

Oregon State Board Nail Technology 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. How is the UV gel typically cured?**
 - A. With heat**
 - B. With air drying**
 - C. With UV light**
 - D. With water**

- 2. What could be a consequence of improperly filing gel nails?**
 - A. Enhanced shine**
 - B. Increased durability**
 - C. Breakage or lifting**
 - D. Faster drying time**

- 3. What are nail enhancements made with pieces of cloth or paper called?**
 - A. Nail polish**
 - B. Nail wraps**
 - C. Nail tips**
 - D. Acrylic nails**

- 4. What is the primary cause of melanonychia?**
 - A. Trauma or injury**
 - B. Genetic factors**
 - C. Increased melanin production**
 - D. Fungal infection**

- 5. What do nail beds require to remain healthy?**
 - A. Only oxygen and water**
 - B. Only vitamins and minerals**
 - C. Oxygen, vitamins, and minerals**
 - D. Constant moisture**

- 6. What type of organism can cause infections to feet and hands under certain conditions?**
- A. Bacteria**
 - B. Viruses**
 - C. Fungi**
 - D. Parasites**
- 7. What tool should be used to remove softened nail enhancement products?**
- A. Metal file**
 - B. Wooden pusher**
 - C. Plastic scraper**
 - D. Brush**
- 8. Which of the following is true about hand sanitizers?**
- A. They are sufficient for all cleaning needs**
 - B. They leave hands oily**
 - C. They should supplement hand washing**
 - D. They are ineffective against all germs**
- 9. What is the purpose of a foot file in pedicure services?**
- A. To apply polish effectively**
 - B. To remove dry skin from the ball and heel of the foot**
 - C. To shape the toenails**
 - D. To promote relaxation during treatments**
- 10. What important step should be taken after each client in a nail salon?**
- A. Replace all equipment**
 - B. Disinfect the foot spa**
 - C. Organize the nail colors**
 - D. Dust the work area**

Answers

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

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Explanations

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1. How is the UV gel typically cured?

- A. With heat
- B. With air drying
- C. With UV light**
- D. With water

The curing process of UV gel involves the use of UV light, making this the correct choice. UV gel products contain photo-initiators that react to the ultraviolet rays emitted by UV lamps. When exposed to this light, the photo-initiators activate a chemical reaction that causes the gel to harden, or cure. This process is essential for creating a durable and long-lasting finish for nail enhancements. Using UV light provides a consistent and efficient method of curing, leading to a well-finished product that adheres properly to the natural nail and can withstand everyday wear. Proper exposure to the correct wavelength of UV light is crucial, as it determines the effectiveness of the curing process and the overall quality of the nail enhancement. Other methods such as heat, air drying, or water would not result in the same chemical reaction needed for the curing of UV gel, highlighting why this answer is the most appropriate.

2. What could be a consequence of improperly filing gel nails?

- A. Enhanced shine
- B. Increased durability
- C. Breakage or lifting**
- D. Faster drying time

Improperly filing gel nails can lead to breakage or lifting due to the disruption of the gel layer's integrity. Gel nails are designed to have a strong bond and a smooth surface, which contributes to their durability. When filed incorrectly, it can create weak points or uneven surfaces, making the nails more susceptible to damage. For example, if the filing is too aggressive or done at the wrong angle, it can cause the gel to thin out in certain areas, leading to breakage or the gel lifting away from the natural nail. In contrast, the other options reflect results that are typically not associated with improper filing. Enhanced shine and increased durability are goals of proper gel application and maintenance, not outcomes from poor filing techniques. Similarly, faster drying time is not a consequence of filing; the drying process for gel nails is primarily dependent on the curing light used, not on how the nails are filed. Thus, the focus on the integrity of the structure and bond of the gel helps to clarify why breakage or lifting is the main concern when filing gel nails improperly.

3. What are nail enhancements made with pieces of cloth or paper called?

- A. Nail polish**
- B. Nail wraps**
- C. Nail tips**
- D. Acrylic nails**

Nail enhancements made with pieces of cloth or paper are referred to as nail wraps. These wraps are designed to reinforce and strengthen the natural nail or to create decorative designs. They typically consist of materials such as silk, fiberglass, or other types of fabric, which are applied to the nail with a bonding agent. The blend of the cloth or paper with the adhesive helps to create a durable extension or enhancement for the nail. Nail wraps are particularly popular for clients who may prefer a lighter, more flexible option compared to traditional acrylic or gel systems. They can be a great choice for those seeking a natural look while still enhancing the strength and aesthetics of their nails.

4. What is the primary cause of melanonychia?

- A. Trauma or injury**
- B. Genetic factors**
- C. Increased melanin production**
- D. Fungal infection**

Melanonychia is characterized by brown or black discoloration of the nails and is primarily caused by increased melanin production within the nail matrix. When melanocytes, which are the cells that produce melanin, become activated or increase in number, it leads to the deposition of melanin in the nail. This can occur due to various reasons, but the primary factor remains the overproduction of melanin. While trauma or injury can result in nail discoloration, it usually manifests as a bruise rather than melanonychia. Genetic factors can also play a role in the predisposition to certain types of melanonychia, but they are not the main cause of the condition itself. Fungal infections typically do not result in melanin production and would exhibit other symptoms characteristic of fungal elements. Thus, the increased melanin production is the definitive factor driving the condition of melanonychia.

5. What do nail beds require to remain healthy?

- A. Only oxygen and water
- B. Only vitamins and minerals
- C. Oxygen, vitamins, and minerals**
- D. Constant moisture

Nail beds require a variety of essential elements to remain healthy, and the correct answer encompasses the need for oxygen, vitamins, and minerals. Oxygen is vital for cellular respiration, which is the process that cells use to generate energy. Healthy nail growth relies on an adequate supply of oxygen. In addition, the nail matrix benefits from a proper flow of nutrients and oxygen through the bloodstream, which is crucial for maintaining the overall health of the nails. Vitamins and minerals play a fundamental role in the process of nail growth and strength. For instance, biotin (a B vitamin) has been widely recognized for its contribution to improving nail thickness and preventing brittleness. Minerals like zinc and iron are also important, as they contribute to the structural integrity of the nail. While moisture is important for skin and nail health in moderation, excessive moisture can actually lead to issues such as fungal infections or nail weakening. Thus, the combination of oxygen, vitamins, and minerals best describes what nail beds need for optimal health, making this the most comprehensive and correct choice.

6. What type of organism can cause infections to feet and hands under certain conditions?

- A. Bacteria
- B. Viruses
- C. Fungi**
- D. Parasites

Fungi are a type of organism that can indeed cause infections on the feet and hands, especially under certain conditions such as warm, moist environments. Fungal infections, such as athlete's foot or nail fungus, thrive in these conditions and can lead to redness, itching, and discomfort. The structure of fungi allows them to invade keratin-rich areas, such as nails and skin, making them particularly effective at causing infections in these parts of the body. While bacteria and viruses can also cause infections, they do so through different mechanisms and often involve a broader range of symptoms and diseases. Parasites typically require a host to complete their life cycle and are less associated with dermatological infections such as those caused by fungi. Fungi's specific ability to break down keratin and inhabit the skin's surface makes them the primary organism of concern for infections in the hands and feet in this context.

7. What tool should be used to remove softened nail enhancement products?

- A. Metal file
- B. Wooden pusher**
- C. Plastic scraper
- D. Brush

The appropriate tool for removing softened nail enhancement products is a wooden pusher. Wooden pushers are specifically designed for this purpose because they are gentle enough to manipulate the softened product without damaging the natural nail underneath. Their smooth surface helps lift the enhancement away from the nail, allowing for safe and effective removal. The use of a wooden pusher also minimizes the risk of injury to the nail plate and surrounding skin. The wooden material provides enough flexibility and control, making it less likely to cause scratches or other damage compared to harder tools. In contrast, the other tools mentioned may not be suitable for this delicate task. A metal file, while effective for shaping, could be too abrasive when it comes to removing enhancements, potentially harming the natural nail. A plastic scraper, although somewhat forgiving, may not provide the same level of precision and safety as a wooden pusher. A brush is typically used for cleaning or dusting rather than for the removal of product. Therefore, when considering the best tool for removing softened nail enhancement products, the wooden pusher stands out as the most appropriate choice.

8. Which of the following is true about hand sanitizers?

- A. They are sufficient for all cleaning needs
- B. They leave hands oily
- C. They should supplement hand washing**
- D. They are ineffective against all germs

Hand sanitizers are designed to reduce the number of germs on the skin, but they work best when used in conjunction with proper hand washing. While they can be a convenient option in situations where soap and water are not readily available, they do not remove dirt and grease effectively, nor do they eliminate all types of germs. The use of hand sanitizers should complement traditional hand washing as part of good hand hygiene practices. This helps ensure that hands are not only sanitized but also clean from physical contaminants. Therefore, the idea that hand sanitizers are meant to support and enhance the effectiveness of hand washing is key to understanding their appropriate use and limitations.

9. What is the purpose of a foot file in pedicure services?

- A. To apply polish effectively
- B. To remove dry skin from the ball and heel of the foot**
- C. To shape the toenails
- D. To promote relaxation during treatments

The purpose of a foot file in pedicure services is primarily to remove dry skin from the ball and heel of the foot. This tool is designed specifically to exfoliate and smooth rough areas, helping to achieve softer and healthier-looking feet. By effectively reducing calluses and other dry skin buildup, the foot file plays an essential role in maintaining foot hygiene and comfort. While applying polish effectively, shaping toenails, and promoting relaxation may be part of the pedicure process, these tasks are not the primary function of a foot file. Each of those activities is accomplished using different tools and techniques, with the foot file specifically focusing on skin care rather than nail care or relaxation methods.

10. What important step should be taken after each client in a nail salon?

- A. Replace all equipment
- B. Disinfect the foot spa**
- C. Organize the nail colors
- D. Dust the work area

After each client in a nail salon, disinfecting the foot spa is a crucial step to ensure hygiene and safety. Foot spas can harbor bacteria, fungi, and other pathogens that might be transferred from one client to another if not properly cleaned. By disinfecting the foot spa after each use, nail technicians can minimize the risk of infections and ensure that the tools and environment remain safe for all clients. This step is mandated by health regulations and serves to protect both the clients' health and the salon's reputation. Regular disinfection not only aligns with best practices in sanitation but also builds trust with clients who expect a clean and sterile environment when they receive nail services. While replacing equipment, organizing nail colors, and dusting the work area may contribute to overall salon cleanliness, they do not address the specific health risks associated with shared equipment like foot spas. Thus, disinfecting the foot spa is the most important and necessary step after each client.

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://ornailtech.examzify.com>

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

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