

PSI TEXAS STATE BOARD NAIL TECH PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 of the following actions does NOT help prevent exposure to blood borne pathogens?**
 - A. Wearing gloves
 - B. Using disinfectants
 - C. Proper disposal of sharps
 - D. Disposing into the trash

- 2. What is the primary purpose of using collagen in skin care?**
 - A. Hydration
 - B. Strength and elasticity
 - C. Color correction
 - D. Exfoliation

- 3. What is the recommended action if a client has a nail infection?**
 - A. Proceed with services anyway
 - B. Inform the client and recommend seeing a doctor
 - C. Ignore the signs
 - D. Apply antibacterial polish

- 4. During an infection control procedure, what is important to remember regarding tools?**
 - A. They should be used interchangeably.
 - B. They must be disinfected or discarded after use.
 - C. They may be shared between clients without cleaning.
 - D. They should only be cleaned with soap and water.

- 5. How does acetone work in nail enhancement removal?**
 - A. It softens the product
 - B. It hardens the product
 - C. It adds color
 - D. It cleans the nails

- 6. What is the purpose of the nail matrix?**
- A. It produces new cells that form the nail plate
 - B. It helps to nourish the nail bed
 - C. It provides structural support to the nail
 - D. It protects the fingertip
- 7. What is the key difference between acrylic and gel nails?**
- A. Acrylic nails use a liquid and powder system
 - B. Gel nails are shiny and glossy
 - C. Acrylic nails cure with UV light
 - D. Gel nails are more durable than acrylic
- 8. What causes chemical attraction when primer is applied to the nail plate?**
- A. Polarity
 - B. Adhesion
 - C. Friction
 - D. Evaporation
- 9. When in doubt about how to use a product, what is the best reference?**
- A. Manufacturer's instructions
 - B. Online tutorials
 - C. Social media reviews
 - D. Colleague opinions
- 10. Which organism is NOT potentially harmful and does NOT cause infectious disease?**
- A. E. coli
 - B. Staphylococcus
 - C. Lactobacillus
 - D. Salmonella

Answers

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

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Explanations

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1. Which of the following actions does NOT help prevent exposure to blood borne pathogens?

- A. Wearing gloves
- B. Using disinfectants
- C. Proper disposal of sharps
- D. Disposing into the trash**

Disposing into the trash does not help prevent exposure to bloodborne pathogens because it increases the risk of contamination. Proper protocols for disposal of items that may be contaminated, such as needles or other sharp instruments, dictate that these items should be placed in designated sharps containers. These containers are designed to prevent exposure and injury, ensuring that such items are safely contained until they can be properly disposed of by professionals. In contrast, wearing gloves, using disinfectants, and the proper disposal of sharps are all essential practices in maintaining a safe and hygienic environment. Wearing gloves acts as a barrier between the skin and any potentially infectious material, while disinfectants help to eliminate pathogens on surfaces. Proper disposal of sharps ensures that hazardous materials are not left in general trash where they could pose risks to waste handlers and others.

2. What is the primary purpose of using collagen in skin care?

- A. Hydration
- B. Strength and elasticity**
- C. Color correction
- D. Exfoliation

The primary purpose of using collagen in skin care is to enhance strength and elasticity. Collagen is a protein that is naturally found in the skin, providing structural support and contributing to its firmness and suppleness. As we age, our body produces less collagen, which can lead to sagging skin and wrinkles. Incorporating collagen into skincare products helps to replenish and stimulate the production of this essential protein, thereby improving the overall texture and appearance of the skin. Collagen plays a critical role in maintaining the skin's structure, making it resilient against environmental stressors and helping to prevent signs of aging. By promoting strength and elasticity, collagen can lead to a more youthful and vibrant complexion, making it a sought-after ingredient in skincare formulations. While hydration, color correction, and exfoliation are important aspects of skin care, they do not directly relate to the primary function of collagen. Hydration focuses on moisture retention, color correction addresses skin tone irregularities, and exfoliation involves removing dead skin cells. Each of these functions plays a role in overall skin health, but they are distinct from the key properties provided by collagen.

3. What is the recommended action if a client has a nail infection?

- A. Proceed with services anyway
- B. Inform the client and recommend seeing a doctor**
- C. Ignore the signs
- D. Apply antibacterial polish

If a client has a nail infection, the recommended action is to inform the client and recommend that they see a doctor. This is essential because nail infections can be caused by various factors, including bacteria, fungi, or other pathogens, and ignoring the infection can lead to worsening conditions or complications. As a nail technician, it is crucial to prioritize the client's health and well-being. Advising them to seek medical attention ensures that they receive appropriate treatment for their condition. Infections can be contagious, so it is also important to maintain proper sanitation and hygiene practices to prevent the spread of infection in the salon environment. The other options are not appropriate actions in this situation. Proceeding with services could exacerbate the infection and put both the technician and other clients at risk. Ignoring the signs could lead to further complications for the client. Applying antibacterial polish, while it might sound like a quick fix, does not address the underlying issue and may not be effective for all types of nail infections.

4. During an infection control procedure, what is important to remember regarding tools?

- A. They should be used interchangeably.
- B. They must be disinfected or discarded after use.**
- C. They may be shared between clients without cleaning.
- D. They should only be cleaned with soap and water.

The key aspect of infection control procedures is ensuring that tools and implements are properly sanitized to prevent the spread of infections and maintain a safe environment for both clients and practitioners. The correct response emphasizes the necessity of disinfecting or discarding tools after each use. This practice is crucial for eliminating any pathogenic microorganisms that may be present on the instruments, ensuring that they do not pose a risk to subsequent clients. Disinfecting tools typically involves using appropriate disinfectants that are proven to kill a broad spectrum of bacteria, viruses, and fungi. Additionally, discarding single-use items right after they have been used further reinforces the infection control protocols by removing any potential contamination from the salon environment. Understanding this principle is vital for any practitioner in the field, as it directly impacts the safety and health of the clients they serve, demonstrating a commitment to high standards of hygiene and professionalism in nail care services.

5. How does acetone work in nail enhancement removal?

A. It softens the product

B. It hardens the product

C. It adds color

D. It cleans the nails

Acetone works effectively in nail enhancement removal primarily because it softens the product, making it easier to remove. When acetone comes into contact with nail enhancements such as acrylics or gels, it penetrates the layers of the product and disrupts their structural integrity. This softening effect allows the enhancements to be gently scraped off or wiped away without causing damage to the natural nail underneath. The molecular structure of acetone enables it to dissolve the compounds found in these nail products, which is why it is so commonly used in salons for nail removal. This property is essential for maintaining the health of the natural nails while ensuring that the enhancement materials can be efficiently removed without excessive filing or harsh scrubbing. Other options like hardening the product, adding color, or cleaning the nails do not apply to the role of acetone in nail enhancement removal, as acetone is specifically designed to soften and dissolve rather than manipulate the product in other ways.

6. What is the purpose of the nail matrix?

A. It produces new cells that form the nail plate

B. It helps to nourish the nail bed

C. It provides structural support to the nail

D. It protects the fingertip

The purpose of the nail matrix is to produce new cells that form the nail plate. The nail matrix is the tissue located beneath the base of the nail, and it plays a crucial role in nail growth. As new cells are produced in the matrix, they push older cells forward, resulting in the formation and lengthening of the nail plate. This process is essential for nail health and renewal, making the nail matrix vital in maintaining the condition and growth of nails. While nourishment of the nail bed and structural support are important for overall nail health, those functions are secondary to the primary role of the nail matrix in producing new cells. Similarly, the protection of the fingertip is an outcome of having a healthy nail but does not pertain directly to the function of the nail matrix itself.

7. What is the key difference between acrylic and gel nails?

A. Acrylic nails use a liquid and powder system

B. Gel nails are shiny and glossy

C. Acrylic nails cure with UV light

D. Gel nails are more durable than acrylic

The key difference highlighted in the correct answer is that acrylic nails are created using a liquid and powder system. This traditional method involves mixing a liquid monomer with a powder polymer to create a dough-like consistency, which is then applied to the natural nail and allowed to harden. This chemical process does not require any special lighting to set, making it a staple technique in nail technology. Acrylic nails tend to have a more matte finish compared to gel nails, which often have a shiny and glossy appearance due to the gel products used that cure under UV or LED light. While gel nails are indeed known for their durability and aesthetic appeal, they cure through a different mechanism, distinguishing them from acrylics. When understanding these methods, it's important to recognize that the preparation and setting processes are fundamentally different, which affects both application techniques and the resulting nail characteristics.

8. What causes chemical attraction when primer is applied to the nail plate?

- A. Polarity
- B. Adhesion**
- C. Friction
- D. Evaporation

The correct choice highlights the role of adhesion in creating chemical attraction when primer is applied to the nail plate. Adhesion refers to the bond that develops between different substances, in this case, between the primer and the natural nail. When a primer, which is typically formulated with specific chemicals, is applied to the nail surface, it creates a chemical bond that enhances the adherence of products like nail enhancements or polish to the nail plate. This bond is crucial for ensuring that the application is durable and resistant to lifting or chipping. Other options might play roles in different contexts but are not the primary factors at play here. For instance, polarity relates to the distribution of electric charge within a molecule and could influence chemical interactions to some extent, yet it's not the direct cause of the bonding phenomenon described in terms of primer application. Friction pertains to the physical resistance encountered between surfaces, which can affect how products interact when applied but does not involve the chemical bonding that is central to adhesion. Evaporation suggests the process of a substance transitioning from liquid to vapor, which does not directly relate to the bonding process between primer and the nail plate in this context.

9. When in doubt about how to use a product, what is the best reference?

- A. Manufacturer's instructions**
- B. Online tutorials
- C. Social media reviews
- D. Colleague opinions

The best reference for product usage when in doubt is the manufacturer's instructions. These instructions are specifically created by the manufacturer to provide detailed guidance on the proper use of their products, including safe application techniques, recommended amounts, and any necessary precautions. They also address specific concerns related to the formulation of the product, ensuring that the user has a clear understanding of its intended use. While online tutorials can be helpful and social media reviews offer insights from other users, they may not always provide accurate or comprehensive information. Tutorials can vary in quality, and reviews can be subjective and influenced by personal experiences that may not apply universally. Similarly, while colleagues might provide valuable input, their knowledge and experiences may not reflect the particular nuances of the specific product in question. Therefore, referencing the manufacturer's instructions is the most reliable way to ensure that the product is used safely and effectively.

10. Which organism is NOT potentially harmful and does NOT cause infectious disease?

- A. E. coli
- B. Staphylococcus
- C. Lactobacillus**
- D. Salmonella

Lactobacillus is a genus of bacteria that is generally considered beneficial rather than harmful. It plays a critical role in the fermentation process of various foods, such as yogurt, and is essential for gut health by helping maintain a balanced microbiome. This bacterium is known for its probiotic qualities, which can aid digestion and promote a healthy immune response. In contrast, the other organisms listed, such as E. coli, Staphylococcus, and Salmonella, are known to be pathogenic and can cause various infectious diseases in humans, ranging from gastrointestinal issues to more serious systemic infections. Therefore, Lactobacillus stands out as the organism that does not pose a health risk or cause infectious disease, underlining its importance in both food production and human health.

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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://psi-texasstateboardnailtech.examzify.com>

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

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