

# PSI Texas State Board Nail Tech 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. What device is commonly used to sterilize equipment by using steam?**

- A. Autoclave**
- B. Incubator**
- C. UV sterilizer**
- D. Microwave sterilizer**

**2. What is beneficial when applying toenail polish?**

- A. Two coats of color**
- B. One coat of color**
- C. Base coat only**
- D. Top coat only**

**3. What is the definition of "nail bed"?**

- A. The outer layer of the nail**
- B. The skin beneath the nail plate**
- C. The part of the nail that is visible**
- D. The area surrounding the nail**

**4. What is necessary for maintaining a two-color acrylic enhancement?**

- A. Polishing**
- B. Backfill**
- C. Reapplication of topcoat**
- D. Soaking**

**5. What is the main purpose of using a nail buffer?**

- A. To make the nail grow faster**
- B. To smooth and shine the nail surface**
- C. To change the nail color**
- D. To strengthen the nails**

**6. Which disinfectant is appropriate for stopping the takeover of the host cell's reproductive function?**

- A. Bactericidal.**
- B. Fungicidal.**
- C. Virucidal.**
- D. Sporicidal.**

**7. Which ingredient should never be added to the water basin during a pedicure service?**

- A. Scented oil**
- B. Salt**
- C. Disinfectant**
- D. Soap**

**8. Which product is not needed in the application of a nail wrap?**

- A. Nail primer**
- B. Adhesive**
- C. A monomer**
- D. Nail dehydrator**

**9. What should clients be advised to avoid after nail services?**

- A. Washing hands**
- B. Exposing nails to water**
- C. Using hand lotion**
- D. Applying more polish**

**10. What is the only way to remove excess cuticle around the nail with a nipper?**

- A. Pull gently.**
- B. Trim.**
- C. Soak in warm water.**
- D. Apply oil.**

## **Answers**

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

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## **Explanations**

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**1. What device is commonly used to sterilize equipment by using steam?**

- A. Autoclave**
- B. Incubator**
- C. UV sterilizer**
- D. Microwave sterilizer**

An autoclave is the device commonly used to sterilize equipment through the application of steam. It operates by heating water to create steam, which is then pressurized to achieve high temperatures that effectively kill bacteria, viruses, and other pathogens. This method is particularly effective because the combination of steam and pressure allows for thorough penetration of the steam into all surfaces and crevices of the instruments, ensuring that they are properly sterilized. The autoclave functions at temperatures and pressures that are significantly higher than what can be achieved by simply boiling water or using other sterilization methods. This makes it a standard in many medical and beauty settings, where maintaining a sterile environment is crucial for safety and preventing infections. In contrast, an incubator is designed to maintain a specific environment for the cultivation of microorganisms rather than for sterilization. A UV sterilizer uses ultraviolet light to reduce bacteria and viruses but does not achieve the same level of sterilization as steam under pressure. Lastly, a microwave sterilizer typically heats items unevenly and does not reliably kill all pathogens, making it less effective for sterilization purposes compared to an autoclave.

**2. What is beneficial when applying toenail polish?**

- A. Two coats of color**
- B. One coat of color**
- C. Base coat only**
- D. Top coat only**

When applying toenail polish, using **one coat of color** can be beneficial as it simplifies the application process and allows the natural color of the toenails to show through. A single coat can provide a light coverage and is often sufficient for achieving a natural look, especially on healthy nails. In some cases, one coat allows for a quicker drying time, reducing the risk of smudging while the polish is still setting. Additionally, a lighter application may result in less chipping as there is less product that could potentially peel or lift. While two coats of color can provide a more vibrant and opaque finish, it is not always necessary, especially for individuals who prefer a more understated aesthetic or are in a hurry. Thus, the choice of one coat can be practical and effective in many scenarios.

### 3. What is the definition of "nail bed"?

- A. The outer layer of the nail
- B. The skin beneath the nail plate**
- C. The part of the nail that is visible
- D. The area surrounding the nail

The term "nail bed" refers specifically to the skin beneath the nail plate. This area is crucial for the health and support of the nail, as it provides a foundation for the nail growth. The nail bed is composed of living cells that contribute to the production of the nail itself and it is soft and sensitive. Additionally, it is important for the attachment of the nail plate, ensuring it stays securely in place. Understanding the structure and function of the nail bed is essential for nail technicians, as it influences how nails grow and how to maintain their health. The other definitions do not accurately capture the meaning of a nail bed. The outer layer of the nail describes the nail's surface rather than the underlying tissue. The visible part of the nail is the nail plate itself, and the area surrounding the nail refers to the cuticle and surrounding skin, which are different structures.

### 4. What is necessary for maintaining a two-color acrylic enhancement?

- A. Polishing
- B. Backfill**
- C. Reapplication of topcoat
- D. Soaking

Maintaining a two-color acrylic enhancement primarily requires a backfill. Backfilling is the process of applying additional acrylic product to the regrowth area of the nail, which is necessary as natural nails continue to grow. This technique not only helps to maintain the aesthetic appeal of the two-color design, ensuring that the colors continue to look vibrant and seamless, but it also reinforces the structure and strength of the acrylic enhancement. As the natural nail grows, there will be an apparent gap between the acrylic and the cuticle, which can be unsightly and potentially weaken the overall integrity of the nail enhancement. Backfilling is crucial because it addresses this regrowth effectively, ensuring that the acrylic remains intact and extends the longevity of the enhancement.

### 5. What is the main purpose of using a nail buffer?

- A. To make the nail grow faster
- B. To smooth and shine the nail surface**
- C. To change the nail color
- D. To strengthen the nails

The main purpose of using a nail buffer is to smooth and shine the nail surface. Buffing involves using a tool covered with abrasive material that gently polishes the top layer of the nail. This process removes any ridges, dents, or imperfections, resulting in a sleek and shiny finish. Buffers can also help in creating a more uniform surface, which is especially beneficial before applying nail polish or other treatments, as it enhances their appearance and longevity. The other choices relate to functions that nail buffers do not perform. For instance, a nail buffer does not influence the growth rate of nails, nor does it change the color or strengthen the nails. Buffing primarily focuses on aesthetics rather than altering the nail's health or growth properties.

**6. Which disinfectant is appropriate for stopping the takeover of the host cell's reproductive function?**

- A. Bactericidal.**
- B. Fungicidal.**
- C. Virucidal.**
- D. Sporicidal.**

The correct answer is virucidal because virucidal disinfectants are specifically designed to inactivate or destroy viruses, thereby preventing them from attaching to and taking over the host cell's reproductive functions. Viruses invade host cells to replicate, and a virucidal agent disrupts this process by targeting the virus directly, rendering it unable to infect and replicate within the host. In contrast, bactericidal disinfectants target bacteria, not viruses, making them ineffective against viral infections. Fungicidal agents specifically deal with fungi and do not affect bacteria or viruses. Sporicidal disinfectants target spores, which are resistant forms of bacteria or fungi, but again would not address viral concerns. Thus, virucidal agents are the proper choice when the goal is to prevent viruses from taking over host cells.

**7. Which ingredient should never be added to the water basin during a pedicure service?**

- A. Scented oil**
- B. Salt**
- C. Disinfectant**
- D. Soap**

In a pedicure service, it is crucial to maintain a safe and sanitary environment for both the client and the technician. Disinfectants are specifically formulated for cleaning surfaces and tools rather than for use in water basins. Adding disinfectants to the water basin can be harmful; they may contain harsh chemicals that could irritate the skin, especially when the feet are submerged in warm water, which can open up the pores. Moreover, using disinfectants in water can lead to an imbalance in the intended use of the basin, reducing the effectiveness of actual foot care products, which are designed to soften and cleanse the skin. Instead, disinfectants should be used on tools and surfaces as part of the sanitation process before and after the service. This ensures that all implements and equipment remain sterile while keeping the pedicure process safe and pleasant for the client.

**8. Which product is not needed in the application of a nail wrap?**

- A. Nail primer**
- B. Adhesive**
- C. A monomer**
- D. Nail dehydrator**

In the context of nail wraps, the use of a monomer is not necessary. Nail wraps are typically adhered to the natural nail using adhesive, which allows the wrap to stay in place and provides a solid foundation. Nail primer is sometimes used to enhance the bond between the natural nail and the wrap, while a nail dehydrator prepares the nail surface by removing moisture and oils, ensuring better adhesion. The monomer, commonly associated with acrylic systems and used to create a chemical bond in polymerization, does not apply to the process of applying nail wraps, which rely on adhesive rather than a chemical bonding process. Thus, the correct choice highlights the absence of a monomer in the application of nail wraps.

**9. What should clients be advised to avoid after nail services?**

- A. Washing hands**
- B. Exposing nails to water**
- C. Using hand lotion**
- D. Applying more polish**

Clients should be advised to avoid exposing their nails to water after nail services because water can weaken the bond between the natural nails and nail enhancements, such as gels or acrylics. After a nail service, particularly when using products that require time to cure or set, moisture can disrupt the drying process and lead to lifting or peeling of the enhancements. For example, fresh nail polish needs time to harden, and exposure to water too soon can cause smudging or improper adherence. Washing hands and using hand lotion are typically encouraged after nail services, as they aid in maintaining skin hydration and cleanliness, which is important for overall nail health. Applying more polish might not be advisable for the first few hours post-service, but this generally doesn't have the same impact as water exposure does. Therefore, emphasizing the avoidance of water helps ensure the longevity and integrity of the nail service performed.

**10. What is the only way to remove excess cuticle around the nail with a nipper?**

- A. Pull gently.**
- B. Trim.**
- C. Soak in warm water.**
- D. Apply oil.**

Trimming is the proper method for removing excess cuticle around the nail with a nipper. When using nippers, it is essential to carefully trim the cuticle to prevent damage to the nail bed and surrounding tissue. This technique allows for precise removal of the excess skin, which is crucial in maintaining the health and appearance of the nails. Using nippers to trim the cuticle is effective because it provides a clean edge and reduces the risk of hangnails or uneven cuticles, which can lead to complications if not addressed correctly. Trimming should only be done on the areas where the cuticle is thick or unwanted, and it is not advised to aggressively remove cuticle tissue, as this can lead to injury or infections. Other methods mentioned, such as soaking in warm water, applying oil, or pulling gently, do not provide a reliable means for removing excess cuticles with nippers. Soaking and applying oil can help soften the cuticle and make it more manageable but do not directly remove the cuticle. Pulling gently may even cause damage rather than assisting in proper cuticle management. Therefore, trimming is the most effective and appropriate choice for this task.

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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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://psi-texasstateboardnailtech.examzify.com>**

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

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