

# Ontario Hairstyling Practice Exam (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. For uniform curl during a perm, what type of rod should be used?**
  - A. Spiral Rod**
  - B. Curling Rod**
  - C. Straight Rod**
  - D. Flexi Rod**
- 2. Which cutting technique is used to create width in hair?**
  - A. Vertical lines**
  - B. Diagonal lines**
  - C. Horizontal lines**
  - D. Layered cutting**
- 3. From which components does the skin derive its strength?**
  - A. Keratin and melanin**
  - B. Collagen and elastin**
  - C. Collagen and fat**
  - D. Elastin and retinol**
- 4. What is the first stage of hair growth known as?**
  - A. Telogen**
  - B. Catagen**
  - C. Anagen**
  - D. Exogen**
- 5. What characteristic distinguishes demi-permanent color from others?**
  - A. It is used for highlighting**
  - B. It lightens natural hair color**
  - C. It does not require a developer**
  - D. It deposits color without lightening**

- 6. What is the term used for the removal of blood or other infectious materials?**
- A. Sanitization**
  - B. Decontamination**
  - C. Disinfection**
  - D. Sterilization**
- 7. What does hypertrichosis refer to?**
- A. Abnormal hair loss**
  - B. Normal hair growth**
  - C. Abnormal growth of hair**
  - D. Greying of hair**
- 8. What happens to hair when overlapping bleach is applied?**
- A. It shines more**
  - B. It gets smoother**
  - C. It may cause breakage**
  - D. It enhances color**
- 9. What condition is identified by the presence of head lice?**
- A. Scabies**
  - B. Pellagra**
  - C. Pediculosis**
  - D. Dermatitis**
- 10. What is the purpose of sebum in skin care?**
- A. Provides color to the skin**
  - B. Acts as a moisturizer**
  - C. Protects from UV rays**
  - D. Removes dead skin cells**

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

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**1. For uniform curl during a perm, what type of rod should be used?**

- A. Spiral Rod**
- B. Curling Rod**
- C. Straight Rod**
- D. Flexi Rod**

Using a straight rod during a perm is essential for achieving uniform curls as it allows for even distribution of the hair around the rod. This type of rod has a consistent diameter from one end to the other, which contributes to creating curls that are uniform in size and shape. When hair is wrapped around a straight rod, it maintains a regular tension across the length of the curl, essential for consistent processing during the perming solution application. In contrast, other types of rods may deliver different curl outcomes. Spiral rods, for instance, typically create a corkscrew effect, leading to varied curl types along the hair. Curling rods may not ensure the same level of uniformity. Flexi rods, which are bendable, can produce curls that vary in tightness depending on how they are positioned, thus not guaranteeing a consistent curl pattern. Therefore, straight rods are the preferred choice for achieving uniform curls when perming hair.

**2. Which cutting technique is used to create width in hair?**

- A. Vertical lines**
- B. Diagonal lines**
- C. Horizontal lines**
- D. Layered cutting**

The technique that is used to create width in hair is characterized by the use of horizontal lines. Horizontal cutting lines tend to add width to the hairstyle because they visually expand the hair's shape across the head. When hair is cut in a straight line horizontally, it creates a fuller appearance, which can be particularly effective for achieving volume and enhancing the overall silhouette of a haircut. In hairstyling, wide shapes often depend on horizontal lines to form foundations that enhance width. This technique is often employed in styles such as bobs or blunt cuts, where the goal is to have a solid form that looks fuller and broader. Consequently, horizontal lines are integral in styling and cutting when width is desired.

### 3. From which components does the skin derive its strength?

- A. Keratin and melanin
- B. Collagen and elastin**
- C. Collagen and fat
- D. Elastin and retinol

The strength of the skin primarily comes from collagen and elastin, two essential proteins found in the dermis layer. Collagen provides structure and support, helping to keep the skin firm and resilient. It is the most abundant protein in the body and plays a crucial role in maintaining skin elasticity and preventing sagging. Elastin, on the other hand, allows skin to stretch and return to its original shape. This flexibility is important for the skin's ability to withstand various stresses while maintaining its integrity. While other components like keratin contribute to the protective barrier of the skin and play a role in its overall health, they do not directly provide the strength that collagen and elastin do. Melanin is primarily responsible for pigmentation and does not contribute to the structural strength of skin. Additionally, fat plays a role in cushioning and insulation rather than providing strength. Retinol is a form of Vitamin A that can help with skin health but does not contribute to the structural strength in the same way collagen and elastin do. Therefore, the correct focus on collagen and elastin highlights their vital roles in maintaining the skin's strength and elasticity.

### 4. What is the first stage of hair growth known as?

- A. Telogen
- B. Catagen
- C. Anagen**
- D. Exogen

The first stage of hair growth is known as anagen. During this stage, hair follicles are actively producing hair, leading to the growth of the hair shaft. The anagen phase can last for several years, depending on various factors such as genetics and overall health. This phase is crucial as it determines the length and thickness of the hair, as it is when the hair is most likely to grow continuously. While telogen and catagen are subsequent stages in the hair growth cycle—where hair rests or transitions and eventually falls out—the anagen phase is fundamental for beginning the growth cycle. Exogen, on the other hand, refers to the shedding phase of hair. Understanding these stages is essential for hairstylists in managing hair health and advising clients on hair maintenance and growth.

**5. What characteristic distinguishes demi-permanent color from others?**

- A. It is used for highlighting**
- B. It lightens natural hair color**
- C. It does not require a developer**
- D. It deposits color without lightening**

Demi-permanent color is designed to deposit color into the hair without significantly lifting or lightening the natural pigment. This type of hair color typically contains a low level of ammonia, which enables it to open the cuticle slightly to allow for color molecules to enter but does not penetrate deeply into the hair shaft nor does it alter the underlying natural color. This characteristic makes demi-permanent color ideal for enhancing natural tones, covering gray hair, or adding richness without the commitment or potential damage that often comes with permanent hair color. Because it deposits rather than lightens, it can provide a softer look and typically fades gradually, making it a popular choice for clients seeking a more natural appearance. The other options do not accurately reflect the unique attribute of demi-permanent color. For instance, it is not specifically used for highlighting, does require a developer to activate the color, and does not lighten natural hair color as its main function, distinguishing its use in hair coloring techniques.

**6. What is the term used for the removal of blood or other infectious materials?**

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

The term for the removal of blood or other infectious materials is decontamination. This process involves the cleaning and disinfection of surfaces or items that may be contaminated with potentially infectious substances to reduce the risk of transmission of pathogens. Decontamination is essential in settings like salons, where tools and surfaces must be kept safe for both clients and practitioners. Sanitization refers to the reduction of microbial life to a safe level, but it does not specifically address the presence of blood or infectious materials. Disinfection focuses on eliminating pathogenic microorganisms but may not involve the thorough cleansing needed to remove all traces of blood or other infectious materials. Sterilization is the complete destruction of all microbial life, including spores, and is usually reserved for surgical instruments or tools that enter sterile areas of the body, making it more extreme than what is necessary in most hairstyling contexts. Therefore, decontamination is the most appropriate term for the process of removing blood and similar materials.

## 7. What does hypertrichosis refer to?

- A. Abnormal hair loss
- B. Normal hair growth
- C. Abnormal growth of hair**
- D. Greying of hair

Hypertrichosis refers to an abnormal growth of hair, which can occur in various parts of the body. This condition can manifest as excessive hairiness, affecting both men and women, and can appear in areas where hair typically grows, or in regions where hair normally would not grow. The growth can be congenital (present at birth) or acquired later in life, and it can vary in texture and color depending on the individual's characteristics. In contrast, the other options describe different hair-related conditions. Abnormal hair loss pertains to conditions like alopecia, while normal hair growth would not classify as hypertrichosis since it is expected and healthy. Lastly, greying of hair relates to a change in pigmentation rather than a growth condition. Understanding hypertrichosis and its implications contributes to a broader knowledge of hair conditions and their management in the field of hairstyling and cosmetology.

## 8. What happens to hair when overlapping bleach is applied?

- A. It shines more
- B. It gets smoother
- C. It may cause breakage**
- D. It enhances color

When overlapping bleach is applied to hair, it can lead to significant damage to the hair structure, which may result in breakage. This occurs because overlapping bleach means applying the lightening product to hair that has already been previously treated with bleach. The chemical process involved in bleaching can weaken the hair's protein structure, especially if the bleach is left on for too long or is applied too frequently. As the bleach lifts the hair's natural pigment, it can exacerbate existing damage or create new areas of weakness, making the hair brittle and susceptible to breakage. Understanding this process is crucial for anyone working with hair coloring and bleaching, as it highlights the importance of proper application techniques and product knowledge to maintain the health of the hair.

## 9. What condition is identified by the presence of head lice?

- A. Scabies
- B. Pellagra
- C. Pediculosis**
- D. Dermatitis

The presence of head lice is identified by the condition known as pediculosis. This term specifically refers to an infestation by lice, which are small, wingless insects that live on the scalp and feed on human blood. Pediculosis is commonly associated with itching and discomfort due to the bites of the lice, as well as the potential for secondary infections from scratching. In understanding this condition, it's important to note how it differs from other skin or parasitic conditions. For instance, scabies is caused by a different parasite, the *Sarcoptes scabiei* mite, and results in a different set of symptoms, typically including intense itching and a rash. Pellagra, on the other hand, is a nutritional deficiency disease caused by a lack of niacin (vitamin B3) and manifests as a specific set of symptoms (dermatitis, diarrhea, and dementia), which are unrelated to lice. Dermatitis refers to inflammation of the skin, which can result from various causes but is not specifically linked to lice infestations. Understanding these distinctions highlights why pediculosis is the accurate terminology used for the condition associated with head lice, allowing for appropriate treatment and management of the infestation.

## 10. What is the purpose of sebum in skin care?

- A. Provides color to the skin
- B. Acts as a moisturizer**
- C. Protects from UV rays
- D. Removes dead skin cells

Sebum serves a critical function in skin care by acting as a natural moisturizer. It is an oily substance produced by sebaceous glands that helps to keep the skin hydrated and maintain its elasticity. Sebum creates a barrier on the surface of the skin, which prevents excessive moisture loss and keeps the skin soft and supple. This natural oil also helps to balance skin conditions by preventing excessive drying or oiliness. The other options address important aspects of skin health but do not pertain specifically to the role of sebum. Color in the skin is largely influenced by melanin, which is produced by melanocytes. Protection from UV rays is mainly achieved through the use of sunscreen, as well as through certain skin pigmentation that provides a protective effect. The removal of dead skin cells is typically managed through exfoliation, either mechanically or chemically, rather than by the action of sebum. Thus, the primary function of sebum as a moisturizer underscores its vital role in maintaining healthy skin.