

PCI Utah Nail Exam 1 Practice (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. Which wattage lamp is most common for UV nail services?**
 - A. 9 watt lamp**
 - B. 36 watt lamp**
 - C. LED lamp**
 - D. 4 watt lamp**

- 2. Which item should NOT be recorded on a client consultation card?**
 - A. Appointment times**
 - B. Allergies**
 - C. Medical history**
 - D. Medications**

- 3. Which of the following is a common viral infection seen in salons and resembles small black dots, usually in clustered groups?**
 - A. Plantar warts**
 - B. Cold sores**
 - C. Molluscum contagiosum**
 - D. Ringworm**

- 4. Which of the following filling is a chemical germicide formulated for use on the skin?**
 - A. Disinfectant**
 - B. Astringent**
 - C. Sanitizer**
 - D. Antiseptic**

- 5. What is the FIRST step if you get blood or other potentially infectious materials in your eyes, nose, mouth, or on broken skin?**
 - A. Immediate flood the exposed area with water**
 - B. Rinse with soap and water**
 - C. Apply antiseptic**
 - D. Seek medical attention**

- 6. All of the following are examples of antimicrobial pesticides EXCEPT**
- A. Disinfectant**
 - B. Algaecide**
 - C. Bactericide**
 - D. Virucide**
- 7. Which of the following BEST describes a primer product?**
- A. Bonds to the nail protein**
 - B. Cleans and Dehydrates the nail**
 - C. Adds Color to the nail**
 - D. Protects the nail from moisture**
- 8. Which statement about primers is most accurate?**
- A. It bonds the nail protein**
 - B. It clears the nail surface**
 - C. It hydrates the nail**
 - D. It leaves a protective film**
- 9. Which procedure MUST be performed for nail polish to adhere well?**
- A. Buffing nails**
 - B. Remove all traces of lotion or oil**
 - C. Apply base coat**
 - D. Soak nails**
- 10. All of the following would be considered a multi-use manicure implement EXCEPT**
- A. A metal pusher**
 - B. A wooden cuticle pusher**
 - C. A wooden pusher**
 - D. A wooden manicure stick**

Answers

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

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Explanations

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1. Which wattage lamp is most common for UV nail services?

- A. 9 watt lamp**
- B. 36 watt lamp**
- C. LED lamp**
- D. 4 watt lamp**

The key idea is that UV curing relies on sufficient UV energy to activate the gel's chemistry, and the standard setup in many nail programs uses a 9-watt UV lamp. This wattage offers a reliable, affordable level of UV output that cures many common gel polishes without excessive heat, making it the typical baseline for teaching and practice. A 4-watt lamp usually doesn't provide enough energy to cure gel completely, leading to incomplete hardening. A 36-watt lamp delivers much higher intensity and can cure faster, but that level of power isn't the standard for basic UV gel systems and can affect how gels cure. An LED lamp isn't the same kind of device as a UV lamp and isn't described by the same single wattage rating, so it isn't comparable in the same way.

2. Which item should NOT be recorded on a client consultation card?

- A. Appointment times**
- B. Allergies**
- C. Medical history**
- D. Medications**

The focus of a client consultation card is to gather information that could influence safety and how the service is performed. Allergies, medical history, and medications are directly relevant to deciding which products or techniques are safe to use and to monitor for any adverse reactions. Appointment times, on the other hand, are scheduling details that help you plan the day but do not affect the safety or instructions of the treatment. Keeping times separate from the health information avoids clutter and confusion in the card, and ensures the consultation form remains a clear record for safety decisions, while scheduling stays in the appointment system.

3. Which of the following is a common viral infection seen in salons and resembles small black dots, usually in clustered groups?

- A. Plantar warts**
- B. Cold sores**
- C. Molluscum contagiosum**
- D. Ringworm**

Think of a viral skin infection that shows tiny dark pinpoint spots within a raised area on the sole. Plantar warts are caused by human papillomavirus infecting the keratinocytes of the thick skin on the bottom of the foot. The small black dots you see are thrombosed capillaries inside the wart, which give that speckled appearance. These warts often appear in clusters, sometimes called mosaic plantar warts, which matches the description of clustered groups. In a salon setting, recognizing these lesions is important because they can spread via skin contact or contaminated tools if proper hygiene isn't followed. The other conditions don't fit this pinpoint-dark-spot pattern: cold sores are herpes lesions around the mouth with blisters, molluscum contagiosum presents as smooth, dome-shaped papules with a central dimple, and ringworm forms ring-shaped, scaly patches.

4. Which of the following filling is a chemical germicide formulated for use on the skin?

- A. Disinfectant**
- B. Astringent**
- C. Sanitizer**
- D. Antiseptic**

Antiseptics are chemical germicides formulated for use on living tissue, especially skin, to reduce or prevent infection by microorganisms. That makes the correct option the one designed specifically for skin contact and microbial control on the person. Disinfectants are intended for inanimate surfaces and can be too harsh or unsafe for skin. Sanitizers aim to lower microbial numbers to safe levels, typically on surfaces rather than living tissue. Astringents tighten skin and remove oil; they aren't primarily about killing germs.

5. What is the **FIRST** step if you get blood or other potentially infectious materials in your eyes, nose, mouth, or on broken skin?

A. Immediate flood the exposed area with water

B. Rinse with soap and water

C. Apply antiseptic

D. Seek medical attention

Starting decontamination with a flood of clean water is the best first step because it begins removing blood or other potentially infectious materials immediately, reducing the amount that can contact and penetrate tissues. Water is safe, readily available, and effective across different exposure sites, buying time before any further cleaning or medical steps. For eyes, continue irrigating with clean water or sterile saline for several minutes. For the nose or mouth, rinse with water and spit out any fluid. For broken skin, rinse with water and then wash with soap to help remove residues. After the initial rinse, follow your workplace or medical guidance with thorough cleaning and prompt medical evaluation to assess risk and determine if any post-exposure treatment is needed. Antiseptics aren't ideal for mucous membranes, and soap isn't the universal first step for every exposure, so initiating with water is the correct priority.

6. All of the following are examples of antimicrobial pesticides EXCEPT

A. Disinfectant

B. Algaecide

C. Bactericide

D. Virucide

Antimicrobial pesticides are products that kill or inhibit microorganisms on surfaces or in environments where sanitation is needed to prevent disease or contamination. Disinfectants are used to reduce a broad range of microbes on surfaces, making them classic antimicrobial pesticides. A bactericide is specifically aimed at killing bacteria, and a virucide targets viruses; both fit squarely into the same category because they deal with harmful microbes in sanitation and disinfection contexts. An algaecide, however, is designed to control algae, which are often treated in the realm of water treatment or specialty biocides rather than the general antimicrobial-pesticide category used for surface disinfection. In this framing, algae are not considered antimicrobial pesticides, so this is the exception.

7. Which of the following BEST describes a primer product?

- A. Bonds to the nail protein**
- B. Cleans and Dehydrates the nail**
- C. Adds Color to the nail**
- D. Protects the nail from moisture**

Primers act as adhesion promoters in nail services, and their main job is to bond with the nail's keratin to create a strong foundation for the enhancement product. That bonding to the nail protein is what helps the product grip the natural nail, making the bond more durable. While prep solutions or dehydrators cleanse and dry the nail surface to improve adhesion, their primary role is not to act as the primer itself. Adding color belongs to nail polish or gel color products, and moisture protection is provided by top coats or sealants, not the primer. So the best description is that the primer bonds to the nail protein to promote adhesion.

8. Which statement about primers is most accurate?

- A. It bonds the nail protein**
- B. It clears the nail surface**
- C. It hydrates the nail**
- D. It leaves a protective film**

Primers are used to condition the nail plate so adhesive can grab onto it more effectively. Hydration is a big part of this conditioning because a moisturized, balanced surface accepts resin or gel better, leading to better adhesion and less lifting. Bonding to nail protein isn't the role of a primer, and primers aren't primarily about clearing the surface or leaving a protective film; their main job is to prepare and optimize the surface for bonding, with hydration supporting that process.

9. Which procedure MUST be performed for nail polish to adhere well?

- A. Buffing nails**
- B. Remove all traces of lotion or oil**
- C. Apply base coat**
- D. Soak nails**

A clean, oil-free nail surface is essential for polish to adhere well. Any lotion or oil left on the nail creates a slick barrier that prevents the color from bonding to the nail plate, so removing all traces of lotion or oil is the critical prep step before applying polish. After wiping the nails with a lint-free pad dampened with acetone or a dedicated nail cleanser and letting them dry completely, you're ready to proceed. Buffing can help by smoothing or slightly roughening the surface to improve grip, but it won't overcome oils that remain. Soak nails isn't necessary and can be detrimental, since it can alter the nail and moisture balance. While base coat is beneficial for adhesion and protection, the fundamental requirement for good sticking is an oil-free surface.

10. All of the following would be considered a multi-use manicure implement EXCEPT

- A. A metal pusher**
- B. A wooden cuticle pusher**
- C. A wooden pusher**
- D. A wooden manicure stick**

In nail care, the distinction between multi-use and single-use implements hinges on whether an item can be safely sanitized and reused on multiple clients. A metal pusher can be cleaned and disinfected between clients, so it is considered multi-use. Wooden implements, on the other hand, are porous and difficult to sanitize completely. They are typically disposed after one client to prevent cross-contamination, so they are not multi-use. Among the wooden items listed, the wooden pusher would be the exception to the multi-use rule, since it isn't intended for reuse in the same way a metal tool is. In practice, wooden cuticle pushers and wooden manicure sticks are also treated as single-use and discarded after each client.

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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://pciutahnail1.examzify.com>

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

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