

Ohio Esthetics State Board 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. What is the maximum number of hours a student may accumulate in the salon in a single day?**
 - A. 6 Hours**
 - B. 8 Hours**
 - C. 10 Hours**
 - D. 12 Hours**

- 2. Manufacturer instructions for disinfectants typically specify the product's what?**
 - A. Color**
 - B. Brand**
 - C. Contact time and dilution**
 - D. Origin**

- 3. What kind of benefit may licensees not claim for cosmetology services?**
 - A. Aesthetic Enhancement**
 - B. Medical/ Healing**
 - C. Relaxation**
 - D. Cosmetic Improvement**

- 4. What type of cosmetology service may an Ohio licensee practice in a licensed salon?**
 - A. Any valid cosmetology service**
 - B. Services within their scope of practice**
 - C. Only services performed by a supervisor**
 - D. Unlicensed services**

- 5. Which muscle consists of three parts and is responsible for raising and drawing back the upper lip, elevating the nostrils, and expressing distaste?**
 - A. Orbicularis Oculi**
 - B. Quadratus Labii Superioris**
 - C. Quadratus Labii Inferioris**
 - D. Mentalis**

- 6. Quaternary ammonium compounds (quats) are disinfectants that are effective in which setting, and how does combining them affect effectiveness?**
- A. They are ineffective in spas**
 - B. They are only sanitizers, not disinfectants**
 - C. Quats are disinfectants that are effective in spas; multiple quats are more effective**
 - D. They are the same as phenolics**
- 7. Cocci are bacteria that have what shape?**
- A. Rod-shaped**
 - B. Round-shaped**
 - C. Spiral-shaped**
 - D. Comma-shaped**
- 8. Muscles are attached at both ends by either**
- A. Tendons**
 - B. Cartilage**
 - C. Bone or another muscle**
 - D. Ligaments**
- 9. Who appoints the OSBC?**
- A. Governor of Ohio and the Senate**
 - B. The Governor with the advice of the House**
 - C. The President**
 - D. The City Council**
- 10. Which organism is associated with syphilis?**
- A. Treponema pallidum**
 - B. Borrelia burgdorferi**
 - C. Bacillus subtilis**
 - D. Staphylococcus aureus**

Answers

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

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Explanations

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1. What is the maximum number of hours a student may accumulate in the salon in a single day?

- A. 6 Hours
- B. 8 Hours**
- C. 10 Hours
- D. 12 Hours

Training programs cap daily salon hours for students to balance hands-on practice with safety and proper supervision. Eight hours is the standard daily limit because it represents a full, productive workday while still allowing time for instructor oversight and essential breaks. Going beyond eight hours would strain safety and learning quality, while a shorter day wouldn't maximize the student's time in the clinic.

2. Manufacturer instructions for disinfectants typically specify the product's what?

- A. Color
- B. Brand
- C. Contact time and dilution**
- D. Origin

Disinfection effectiveness hinges on following two key factors the label specifies: how long the product must stay on the surface (contact time) and at what dilution (concentration) it must be used. Contact time ensures the active ingredients remain in contact with microbes long enough to kill them; if you wipe away or dry the surface too soon, some pathogens may survive. Dilution sets the potency—too weak and it won't disinfect, too strong and it can be unsafe or leave residues. The label provides these specifics because they are the determinants of true disinfection, not factors like color, brand, or origin.

3. What kind of benefit may licensees not claim for cosmetology services?

- A. Aesthetic Enhancement
- B. Medical/ Healing**
- C. Relaxation
- D. Cosmetic Improvement

Cosmetology services are limited to cosmetic effects and improving appearance, not medical treatment. Licensees may describe outcomes like enhancing appearance, improving the look of the skin, or providing a relaxing experience, but they must not claim they can diagnose, cure, or treat medical conditions. That's reserved for medical professionals. If a client has a medical issue, referrals to a licensed healthcare provider are appropriate. Because of this boundary, claiming medical or healing benefits is not allowed, making that option the one that cannot be claimed.

4. What type of cosmetology service may an Ohio licensee practice in a licensed salon?

- A. Any valid cosmetology service
- B. Services within their scope of practice**
- C. Only services performed by a supervisor
- D. Unlicensed services

The main idea here is scope of practice. A licensed cosmetologist in Ohio may perform only the services that fall within their defined scope of practice, and only while working in a licensed salon. This ensures they are practicing within training and legal boundaries and keeping client safety in mind. That's why the correct approach is to perform services that are within their scope. Doing any service outside that scope isn't allowed, and unlicensed services are illegal. The other options imply either performing anything deemed valid, requiring a supervisor for all work, or providing services without any license, none of which align with how practice is regulated.

5. Which muscle consists of three parts and is responsible for raising and drawing back the upper lip, elevating the nostrils, and expressing distaste?

- A. Orbicularis Oculi
- B. Quadratus Labii Superioris**
- C. Quadratus Labii Inferioris
- D. Mentalis

Raising and drawing back the upper lip, lifting the nostrils, and displaying distaste come from a broad upper-lip muscle that is a composite, consisting of three parts. This quadratus labii superioris moves the upper lip upward and outward, and its alar portion elevates the nostrils, together producing that distaste expression. Other muscles listed act on different areas or produce different actions—one closes the eyes, another depresses the lower lip, and another elevates the chin and protrudes the lower lip.

6. Quaternary ammonium compounds (quats) are disinfectants that are effective in which setting, and how does combining them affect effectiveness?

- A. They are ineffective in spas
- B. They are only sanitizers, not disinfectants
- C. Quats are disinfectants that are effective in spas; multiple quats are more effective**
- D. They are the same as phenolics

Quaternary ammonium compounds act as surface disinfectants in spa environments, so they're effective for cleaning nonporous surfaces like tubs, countertops, and equipment. They provide a higher level of microbial kill than sanitizers, which is why they're used where a stronger disinfection is needed. For best results, clean the surface first because organic matter can reduce their effectiveness. Using multiple quat formulations or blends broadens the antimicrobial spectrum, making the overall disinfectant action stronger and more reliable. They're not the same as phenolics, which have different properties and residue considerations.

7. Cocci are bacteria that have what shape?

- A. Rod-shaped
- B. Round-shaped**
- C. Spiral-shaped
- D. Comma-shaped

Cocci are spherical bacteria. The term cocci describes a round, ball-like shape, so round-shaped is the correct description. Other common bacterial shapes include rods (bacilli), spirals (spirilla or spirochetes), and comma-shaped forms (vibrios). Recognizing that cocci are round helps you recall which organisms are being referred to in common skin infections and why certain hygiene precautions are important in esthetic practice.

8. Muscles are attached at both ends by either

- A. Tendons
- B. Cartilage
- C. Bone or another muscle**
- D. Ligaments

Muscles anchor to the skeleton in a way that lets them pull across joints. At each end, a muscle attaches to something that can transmit the pull: usually a bone (via a tendon) or another muscle (through connective tissue such as fascia or aponeurosis). Cartilage isn't used as a typical attachment point for muscle ends, and ligaments connect bone to bone, not muscle to bone. So the ends being attached to bone or to another muscle best captures how muscles anchor to produce movement.

9. Who appoints the OSBC?

- A. Governor of Ohio and the Senate**
- B. The Governor with the advice of the House
- C. The President
- D. The City Council

In Ohio, state boards that regulate professions are chosen by the Governor and must be confirmed by the Senate. For the Ohio State Board of Cosmetology (OSBC), the governor nominates members and the Senate provides the necessary consent before they can serve. This setup gives executive initiative plus legislative review, balancing interests and expertise. The President handles federal appointments, and a City Council is a local government body, not involved in state licensing boards. So the OSBC is appointed by the Governor of Ohio with the advice and consent of the Senate.

10. Which organism is associated with syphilis?

- A. Treponema pallidum**
- B. Borrelia burgdorferi**
- C. Bacillus subtilis**
- D. Staphylococcus aureus**

Treponema pallidum, a slender, corkscrew-shaped spirochete, is the organism associated with syphilis. It's a fastidious bacterium that is not easily cultured in ordinary media, so it's often identified in lesions by dark-field microscopy or special staining techniques. Transmission is primarily through sexual contact, and infection progresses through stages (such as a chancre, rashes, and sometimes later complications) caused by this organism. The other organisms listed are linked to different diseases—Borrelia burgdorferi causes Lyme disease; Bacillus subtilis is mainly a nonpathogenic environmental bacterium (used in labs); Staphylococcus aureus causes a range of skin, soft tissue, and systemic infections but not syphilis.

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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.

Or visit your dedicated course page for more study tools and resources:

<https://ohioestheticsstateboard.examzify.com>

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

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