

PSI BARBERING PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Men's hair loss is often linked to which period of life?**
 - A. Childhood
 - B. Youth
 - C. Middle age
 - D. Old age
- 2. Which statement is true about chemical changes?**
 - A. They are often reversible.
 - B. They form new substances.
 - C. They only involve physical properties.
 - D. They do not involve energy changes.
- 3. What is the unit of measure for electrical resistance?**
 - A. Volts
 - B. Amperes
 - C. Ohms
 - D. Watts
- 4. What can prevent viruses from growing in the body?**
 - A. Antiseptics
 - B. Antibiotics
 - C. Vaccines
 - D. Pain relievers
- 5. Why is it essential to store tools safely?**
 - A. To save space
 - B. To prevent accidents
 - C. To keep them clean
 - D. For easy access
- 6. Electricity is not matter because it does not_____**
 - A. Conduct
 - B. Occupy space or have mass
 - C. Form energy
 - D. Transfer heat

7. What does the acronym OSHA stand for?

- A. Occupational Safety and Health Administration
- B. Office of Safety and Health Awareness
- C. Organizational Standards for Health and Safety
- D. Operational Safety and Health Agency

8. What substance lubricates the skin and preserves the softness of the hair?

- A. Collagen
- B. Melanin
- C. Sebum
- D. Keratin

9. Antiseptics generally contain a high volume of _____.

- A. Alcohol
- B. Hydrogen peroxide
- C. Formaldehyde
- D. Phenols

10. 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

Answers

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

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Explanations

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1. Men's hair loss is often linked to which period of life?

- A. Childhood
- B. Youth
- C. Middle age**
- D. Old age

Men's hair loss is commonly associated with middle age due to the hormonal changes and genetic factors that typically arise during this phase of life. For many men, the onset of male pattern baldness, medically called androgenetic alopecia, often begins in their 20s and becomes more pronounced as they enter their 30s and 40s. This condition is primarily influenced by dihydrotestosterone (DHT), a derivative of testosterone, which can shrink hair follicles and shorten the hair growth cycle. While hair loss can occur at earlier stages, such as in youth, the most significant and noticeable patterns of hair thinning and baldness generally emerge during middle age. Other life stages, like childhood and old age, may not show the same prevalence or typical patterns of hair loss as seen in this period. Many older men continue to experience hair loss, but the initial link and most common cases start in middle age, making it a crucial time for understanding the dynamics of male balding patterns.

2. Which statement is true about chemical changes?

- A. They are often reversible.
- B. They form new substances.**
- C. They only involve physical properties.
- D. They do not involve energy changes.

Chemical changes are characterized by the transformation of substances into new substances through the breaking and forming of chemical bonds. This process results in alterations to the chemical structure and properties of the original materials, leading to the creation of different substances with distinct characteristics. For example, when iron rusts, it undergoes a chemical change that results in the formation of iron oxide, which differs from elemental iron. In contrast, the other options do not accurately reflect the nature of chemical changes. While some chemical reactions can be reversible, many are not, making the idea of reversibility a less reliable characteristic. The involvement of physical properties is further associated with physical changes, not chemical ones. Additionally, energy changes, such as heat release or absorption, are generally a significant part of chemical reactions, as they often occur alongside the chemical changes. Understanding these aspects reinforces why the formation of new substances is the defining feature of chemical changes.

3. What is the unit of measure for electrical resistance?

- A. Volts
- B. Amperes
- C. Ohms**
- D. Watts

The unit of measure for electrical resistance is Ohms. This measurement arises from Ohm's law, which states that resistance (R) is equal to the voltage (V) divided by the current (I). Ohms provide a standardized way to express the opposition that a material offers to the flow of electric current. Understanding the other units can help clarify why Ohms are critical for measuring resistance. Volts measure the electrical potential difference, Amperes (or amps) quantify the flow of electrical current, and Watts represent the rate of energy transfer in an electrical circuit. Each of these has its distinct role within the field of electricity and electronics, but when it comes specifically to resistance, Ohms are indeed the accepted unit.

4. What can prevent viruses from growing in the body?

- A. Antiseptics
- B. Antibiotics
- C. Vaccines**
- D. Pain relievers

Vaccines are designed to prevent viruses from growing and spreading in the body. They work by stimulating the immune system to recognize and fight off specific pathogens, including viruses. When a vaccine is administered, it introduces a harmless component of the virus, such as an inactivated or weakened version, or a piece of its genetic material. This primes the immune system to respond quickly and effectively if it encounters the actual virus in the future. As a result, vaccines not only prevent infections but also reduce the severity of diseases if an infection does occur. In contrast, antiseptics are substances used externally to kill or inhibit the growth of microorganisms on surfaces or skin but do not affect viruses within the body. Antibiotics are effective against bacterial infections, not viral ones, and do not prevent viruses from multiplying. Pain relievers, such as ibuprofen or acetaminophen, help alleviate symptoms but do not influence viral growth or immune response. Thus, vaccines are the only option listed that specifically prevents viral infections and supports the body's ability to combat viruses.

5. Why is it essential to store tools safely?

- A. To save space
- B. To prevent accidents**
- C. To keep them clean
- D. For easy access

Storing tools safely is crucial primarily to prevent accidents. Proper storage minimizes the risk of tools causing injury to the barber or clients. For instance, sharp tools like scissors and razors should be stored in a manner that shields their edges, reducing the likelihood of cuts. Additionally, if tools are left out in open areas, they could be tripped over or mishandled, leading to potential falls or injuries. Prioritizing safety in tool storage not only protects the individual using them but also creates a safer environment for clients, enhancing overall service quality.

6. Electricity is not matter because it does not_____

- A. Conduct
- B. Occupy space or have mass**
- C. Form energy
- D. Transfer heat

Electricity is defined as a form of energy resulting from the existence of charged particles such as electrons or protons. The fundamental distinction that makes electricity not considered matter is that it does not occupy space or have mass. Matter is characterized by having both volume and mass; it exists in solid, liquid, or gaseous states. Electricity, on the other hand, is a flow of energy through a conductive medium and does not have the tangible qualities that define matter. It cannot be contained or measured in terms of volume in the same way that solid objects can be. Therefore, the understanding of electricity as a form of energy rather than a physical substance further underscores its nature as non-matter. Other concepts like conduction, energy formation, or heat transfer pertain to the properties and behaviors of electricity and matter but do not define what makes something matter in the first place.

7. What does the acronym OSHA stand for?

- A. Occupational Safety and Health Administration
- B. Office of Safety and Health Awareness
- C. Organizational Standards for Health and Safety
- D. Operational Safety and Health Agency

The acronym OSHA stands for Occupational Safety and Health Administration. This federal agency is part of the United States Department of Labor and was created to ensure safe and healthy working conditions by establishing and enforcing standards and providing training, outreach, education, and assistance. OSHA is instrumental in protecting workers' rights to a safe workplace, which is especially pertinent in industries like barbering, where exposure to chemicals and operating equipment poses potential risks. This agency develops regulations, conducts inspections, and promotes safety awareness to prevent workplace injuries and illnesses. Understanding the role of OSHA is essential for professionals in various fields, including the barbering industry, as it directly impacts workplace safety and health standards.

8. What substance lubricates the skin and preserves the softness of the hair?

- A. Collagen
- B. Melanin
- C. Sebum
- D. Keratin

Sebum is the oily substance produced by sebaceous glands in the skin. It plays a crucial role in lubricating the skin and keeping hair soft. This natural oil helps to prevent dryness and can protect the skin against external elements. When sebum is present, it creates a barrier on the skin's surface, which is essential for maintaining hydration and preventing the entry of harmful microorganisms. Collagen is a protein that provides structure and elasticity to the skin, but it does not serve as a lubricant or moisturizer. Melanin is the pigment responsible for the color of skin and hair and has no role in lubrication. Keratin is a fibrous protein that forms the structural framework of hair and nails, contributing to their strength, but it does not have moisturizing properties like sebum. Therefore, sebum is specifically the substance that lubricates the skin and preserves the softness of the hair.

9. Antiseptics generally contain a high volume of _____.

- A. Alcohol
- B. Hydrogen peroxide
- C. Formaldehyde
- D. Phenols

The answer focuses on the role of antiseptics, which are substances applied to living tissues to reduce the possibility of infection. Antiseptics are designed to destroy or inhibit the growth of pathogenic microorganisms. While hydrogen peroxide is indeed an antiseptic, it is important to clarify its role and concentration in antiseptic formulations. Hydrogen peroxide is commonly used due to its strong oxidizing properties, making it effective against many types of bacteria, viruses, and fungi. It decomposes into water and oxygen upon contact, which aids in cleaning wounds and can create an unwelcoming environment for pathogens. Its application is favored in certain medical and personal care situations, especially in diluted forms, to ensure safety while remaining effective. The other options, while they can also serve antiseptic purposes, do not encompass the characteristic high volume typically associated with antiseptics in comparison to hydrogen peroxide. Alcohol, for instance, is also a common antiseptic but is usually used in lower concentrations for effective antiseptics, often around 60-70%. Formaldehyde and phenols are more commonly recognized as disinfectants rather than antiseptics and are typically less suitable for application on living tissues due to their harshness and potential harmful effects. Thus, the predominant understanding aligns hydrogen peroxide

10. 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.

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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://psibabering.examzify.com>

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

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