and health standards**
  - C. They are regulated by the clients**
  - D. They are optional in small salons**
  
- 5. What is required in the layout of a cosmetology school to maintain safety?**
  - A. Office space only**
  - B. Business office, reception room, and practice rooms**
  - C. Separate building for all facilities**
  - D. Only classrooms and hallways**

- 6. What materials are classified as "non porous"?**
- A. Paper and cloth**
  - B. Wood and rubber**
  - C. Metal, glass, and plastic**
  - D. Concrete and soil**
- 7. How should solid waste be stored and collected in salons?**
- A. So as to avoid health hazards**
  - B. In open containers**
  - C. Without any specific regulations**
  - D. In shared spaces with food**
- 8. What must salons and schools have for their water supply?**
- A. Unregulated water from any source**
  - B. Safe water supply approved by the local Health Authority**
  - C. Water only from bottled sources**
  - D. Water from home supplies**
- 9. What training is required to become an instructor at a cosmetology school?**
- A. No formal training is required**
  - B. Instructors must complete a short course on teaching techniques**
  - C. Instructors must have additional training and hold a valid cosmetology instructor license**
  - D. Instructors need only have experience in the cosmetology field**
- 10. How often must a cosmetologist renew their license in North Dakota?**
- A. Every year**
  - B. Every two years**
  - C. Every five years**
  - D. Every month**

## **Answers**

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

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## **Explanations**

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**1. What must separate a salon from living quarters according to the regulations?**

**A. Soundproofing materials**

**B. A complete partitioning with solid, self-closing doors**

**C. A shared lobby area**

**D. Window barriers**

In the context of North Dakota's regulations for cosmetology establishments, a complete partitioning with solid, self-closing doors is essential to maintain a clear boundary between a salon and living quarters. This requirement is in place to ensure both health and safety standards. Solid partitions help to prevent the potential spread of chemicals or other salon-related substances into living areas, which can be hazardous to residents. Additionally, self-closing doors provide an extra layer of security and ensure that the salon area remains isolated from personal living spaces, enhancing privacy and reducing noise distractions. Other choices, while they may seem practical, do not fulfill the regulatory requirements as effectively. For example, soundproofing materials alone do not provide the necessary physical barrier that the law mandates. Shared lobby areas and window barriers may be insufficient in terms of privacy and contamination prevention, failing to create a complete physical separation that a solid partition with self-closing doors offers. Therefore, adherence to this regulation protects both the clients receiving salon services and the residents of the living quarters.

**2. What types of services do licensed cosmetologists provide?**

**A. Only hair cutting and styling**

**B. Services include hair cutting, styling, coloring, skin care, and nail care**

**C. Only skin care and nail care**

**D. Services are limited to hair coloring and nail services**

Licensed cosmetologists provide a comprehensive range of beauty and personal care services that encompass multiple areas of expertise. This includes hair cutting, styling, and coloring, as well as skin care services, including facials and other treatments. Additionally, they offer nail care services such as manicures and pedicures. This broad scope of services allows cosmetologists to address various client needs in the beauty and wellness industry, making them versatile professionals within the field. The other choices limit the services provided to specific areas, which does not represent the full training and capabilities that licensed cosmetologists possess. For instance, restricting services to only hair or only skin and nail care overlooks the extensive training that covers all aspects of beauty treatment. Thus, the correct choice reflects the complete array of services that licensed cosmetologists are qualified to offer.

### 3. What is the penalty fee for a cosmetologist?

- A. \$25
- B. \$50**
- C. \$15
- D. \$20

The penalty fee for a cosmetologist, set by the North Dakota Board of Cosmetology, is \$50. This amount is established as part of enforcing regulations and ensuring compliance within the cosmetology profession. The fee serves as a deterrent against non-compliance and helps maintain professionalism within the industry. The specific amount is important for cosmetologists to be aware of, as it underscores the financial implications of failing to adhere to licensing standards or other state regulations. Understanding this fee can help cosmetologists stay informed about the potential consequences of their professional practices, thereby encouraging adherence to the laws governing their profession.

### 4. Why are sanitation and infection control important in cosmetology?

- A. They are only necessary for limited services
- B. They are critical for safety and health standards**
- C. They are regulated by the clients
- D. They are optional in small salons

Sanitation and infection control are critical for safety and health standards in the field of cosmetology because they protect both clients and practitioners from harmful pathogens, such as bacteria, viruses, and fungi. Maintaining a clean and hygienic environment is essential to prevent the spread of infections and diseases that can occur through various services, such as haircuts, manicures, and skin treatments. The regulation of sanitation is also mandated by professional boards and health agencies to ensure that all licensed cosmetologists adhere to these standards. This is important not only for compliance with the law but also for fostering trust between clients and service providers, ensuring that clients feel safe and cared for during their grooming experiences. Proper sanitation practices contribute to higher quality services and help in establishing a professional reputation. In contrast, the incorrect options suggest misconceptions about sanitation practices in cosmetology. Limited services do not diminish the need for sanitation, as even simple procedures can pose risks if proper infection control measures are not followed. Clients do not regulate sanitation; it is the responsibility of the professionals providing the services. Lastly, sanitation and infection control are never optional, regardless of the size of the salon, as these practices are foundational to client safety and public health.

## 5. What is required in the layout of a cosmetology school to maintain safety?

A. Office space only

**B. Business office, reception room, and practice rooms**

C. Separate building for all facilities

D. Only classrooms and hallways

Maintaining safety in a cosmetology school is crucial, and having specific areas designated for different functions helps achieve this goal. A layout that includes a business office, a reception room, and practice rooms ensures that the school can operate efficiently while providing a safe and organized environment for students and clients. The business office serves as the administrative hub, which can help manage operations and maintain communication. The reception room acts as a welcoming area for clients and can help control the flow of people in the school, providing a clear distinction between public and private spaces. Practice rooms are essential for hands-on training, ensuring students have the necessary facilities to develop their skills safely under supervision. This comprehensive layout addresses various aspects of safety, such as crowd management and separation of work areas to minimize risks associated with the practice of cosmetology, like chemical use, sharp tools, and client interactions. Properly designed spaces can also facilitate compliance with health regulations and best practices in sanitation and hygiene. In contrast, a layout that includes only office space or focuses solely on classrooms and hallways would not provide the necessary infrastructure for safe and effective learning and operations. A separate building for all facilities is impractical in many situations, as it could create inefficiencies and complicate supervision and resource management. Therefore

## 6. What materials are classified as "non porous"?

A. Paper and cloth

B. Wood and rubber

**C. Metal, glass, and plastic**

D. Concrete and soil

Materials classified as "non-porous" have a surface that does not allow liquids or air to penetrate. This characteristic is essential in the cosmetology field for maintaining hygiene and preventing the growth of bacteria and other pathogens. Non-porous materials can be easily cleaned and disinfected, which is crucial in salons and spas where clients expect a safe and sanitary environment. Metal, glass, and plastic fall into the non-porous category because they do not absorb fluids or moisture. For instance, stainless steel tools can be sterilized after use, while glass surfaces can be wiped down and disinfected thoroughly. Plastic tools are also designed to resist moisture uptake, making them suitable for repeated use without the risk of contamination. In contrast, paper and cloth are porous materials that can absorb liquids, making them less ideal for direct contact in a cosmetology setting where sanitation is paramount. Wood, while durable, is often treated as porous because it can absorb moisture and harbor bacteria. Concrete and soil, being constructions of natural and granular materials, are also classified as porous due to their ability to allow airflow and moisture penetration. Therefore, the choice of metal, glass, and plastic as non-porous materials is correct and aligns with industry standards for maintaining hygiene and safety

**7. How should solid waste be stored and collected in salons?**

- A. So as to avoid health hazards**
- B. In open containers**
- C. Without any specific regulations**
- D. In shared spaces with food**

The correct approach to storing and collecting solid waste in salons is to do so in a manner that avoids health hazards. This means utilizing proper waste management practices to minimize risks associated with unsanitary conditions, such as the potential for infestations, odors, or the spread of pathogens. Salons generate various types of waste, including hair clippings, chemical containers, and hygienic materials, all of which must be managed carefully to ensure a safe and clean environment for both clients and staff. In contrast, utilizing open containers would increase the likelihood of spills, cross-contamination, and exposure to waste materials, which poses significant health risks. Having no specific regulations for waste management contradicts established health codes designed to protect public health. Additionally, storing solid waste in shared spaces with food presents serious health risks due to the possibility of contaminants being transferred or food being spoiled. Therefore, adhering to guidelines that prioritize safety and hygiene is essential in salon operations.

**8. What must salons and schools have for their water supply?**

- A. Unregulated water from any source**
- B. Safe water supply approved by the local Health Authority**
- C. Water only from bottled sources**
- D. Water from home supplies**

Salons and schools must have a safe water supply approved by the local Health Authority to ensure that the water used for various services is clean and free from contaminants. This is crucial for maintaining hygiene standards and protecting the health of both clients and practitioners. The local Health Authority conducts inspections and provides guidelines on acceptable sources of water, ensuring that all establishments meet necessary public health and safety requirements. Using an approved water supply helps prevent the spread of infections and other health-related issues that can arise from using unregulated or contaminated water sources.

**9. What training is required to become an instructor at a cosmetology school?**

- A. No formal training is required**
- B. Instructors must complete a short course on teaching techniques**
- C. Instructors must have additional training and hold a valid cosmetology instructor license**
- D. Instructors need only have experience in the cosmetology field**

To become an instructor at a cosmetology school, it is essential to have additional training and hold a valid cosmetology instructor license. This requirement ensures that prospective instructors not only possess a comprehensive understanding of cosmetology practices but also have the pedagogical skills necessary to teach and guide students effectively. The rationale for requiring a dedicated instructor license is to ensure that educators are well-versed in both the technical aspects of cosmetology and the educational methodologies appropriate for teaching. This dual expertise is critical in fostering an effective learning environment where students can acquire practical skills and theoretical knowledge. In many jurisdictions, including North Dakota, having this specialized training aligns with professional standards meant to maintain the quality of education within the cosmetology field. It ensures that instructors are equipped with the tools needed to mentor students, assess their progress, and prepare them for successful careers in cosmetology.

**10. How often must a cosmetologist renew their license in North Dakota?**

- A. Every year**
- B. Every two years**
- C. Every five years**
- D. Every month**

In North Dakota, cosmetologists are required to renew their licenses every two years. This renewal period aligns with standard practices in many states, allowing professionals in the cosmetology field to maintain their skills and stay updated on regulations, techniques, and safety practices. The biennial renewal process ensures that cosmetologists are keeping their knowledge current, which ultimately benefits both the professionals and their clients by promoting high standards of service and safety. Choosing an annual renewal would place an unnecessary administrative burden on both the licensees and the regulatory agency, while a five-year renewal might not sufficiently ensure that professionals are consistently adhering to updated standards or completing necessary continuing education. Monthly renewals would be impractical and disruptive to the industry, making it clear that the correct requirement is a two-year renewal period.

## 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://ndcosmetologylawrulesreg.examzify.com>**

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

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