

OHA NATURAL HAIR CARE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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 be done with reusable protective gloves after each use?**
 - A. They should be disposed of immediately
 - B. They must be cleaned and disinfected
 - C. They can be rinsed and left to air dry
 - D. They should be washed with any detergent
- 2. Why is protective styling important for natural hair?**
 - A. It changes the hair color
 - B. It helps to prevent damage and promotes hair growth
 - C. It allows the use of heat styling tools
 - D. It removes the need for moisturizing
- 3. What does the term "scalp care" encompass in natural hair care?**
 - A. Maintaining a healthy scalp environment to support hair growth
 - B. Using various styling products to enhance hair appearance
 - C. Applying hair dye for vibrancy and shine
 - D. Regularly trimming hair to prevent split ends
- 4. Why is hydration important for natural hair?**
 - A. It helps to prevent hair from becoming greasy
 - B. It helps to maintain elasticity, shine, and overall health
 - C. It aids in faster hair growth
 - D. It protects against environmental damage
- 5. What role do essential fatty acids play in hair health?**
 - A. They act as preservatives for hair products
 - B. They contribute to moisture retention in hair
 - C. They increase hair's resistance to heat
 - D. They help prevent hair from graying
- 6. Which hair type is most commonly associated with natural hair?**
 - A. Type 1 hair, which is straight and fine
 - B. Type 3 hair, which is wavy and curly
 - C. Type 4 hair, which is often tightly coiled or kinky
 - D. Type 2 hair, which is slightly wavy

7. What are the benefits of using natural oils in hair care?

- A. They provide moisture, nourishment, and protection while minimizing potential chemicals
- B. They are primarily used for fragrance
- C. They act as a replacement for conditioner
- D. They are only beneficial for straight hair types

8. Is a facility license transferable from one person to another?

- A. Yes, it can be transferred
- B. No, it is non-transferable
- C. Only if approved by the board
- D. Yes, but only within the same location

9. What is the recommended frequency for cleansing scalp and hair?

- A. Every 7-14 days
- B. Once a week
- C. Every other day
- D. Once a month

10. What is the main concern associated with selenium sulfide in hair products?

- A. It can promote hair growth
- B. It is used as a skin moisturizer
- C. It is considered very toxic
- D. It enhances the fragrance of shampoos

Answers

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

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Explanations

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1. What must be done with reusable protective gloves after each use?

- A. They should be disposed of immediately
- B. They must be cleaned and disinfected**
- C. They can be rinsed and left to air dry
- D. They should be washed with any detergent

Reusable protective gloves must be cleaned and disinfected after each use to ensure that they remain safe and effective for future use. This process helps to eliminate any contaminants, pathogens, or residues that may be present after handling products or engaging in other activities while wearing the gloves. Proper cleaning and disinfection protect both the individual wearing the gloves and clients or others who may come into contact with surfaces or tools later. The cleaning process includes using suitable disinfectants that are effective against the specific pathogens likely to be encountered, ensuring adherence to safety standards. This is crucial in a natural hair care setting where hygiene is paramount. By following these protocols, practitioners maintain a high level of sanitation and reduce the risk of cross-contamination. Other options do not align with best practices for hygiene and safety. Disposing of gloves after each use would go against the concept of "reusable," and while rinsing or simply washing with any detergent may seem convenient, these methods do not guarantee thorough disinfection. It is essential to utilize appropriate cleaning agents and techniques specific for the type of gloves used and the nature of the work being performed to effectively eliminate potential health risks.

2. Why is protective styling important for natural hair?

- A. It changes the hair color
- B. It helps to prevent damage and promotes hair growth**
- C. It allows the use of heat styling tools
- D. It removes the need for moisturizing

Protective styling is important for natural hair primarily because it helps to prevent damage and promotes hair growth. Natural hair can be more prone to breakage due to its curl pattern, which can create uneven distribution of moisture and make it less resilient. By incorporating protective styles, which tuck away the ends of the hair and minimize manipulation, the hair is shielded from environmental stressors such as humidity, UV exposure, and physical friction. This helps maintain moisture, reduce split ends, and ultimately supports a healthier, more robust growth cycle. In contrast, changing hair color typically involves chemical processes that may not be suitable for all types of protective styles, and does not serve the purpose of protecting the hair from damage. While heat styling tools can create various looks, frequent use can cause significant stress and damage to natural hair, counteracting the benefits of protective styling. Finally, while moisturizing is essential for all hair types, protective styles do not eliminate the need for regular moisturizing; rather, they can allow for better moisture retention in the long term. Thus, the correct response emphasizes the protective nature and benefits of styling techniques designed to maintain the health and vitality of natural hair.

3. What does the term "scalp care" encompass in natural hair care?

- A. Maintaining a healthy scalp environment to support hair growth**
- B. Using various styling products to enhance hair appearance
- C. Applying hair dye for vibrancy and shine
- D. Regularly trimming hair to prevent split ends

The term "scalp care" in natural hair care primarily focuses on maintaining a healthy scalp environment to support hair growth. This includes practices that cleanse the scalp, maintain moisture levels, and promote overall scalp health. A well-cared-for scalp is crucial because it serves as the foundation for healthy hair growth. It is vital to address any issues such as dryness, flakiness, or irritation, as these conditions can negatively impact hair growth and overall hair health. In contrast, the other options pertain to different aspects of hair care. While using styling products focuses on enhancing the appearance of hair, it does not directly relate to the health of the scalp. Similarly, applying hair dye is concerned with the aesthetic qualities of hair rather than scalp care. Regularly trimming hair is an important maintenance practice for the ends of the hair but does not address the scalp health directly. Thus, focusing on scalp care is essential for fostering optimal conditions for hair to thrive.

4. Why is hydration important for natural hair?

- A. It helps to prevent hair from becoming greasy
- B. It helps to maintain elasticity, shine, and overall health**
- C. It aids in faster hair growth
- D. It protects against environmental damage

Hydration is crucial for maintaining the health and vitality of natural hair because it directly influences key aspects such as elasticity, shine, and overall health. When hair is properly hydrated, it retains moisture, which enhances its elasticity—a vital factor that allows hair to stretch without breaking. This elasticity is especially important for preventing damage during styling and manipulation. Additionally, properly hydrated hair appears shinier and healthier, as the moisture helps to smooth the cuticle layer, making the hair surface reflect light more effectively. Hydration also supports the overall structure of the hair, reducing brittleness and breakage, which can occur when hair is dry or dehydrated. The other options, while related to hair care, do not encompass the comprehensive benefits of hydration in the same way. For example, while hydration affects hair growth, it is not primarily defined by this quality. Similarly, although hydrated hair may have some level of protection against environmental damage, the main focus of hydration is on maintaining the internal health and function of the hair itself.

5. What role do essential fatty acids play in hair health?

- A. They act as preservatives for hair products
- B. They contribute to moisture retention in hair**
- C. They increase hair's resistance to heat
- D. They help prevent hair from graying

Essential fatty acids play a crucial role in maintaining hair health primarily by contributing to moisture retention. These fatty acids help to nourish the hair follicles and promote a healthy scalp, which is vital for hair growth and overall hair vitality. By enhancing moisture retention, essential fatty acids help keep the hair hydrated and flexible, reducing the likelihood of dryness and brittleness. This hydration is essential for achieving healthy, vibrant hair. While they don't serve as preservatives or directly increase heat resistance, nor do they play a direct role in preventing graying, their ability to support moisture balance is fundamental to maintaining healthy hair. Graying is influenced by a variety of factors, including genetics and age, rather than being directly impacted by fatty acids. Thus, the contribution of essential fatty acids to moisture retention aligns perfectly with their benefits for hair health.

6. Which hair type is most commonly associated with natural hair?

- A. Type 1 hair, which is straight and fine
- B. Type 3 hair, which is wavy and curly
- C. Type 4 hair, which is often tightly coiled or kinky**
- D. Type 2 hair, which is slightly wavy

Type 4 hair is indeed the hair type most commonly associated with natural hair. This classification is characterized by its tightly coiled or kinky texture, which is a key feature of many natural hairstyles. People with Type 4 hair often embrace its unique curl patterns and thickness, making it a significant representation of natural hair within diverse hair communities. Type 4 hair presents unique care needs, such as moisture retention and handling shrinks, which are crucial for maintaining healthy hair. This texture has cultural significance as well, often celebrated for its beauty and versatility in styling, whether worn naturally or in protective styles. In contrast, the other hair types listed—Type 1 (straight and fine), Type 2 (slightly wavy), and Type 3 (wavy and curly)—are less representative of what is typically categorized as natural hair in many discussions on hair texture and identity. They may be associated with other hair care practices and trends that do not focus on the same elements of curl definition and texture that are integral to the experience of those with Type 4 hair.

7. What are the benefits of using natural oils in hair care?

- A. They provide moisture, nourishment, and protection while minimizing potential chemicals**
- B. They are primarily used for fragrance
- C. They act as a replacement for conditioner
- D. They are only beneficial for straight hair types

Natural oils offer a multitude of benefits in hair care, making them an excellent choice for various hair types. One of their primary functions is to provide moisture, which is essential for maintaining healthy hair. They penetrate the hair shaft, helping to retain hydration and preventing dryness. This moisture is crucial for the elasticity and overall health of the hair. In addition to moisture, natural oils nourish the hair by supplying essential fatty acids and vitamins. For example, oils like argan, coconut, and jojoba provide nutrients that can help strengthen the hair and improve its overall health. This nourishment is particularly beneficial for dry or damaged hair types. Protection is another key advantage of using natural oils. They can form a protective barrier around the hair shaft, shielding it from environmental stressors such as UV rays, pollution, and heat styling. This protective effect helps reduce breakage and split ends, contributing to healthier hair over time. Moreover, using natural oils typically minimizes exposure to potentially harmful chemicals found in many commercial hair products. This aspect supports a more holistic approach to hair care, as individuals who choose natural oil treatments often prefer to avoid synthetic additives and harsh ingredients. In summary, natural oils are celebrated for their ability to provide moisture, nourishment, and protection while reducing the impact of

8. Is a facility license transferable from one person to another?

- A. Yes, it can be transferred
- B. No, it is non-transferable**
- C. Only if approved by the board
- D. Yes, but only within the same location

A facility license is generally considered non-transferable. This means that when a business or individual has been granted a license to operate, that license is tied specifically to the original holder. If the holder wants to transfer the license to someone else, they typically cannot do so without going through a formal process, which often includes reapplication or meeting specific criteria. Licenses are designed to ensure compliance with regulations and standards set forth by governing boards or agencies. Allowing unlimited transferability could undermine the accountability and responsibility that come with holding a license. Thus, non-transferability serves to protect the integrity of the licensing process and maintain the standards of practice within the industry. While there may be special circumstances where a license is transferable with approval or under certain conditions, the basic rule is that without such an endorsement, a facility license remains tied to the original licensee.

9. What is the recommended frequency for cleansing scalp and hair?

- A. Every 7-14 days**
- B. Once a week
- C. Every other day
- D. Once a month

Maintaining a clean scalp and hair is essential for the health of natural hair. The recommended frequency for cleansing generally falls within the range of every 7 to 14 days. This time frame allows for the removal of product buildup, excess oils, and dirt without stripping the hair of its natural moisture. Cleansing every 7 to 14 days strikes a good balance for most individuals, accommodating various scalp conditions and hair types. It enables the scalp to remain healthy while minimizing the risk of dryness or irritation that can result from over-washing. Additionally, this frequency supports healthy hair growth by ensuring that the hair follicles remain unclogged. Other options vary in cleansing frequency, which may not best suit the needs of diverse hair textures and scalp health. For instance, more frequent cleansing, such as every other day, could lead to excessive dryness, especially for textured hair types that need to maintain their natural oils. Conversely, cleansing once a month may fail to effectively remove buildup, leading to an unhealthy scalp environment. Therefore, the choice of cleansing every 7 to 14 days is ideal for promoting a healthy and balanced approach to hair care.

10. What is the main concern associated with selenium sulfide in hair products?

- A. It can promote hair growth
- B. It is used as a skin moisturizer
- C. It is considered very toxic**
- D. It enhances the fragrance of shampoos

The main concern associated with selenium sulfide in hair products primarily revolves around its potential toxicity. Selenium sulfide is an antifungal agent often used in anti-dandruff shampoos due to its ability to reduce flakiness and itching caused by certain scalp conditions. However, when misused or overused, it can have toxic effects, particularly if ingested, causing serious health issues. It's important to note that while selenium sulfide can effectively treat seborrheic dermatitis and other scalp conditions, it should be used with caution, adhering to recommended usage instructions to avoid potential adverse effects. This concern underscores the need for consumers and professionals to be aware of the ingredients in hair products and their implications for health.

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:

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

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