

# PSI Barbering Practice Exam (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

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- 1. What are the four classic signs of inflammation?**
  - A. Redness, heat, swelling, pain**
  - B. Nausea, vomiting, fatigue, fever**
  - C. Cough, fever, fatigue, pain**
  - D. Itching, redness, swelling, fever**
- 2. What is the primary purpose of the tension screw on shears?**
  - A. To adjust the cutting angle**
  - B. To control the cutting distance**
  - C. To regulate the blade movement**
  - D. To secure the blade in place**
- 3. Which organ is responsible for filtering blood in the lymphatic system?**
  - A. Liver**
  - B. Heart**
  - C. Spleen**
  - D. Kidneys**
- 4. What are the primary arteries that supply blood to the head, face, and neck?**
  - A. Common carotids**
  - B. Subclavians**
  - C. Brachial arteries**
  - D. Femoral arteries**
- 5. Hair texture refers to the degree of \_\_\_\_\_ of individual hair strands.**
  - A. Thickness**
  - B. Coarseness**
  - C. Density**
  - D. Porosity**

- 6. How often should you grease and oil the parts of your clippers and outliners?**
- A. Annually**
  - B. Regularly**
  - C. Only when they appear dry**
  - D. Monthly**
- 7. What type of incident is contact with nonintact skin, blood, body fluid, or potentially infectious materials that is the result of the performance of a worker's duties?**
- A. Exposure**
  - B. Contamination**
  - C. Injury**
  - D. Accident**
- 8. What is the primary purpose of disincrustation in skincare?**
- A. To improve skin texture**
  - B. To remove dead skin cells**
  - C. To emulsify debris and sebum**
  - D. To increase blood circulation**
- 9. Which of the following is a thick scar resulting from excessive growth of fibrous tissue?**
- A. Hypertrophic scar**
  - B. Kieloid**
  - C. Scarring alopecia**
  - D. Atrophic scar**
- 10. Which of the following positions gives the most control of the razor when honing and stropping?**
- A. Vertical position**
  - B. Balanced grip**
  - C. Offset grip**
  - D. Horizontal position**

## **Answers**

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

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## **Explanations**

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## 1. What are the four classic signs of inflammation?

- A. Redness, heat, swelling, pain**
- B. Nausea, vomiting, fatigue, fever**
- C. Cough, fever, fatigue, pain**
- D. Itching, redness, swelling, fever**

The four classic signs of inflammation are redness, heat, swelling, and pain. These signs are the body's natural response to injury or infection, and they serve important roles in the healing process. Redness occurs due to increased blood flow to the affected area, which is part of the body's inflammatory response. Heat is similarly a result of increased blood flow and is often noticeable at the site of injury or infection. Swelling happens when fluids and white blood cells leak into the tissue, leading to accumulation in the area and resulting in a noticeable swelling. Pain is typically due to inflammation triggering nerve endings, making the area more sensitive as part of the protective response. In contrast, the other options discuss symptoms that are not directly associated with classical inflammation. For instance, nausea, vomiting, fatigue, and fever can be signs of illness or systemic reactions but do not reflect the localized signs of inflammation. Similarly, coughing and generalized fatigue indicate different conditions, while itching, though it can be a symptom related to some inflammatory responses, does not encompass the classic signs as correctly as the four mentioned above.

## 2. What is the primary purpose of the tension screw on shears?

- A. To adjust the cutting angle**
- B. To control the cutting distance**
- C. To regulate the blade movement**
- D. To secure the blade in place**

The primary purpose of the tension screw on shears is to regulate the blade movement. This tension screw allows the barber or stylist to adjust how tightly or loosely the blades are connected, which directly affects how smooth and precise the cutting action is. When the tension is set correctly, it ensures that the blades move together effectively while cutting, allowing for clean and accurate cuts. If the tension is too loose, the blades may not align properly, leading to uneven cuts, whereas if it is too tight, the shears may be difficult to operate and could cause fatigue. Understanding the role of the tension screw is essential for maintaining the performance of the shears and providing quality haircuts. This adjustment enables barbers to customize the functionality of the shears to their specific cutting style or technique.

**3. Which organ is responsible for filtering blood in the lymphatic system?**

- A. Liver**
- B. Heart**
- C. Spleen**
- D. Kidneys**

The spleen is the organ responsible for filtering blood in the lymphatic system. It plays a vital role in the immune response by recognizing and removing old or damaged red blood cells and pathogens from the bloodstream. The spleen contains specialized immune cells that help to identify and combat harmful microorganisms, contributing to the body's defense system. In addition, the spleen acts as a reservoir for blood and can release additional red blood cells into circulation when needed, helping to maintain proper blood volume and response during physical activity or trauma. This filtering function and the role in immune surveillance highlight the spleen's significance in both the circulatory and lymphatic systems. While the liver also filters blood, it primarily processes nutrients and detoxifies substances rather than serving a direct role in the lymphatic system. The heart is responsible for circulating blood, and the kidneys filter waste products from the blood to form urine, but they are not directly involved in the lymphatic system's filtering functions. Therefore, the spleen is the correct answer in this context.

**4. What are the primary arteries that supply blood to the head, face, and neck?**

- A. Common carotids**
- B. Subclavians**
- C. Brachial arteries**
- D. Femoral arteries**

The common carotids are the primary arteries responsible for supplying blood to the head, face, and neck. They branch from the aorta, with the right common carotid arising from the brachiocephalic trunk and the left common carotid stemming directly from the aortic arch. Each common carotid artery ascends the neck and bifurcates into the internal and external carotid arteries, which supply different regions: the internal carotid primarily supplies the brain, while the external carotid provides blood to the face and neck. In contrast, the subclavians originate from the aorta (or the brachiocephalic trunk) and primarily supply the arms and parts of the thorax, making them less relevant to the head and neck's vascularization. The brachial arteries are located in the upper arm and are vital for supplying blood to the arm but do not have a direct role in supplying blood to the head and neck. The femoral arteries are located in the thighs and primarily supply blood to the lower limbs, having no connection to the supply of the head, face, and neck regions.

5. Hair texture refers to the degree of \_\_\_\_\_ of individual hair strands.

A. Thickness

**B. Coarseness**

C. Density

D. Porosity

Hair texture specifically pertains to the degree of coarseness of individual hair strands. This characteristic helps to identify whether hair is fine, medium, or coarse, which can affect how hair styles hold, how it responds to treatments, and how products can be applied effectively. Coarseness indicates the thickness and diameter of a single strand of hair, making it an important aspect of hair care. For instance, coarser hair typically has a wider diameter and can feel stronger or more resilient, while finer hair tends to be softer and may require different care strategies to prevent damage and maintain style. Other options like thickness, density, and porosity relate to different aspects of hair but do not specifically define texture. Thickness refers to the width of an individual hair strand. Density concerns the number of hair strands present on the scalp, and porosity involves how well hair absorbs and retains moisture. Understanding these distinctions is essential for effective hair styling and maintenance.

6. How often should you grease and oil the parts of your clippers and outliners?

A. Annually

**B. Regularly**

C. Only when they appear dry

D. Monthly

Greasing and oiling the parts of clippers and outliners is essential for maintaining their functionality and longevity. Doing this regularly helps to ensure that the blades move smoothly and reduces wear and tear. A regular maintenance schedule keeps the clippers operating at optimal performance, prevents rust and buildup, and helps avoid potential working issues during haircuts. While some other intervals, such as monthly or annually, may seem adequate, they do not emphasize the proactive approach needed for consistent performance in a busy barbering environment. Oiling only when the blades appear dry can lead to problems since clippers may not function effectively if they are already experiencing friction or damage. Thus, establishing a routine of maintenance that emphasizes regular upkeep will ultimately provide the best results for the tools and the services provided.

**7. What type of incident is contact with nonintact skin, blood, body fluid, or potentially infectious materials that is the result of the performance of a worker's duties?**

**A. Exposure**

**B. Contamination**

**C. Injury**

**D. Accident**

The correct answer is exposure. This term specifically refers to situations where an individual comes into contact with nonintact skin, blood, body fluids, or potentially infectious materials during the course of their professional responsibilities. In the context of barbering or similar fields, exposure highlights the risk associated with handling tools, clients, or environments where such contact may occur, reinforcing the importance of following safety protocols to minimize health risks. While contamination involves the presence of harmful substances on a surface, it does not directly address the act of contact that leads to potential infection or exposure. Injury pertains more to harm caused to a person, which may not necessarily involve contact with infectious materials. An accident implies an unexpected event that causes harm or injury, but it lacks the specific focus on the exposure to biological dangers that can occur in a workplace. Understanding these distinctions is crucial for professionals in barbering to ensure they are prepared to handle and report such incidents appropriately.

**8. What is the primary purpose of disincrustation in skincare?**

**A. To improve skin texture**

**B. To remove dead skin cells**

**C. To emulsify debris and sebum**

**D. To increase blood circulation**

The primary purpose of disincrustation in skincare is to emulsify debris and sebum. This technique involves the use of a specific alkalizing agent to breakdown and soften the accumulated oils and impurities within the pores. By emulsifying thick sebum and debris, disincrustation facilitates easier extraction during subsequent treatments, leading to a clearer complexion. This process is beneficial for oily or acne-prone skin, as it helps to unclog pores and prepare the skin for further cleansing or exfoliation. While improving skin texture, removing dead skin cells, and increasing blood circulation are important aspects of overall skincare, they are not the primary focus of disincrustation. Instead, those effects can be achieved through other treatments such as exfoliation and facial massage. Therefore, understanding the unique role of disincrustation is essential for targeted skincare techniques aimed at achieving clearer skin.

**9. Which of the following is a thick scar resulting from excessive growth of fibrous tissue?**

- A. Hypertrophic scar**
- B. Keloid**
- C. Scarring alopecia**
- D. Atrophic scar**

A thick scar resulting from excessive growth of fibrous tissue is known as a keloid. Keloids develop when the body produces too much collagen during the healing process, leading to a scar that extends beyond the original injury site. These scars can be raised, thick, and may continue to grow over time. Keloids are often more prominent in individuals with darker skin tones and can cause discomfort such as itching or pain. In contrast, hypertrophic scars, while also raised and related to excess collagen formation, remain within the boundaries of the initial injury site and may improve over time. Scarring alopecia refers to a condition where inflammation leads to permanent hair loss and scalp scarring. Atrophic scars are sunken or depressed scars that occur due to loss of underlying tissue, often resulting from conditions such as acne or chickenpox. Each type of scar has distinct characteristics and implications for treatment, with keloids requiring specific management due to their continued growth and potential for recurrence after removal.

**10. Which of the following positions gives the most control of the razor when honing and stropping?**

- A. Vertical position**
- B. Balanced grip**
- C. Offset grip**
- D. Horizontal position**

The balanced grip provides the most control of the razor when honing and stropping because it allows for an even distribution of pressure and stability throughout the entire length of the blade. This grip helps the barber maintain a consistent angle, which is crucial for producing an even edge on the razor. With a balanced grip, the barber can easily maneuver the razor in a controlled manner, minimizing the risk of slips or uneven strokes that could damage the blade or affect its performance. This technique is particularly important when honing, as it ensures that the blade is sharpened uniformly. In contrast, other grips may lead to a less stable hold, making it more challenging to apply even pressure and maintain the correct angle. For example, the vertical position might restrict movement, limiting leverage and control. The offset grip can also create an uneven tension on the blade, while the horizontal position may not offer the same level of steadiness when working on the blade's edge.