

OHA Natural Hair Care Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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

SAMPLE

- 1. How can the effectiveness of moisturizing conditioners be enhanced?**
 - A. By applying them on dry hair**
 - B. By using them at room temperature**
 - C. Through the application of heat or steam**
 - D. By mixing them with cold water**
- 2. Which hairstyle is primarily meant to create a cylindrical shape?**
 - A. Nubian Coils**
 - B. Flat twists**
 - C. Double-strand twists**
 - D. Braid-out styles**
- 3. What common problem is associated with high porosity hair?**
 - A. Minimal gap between hair strands**
 - B. Inability to retain moisture**
 - C. Excessive shine**
 - D. Rapid growth**
- 4. Can wearing tight hairstyles affect hair health?**
 - A. No, they have no impact**
 - B. Yes, it can cause traction alopecia**
 - C. Only if worn for extended periods**
 - D. Only in people with fine hair**
- 5. What is a key feature of Bantu Knots?**
 - A. They are only done with straight hair**
 - B. They can be secured with bobby pins or elastic bands**
 - C. They require the use of heated tools**
 - D. They can only be done on dry hair**

6. Why is public access to certificates and licenses important in the beauty industry?

- A. To ensure transparency and accountability**
- B. To provide data for market research**
- C. To help in advertising services**
- D. To comply with insurance requirements**

7. Who oversees compliance with the rules and regulations in licensed facilities?

- A. Local health departments**
- B. The office's representative**
- C. Facility management**
- D. The practitioners themselves only**

8. New and disinfected tools must be stored how?

- A. With soiled tools**
- B. Alongside used tools for easy access**
- C. Separately from all others**
- D. In any container regardless of cleanliness**

9. What is characteristic of a Double-strand twist?

- A. It requires the use of hair products to hold**
- B. It can be achieved on wet or dry hair for different effects**
- C. It must be done with hair extensions**
- D. It creates a straight appearance**

10. Which advantage does synthetic hair provide in styling?

- A. Timeless color that requires recoloring**
- B. Great durability with low maintenance**
- C. A realistic feel compared to natural hair**
- D. Easy styling with high heat options**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. How can the effectiveness of moisturizing conditioners be enhanced?

- A. By applying them on dry hair**
- B. By using them at room temperature**
- C. Through the application of heat or steam**
- D. By mixing them with cold water**

The effectiveness of moisturizing conditioners is significantly enhanced through the application of heat or steam. Heat increases the permeability of the hair cuticle, allowing the conditioner to penetrate deeper into the hair shaft. This results in greater moisture retention and can lead to healthier-looking hair. Additionally, heat can help to activate certain ingredients within the conditioner that may work better when heated, further improving their efficacy. Using heat or steam also promotes better distribution of the conditioner throughout the hair, ensuring that every strand receives the necessary hydration. This method is often employed in salon treatments, where a heated cap or steamer is used to intensify the effects of the moisturizing conditioner. Other methods, such as applying conditioners on dry hair or mixing them with cold water, may not provide the same level of effectiveness due to the lack of cuticle opening that occurs with heat. Room temperature may not facilitate significant changes in the hair structure compared to the benefits offered by heat, thus limiting the potential of the conditioner to fully moisturize and nourish the hair.

2. Which hairstyle is primarily meant to create a cylindrical shape?

- A. Nubian Coils**
- B. Flat twists**
- C. Double-strand twists**
- D. Braid-out styles**

The Nubian Coils hairstyle is primarily designed to create a cylindrical shape due to the defining texture and tight pattern of the coils. When this style is executed, it involves creating small, tightly wound coils that naturally form a cylindrical silhouette around the head. This cylindrical shape is a hallmark of the Nubian Coils, emphasizing a rounded appearance that beautifully showcases the hair's texture and volume. In contrast, flat twists and double-strand twists generally do not emphasize this specific cylindrical effect as they lay flatter against the scalp or have a more elongated shape when styled. Braid-out styles typically create waves or curls that provide volume but do not inherently focus on forming a cylindrical silhouette. Thus, the unique structure of Nubian Coils makes it the hairstyle most aligned with the desired cylindrical shape.

3. What common problem is associated with high porosity hair?

- A. Minimal gap between hair strands
- B. Inability to retain moisture**
- C. Excessive shine
- D. Rapid growth

High porosity hair is characterized by an open cuticle layer, which allows for easier penetration of moisture but also makes it difficult for the hair to retain that moisture. As a result, individuals with high porosity hair often experience dryness and frizz, as the moisture quickly escapes the hair shaft. This condition arises from various factors, such as heat damage, chemical treatments, or even genetics, leading to the hair's inability to hold onto the hydration it needs. In contrast, other conditions such as minimal gaps between hair strands, excessive shine, and rapid growth are not typical indicators of high porosity. Minimal gaps might suggest a healthier or more compact hair structure, while excessive shine relates more to the hair's health and moisture levels. Rapid growth pertains to the rate at which hair grows, which is more related to factors like genetics and health rather than porosity levels. The key issue with high porosity hair revolves around the challenge of moisture retention, clearly making the inability to retain moisture the most relevant problem associated with it.

4. Can wearing tight hairstyles affect hair health?

- A. No, they have no impact
- B. Yes, it can cause traction alopecia**
- C. Only if worn for extended periods
- D. Only in people with fine hair

Wearing tight hairstyles can indeed impact hair health, and the correct response identifies that one significant consequence is traction alopecia. This condition arises from the consistent pulling and tension applied to hair follicles when styles are too tight or maintained for prolonged periods. The force exerted on the hair roots can lead to inflammation and damage, and over time, it may result in hair loss. Traction alopecia is particularly concerning because it can lead to permanent hair loss in the affected areas if the tension is not alleviated. This risk is not limited to any specific hair type but can affect anyone who consistently wears styles that place stress on their hair. Understanding the implications of tight hairstyles is crucial for maintaining healthy hair and preventing long-term damage, making it essential for individuals to consider the frequency and tightness of their chosen styles. While the other options suggest varying levels of impact based on duration or hair type, the reality is that any tight hairstyle carries inherent risks, particularly with frequent use. Thus, the acknowledgment of traction alopecia as a direct risk associated with tight hairstyles underscores the importance of hair health awareness.

5. What is a key feature of Bantu Knots?

- A. They are only done with straight hair
- B. They can be secured with bobby pins or elastic bands**
- C. They require the use of heated tools
- D. They can only be done on dry hair

Bantu knots are a traditional African hairstyle characterized by small, coiled sections of hair that are twisted into a knot shape. A key feature of Bantu knots is indeed that they can be secured with bobby pins or elastic bands. This allows for versatility in styling, as the knots can be easily fastened in place to ensure they hold throughout the day. Using bobby pins or elastic bands is particularly beneficial as it helps to maintain the shape of the knots, especially when they are created on textured hair, which is common for individuals who wear Bantu knots. This technique also enables individuals to create various sizes and shapes of knots depending on personal preference, ensuring a customizable and unique look. Other methods of securing hair are not necessary for this style, as the use of pins or bands is typically enough to keep the knots intact.

6. Why is public access to certificates and licenses important in the beauty industry?

- A. To ensure transparency and accountability**
- B. To provide data for market research
- C. To help in advertising services
- D. To comply with insurance requirements

Public access to certificates and licenses is vital in the beauty industry primarily because it promotes transparency and accountability. When consumers can verify that a beauty professional holds the necessary qualifications and licenses, it builds trust in the services being provided. This transparency reassures clients that practitioners have met specific standards of education and training, which is essential for maintaining safe and effective practices in the industry. Moreover, having this information available publicly allows clients to make informed choices about the beauty services they receive, thereby ensuring a level of quality and professionalism. When certificates and licenses are easily accessible, it encourages practitioners to uphold high standards and fosters a culture of accountability within the beauty community. While the other options relate to different aspects of business operations and industry standards, they do not directly address the importance of transparency in fostering trust and helping consumers make safe choices about their beauty care.

7. Who oversees compliance with the rules and regulations in licensed facilities?

- A. Local health departments**
- B. The office's representative**
- C. Facility management**
- D. The practitioners themselves only**

The correct answer identifies the office's representative as the key individual responsible for overseeing compliance with the rules and regulations in licensed facilities. This role typically involves ensuring that all practices within the facility align with established health and safety standards mandated by regulatory authorities. The office's representative functions as a liaison between the facility and regulatory bodies, conducting regular assessments and inspections to uphold adherence to guidelines. In addition to monitoring compliance, the office's representative is instrumental in interpreting regulations and providing necessary training or resources to staff, thus fostering an environment where proper practices are consistently maintained. This oversight is crucial to ensuring not just compliance but also the safety and well-being of both practitioners and clients within the facility. While local health departments also play a significant role in the broader regulatory landscape, their focus is often more on broader public health issues rather than daily compliance within individual facilities. Facility management typically ensures the effective operation and maintenance of the facility but may not be directly involved in regulatory oversight. Finally, practitioners themselves may contribute to compliance by adhering to guidelines in their daily tasks, but they do not hold the responsibility for overseeing overall compliance within the facility.

8. New and disinfected tools must be stored how?

- A. With soiled tools**
- B. Alongside used tools for easy access**
- C. Separately from all others**
- D. In any container regardless of cleanliness**

Storing new and disinfected tools separately from all other tools is essential for maintaining a hygienic environment in hair care practices. This practice helps prevent cross-contamination, ensuring that tools that are clean and safe for use do not come into contact with any soiled or used tools. By keeping them separate, it reinforces the protocol for hygiene and sanitation that is critical in preventing the spread of bacteria or other pathogens, which is particularly important in any practice involving hair care and grooming. In the context of hygiene best practices, it's vital that tools that have been disinfected remain uncontaminated until their next use. This separation ensures that practitioners can confidently use these tools without the risk of exposing clients to any potential contaminants.

9. What is characteristic of a Double-strand twist?

- A. It requires the use of hair products to hold
- B. It can be achieved on wet or dry hair for different effects**
- C. It must be done with hair extensions
- D. It creates a straight appearance

A double-strand twist is a popular hairstyle known for its natural and textured appearance. The characteristic that allows for flexibility in achieving the style is that it can be done on either wet or dry hair, producing different effects based on the state of the hair. When hair is wet, the twists may appear more defined and elongated, while performing the twist on dry hair can create a fluffier and more voluminous look. Using hair products to hold the twists is not a strict requirement; some may choose to use them for better definition or longevity, but it is not essential for creating the style. Similarly, it is not necessary to use hair extensions for a double-strand twist, though some individuals might opt to enhance thickness or length using them. Lastly, a double-strand twist is designed to create a textured look, rather than a straight appearance, highlighting the natural curl or wave in the hair. This technique embraces the hair's natural texture, rather than aiming for a sleek or straight finish.

10. Which advantage does synthetic hair provide in styling?

- A. Timeless color that requires recoloring
- B. Great durability with low maintenance**
- C. A realistic feel compared to natural hair
- D. Easy styling with high heat options

Synthetic hair is advantageous in styling primarily because it offers great durability while requiring low maintenance. Synthetic fibers are typically designed to be more resilient to everyday wear and tear, which means they can withstand the rigors of styling without the need for constant worry about damage. Unlike natural hair, which can be prone to breakage, fading, and other forms of wear, synthetic hair maintains its integrity under various styling conditions. Additionally, synthetic hair often comes pre-styled, allowing for convenience in achieving desired looks without the need for frequent touch-ups or extensive styling time. This low maintenance aspect makes synthetic hair a popular choice for many individuals, especially those who may not have the time or resources to manage the upkeep that natural hair often requires. In contrast, while options that suggest timeless color, a realistic feel, or high heat styling have their merits, they do not encompass the primary advantage of synthetic hair in terms of durability and ease of care. Synthetic hair colors can fade and may not offer the same depth and multi-dimensional appearance as natural hair, while the realistic feel often lags behind that of natural hair. High heat styling is also typically not recommended for synthetic fibers, as they can melt or become damaged under high temperatures. These factors further highlight why the advantage of durability

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://ohanaturalhaircare.examzify.com>

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

SAMPLE