

PSI TEXAS STATE BOARD NAIL TECH PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

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



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. What is the first step in properly cleaning a foot bath tub?**
 - A. Drain the water from a footbath and remove any visible debris
 - B. Scrub with disinfectant
 - C. Rinse with hot water
 - D. Soak overnight
- 2. What does OSHA NOT regulate?**
 - A. Workplace safety standards
 - B. Evaluation of skilled and competent services
 - C. Use of personal protective equipment
 - D. Hazardous materials handling
- 3. During an acrylic maintenance service, which procedure is NOT typically performed?**
 - A. Apply primer once
 - B. Apply primer twice
 - C. Buff the nails
 - D. Fill the nails
- 4. Which of the following are signs of an allergic reaction to nail products?**
 - A. Redness, swelling, itching, or rash on the skin
 - B. Dizziness and headache
 - C. Nausea and fatigue
 - D. Dryness and peeling
- 5. Which of the following is NOT used to perform a basic manicure?**
 - A. Cuticle nipper
 - B. Primer
 - C. Nail file
 - D. Moisturizing cream
- 6. Which treatment would most benefit a client with brittle nails?**
 - A. Regular polish application
 - B. Hot oil treatment
 - C. Gel manicure
 - D. Nail hardener

- 7. Which of the following is NOT a nail disorder condition?**
- A. Onychomycosis
 - B. Fungal infection
 - C. Tubular nail
 - D. Nail pterygium
- 8. How often should capes and linens be laundered?**
- A. Once a week
 - B. After each use
 - C. Every month
 - D. Daily
- 9. Which cleaning method can adequately reduce the presence of pathogens but does not ensure complete sterilization?**
- A. Sanitization
 - B. Disinfection
 - C. Sterilization
 - D. Deep cleaning
- 10. Which ingredient in nail products helps in toughening the nail plate?**
- A. Calcium
 - B. Protein
 - C. Collagen
 - D. Silica

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the first step in properly cleaning a foot bath tub?

- A. Drain the water from a footbath and remove any visible debris
- B. Scrub with disinfectant
- C. Rinse with hot water
- D. Soak overnight

The first step in properly cleaning a foot bath tub is to drain the water from the footbath and remove any visible debris. This initial action is crucial because it allows for a thorough inspection of the footbath's interior and prevents debris from interfering with the cleaning process. By eliminating any leftover water and particles, you are setting the stage for an effective disinfection and overall cleaning. After this step, the remaining cleaning procedures, such as scrubbing and disinfecting, can be performed on a clean surface, ensuring that all areas are accessible. This first step is foundational and helps to ensure that the foot bath is hygienically maintained, which is essential in a nail tech environment for client safety and comfort.

2. What does OSHA NOT regulate?

- A. Workplace safety standards
- B. Evaluation of skilled and competent services
- C. Use of personal protective equipment
- D. Hazardous materials handling

The correct response highlights the fact that OSHA, which stands for the Occupational Safety and Health Administration, primarily focuses on workplace safety and health regulations but does not specifically evaluate or regulate the quality of services provided by skilled professionals. While OSHA sets forth standards for a safe working environment, including how to handle hazardous materials and the use of personal protective equipment, it does not involve itself in assessing the competency or skill level of individuals performing their job functions. Evaluating skilled and competent services falls under professional licensing boards or state regulatory agencies, which are responsible for ensuring that practitioners in fields such as cosmetology adhere to necessary standards and possess the required skills to provide services safely and effectively. Therefore, the reason behind the correct answer lies in the distinction between workplace safety regulations and professional competency evaluations.

3. During an acrylic maintenance service, which procedure is NOT typically performed?

- A. Apply primer once
- B. Apply primer twice
- C. Buff the nails
- D. Fill the nails

In an acrylic maintenance service, applying primer twice is not a common procedure. During maintenance, the focus is primarily on addressing the growth of the natural nail and ensuring that the acrylic overlay remains secure and aesthetically pleasing. Typically, a single application of primer is sufficient to prepare the nail for the new acrylic application. Applying primer is meant to promote adhesion between the acrylic material and the natural nail, and over-application can lead to potential issues such as increased curing time or overly strong bonding that may make the removal of the product more challenging later on. In contrast, during maintenance, professionals will generally fill the acrylic nails to cover the growth area, buff the nails to smooth the surface and enhance the shine, and often only apply primer once to prepare the area for the fill. This ensures a proper service while maintaining the integrity of the acrylic nail system.

4. Which of the following are signs of an allergic reaction to nail products?

A. Redness, swelling, itching, or rash on the skin

B. Dizziness and headache

C. Nausea and fatigue

D. Dryness and peeling

The signs of an allergic reaction to nail products are best represented by symptoms such as redness, swelling, itching, or rash on the skin. These symptoms are localized and indicate a hypersensitivity response, which can occur when the skin comes into contact with allergens commonly found in nail products, such as acrylates or certain fragrances. When the body perceives these substances as harmful, it responds by triggering an inflammatory response, often presenting as redness and swelling. Itching is also a common sensation associated with allergic reactions, as the immune system's release of histamines can lead to discomfort and irritation. Rashes can also develop as a manifestation of contact dermatitis, which is a specific type of allergic reaction to topical products. Understanding these specific signs is essential for nail technicians to identify clients who may be experiencing allergic reactions, thus allowing for appropriate action or recommendations for alternative products that are less likely to cause adverse reactions. Recognizing these symptoms is a crucial part of ensuring a safe and healthy experience for clients.

5. Which of the following is NOT used to perform a basic manicure?

A. Cuticle nipper

B. Primer

C. Nail file

D. Moisturizing cream

A basic manicure typically focuses on cleaning, shaping, and caring for the nails and surrounding skin. To achieve this, specific tools and products are commonly utilized. Cuticle nippers are essential for trimming excess cuticles, helping to create a clean and polished appearance for the nails. Nail files are necessary for shaping the edges of the nails, ensuring that they are smooth and have the desired length and style. Moisturizing cream is also integral to a basic manicure, as it hydrates the skin and cuticles, enhancing the overall look and health of the hands. In contrast, primer is typically used in more advanced nail services, such as nail enhancements or artificial nails, to prepare the natural nail for better adhesion. It is not a standard part of a basic manicure procedure, which focuses primarily on natural nail care. Therefore, primer does not fit the criteria for tools or products necessary for a basic manicure.

6. Which treatment would most benefit a client with brittle nails?

A. Regular polish application

B. Hot oil treatment

C. Gel manicure

D. Nail hardener

The treatment that would most benefit a client with brittle nails is a hot oil treatment. Brittle nails often suffer from a lack of moisture, leading to dryness and increased fragility. A hot oil treatment effectively penetrates the nail structure and surrounding skin, providing deep nourishment and hydration. This treatment not only helps to restore moisture but also improves the overall flexibility and strength of the nails, making them less prone to breaking and chipping. Other choices may not address the core issue of brittleness as effectively. For instance, regular polish application may provide a temporary protective layer, but it does not promote healing or address moisture deficiency. A gel manicure, while aesthetically pleasing and longer-lasting, can sometimes cause additional dehydration of the nails due to the curing process involved. Nail hardeners can provide support for weak nails, but they may not sufficiently hydrate or nourish them. In contrast, a hot oil treatment's hydrating properties make it the most suitable choice for improving the condition of brittle nails.

7. Which of the following is NOT a nail disorder condition?

- A. Onychomycosis
- B. Fungal infection
- C. Tubular nail**
- D. Nail pterygium

To understand why "Tubular nail" is the correct answer as it is not considered a nail disorder condition, it's important to define what constitutes a nail disorder. Nail disorders generally relate to abnormalities or diseases that affect the nail structure, growth, or appearance. Onychomycosis is a well-known nail disorder characterized by a fungal infection that leads to thickened, discolored, and brittle nails. It is a specific condition that can cause significant changes in nail health. Fungal infection also aligns with nail disorders as it encompasses various types of fungal afflictions that can infect the nails, much like onychomycosis. Nail pterygium is another condition that affects the nails, characterized by the abnormal adherence of the skin to the nail plate, disrupting normal growth and appearance. This condition is indeed recognized as a nail disorder. In contrast, "Tubular nail" describes a structural shape of the nail rather than a pathological condition that causes disease or disorder. While tubular nails can indicate a specific growth pattern, it is not classified as a disorder like the others listed, which are associated with infections or abnormal growth processes. Thus, the identification of "Tubular nail" as not being a nail disorder is accurate based on these definitions.

8. How often should capes and linens be laundered?

- A. Once a week
- B. After each use**
- C. Every month
- D. Daily

Capes and linens should be laundered after each use to ensure the highest standard of hygiene and sanitation. This practice is essential in a nail salon or any beauty-related environment because it helps prevent the spread of bacteria, fungi, and other pathogens that can be harmful to clients. Regular washing after each use reduces the risk of cross-contamination between clients, thereby promoting a safe and clean atmosphere. Furthermore, fresh linens and capes can enhance the overall client experience, promoting comfort and cleanliness. Maintaining strict hygiene protocols not only adheres to industry standards but also builds trust and credibility with clients, reinforcing the reputation of the salon. Therefore, the practice of laundering these items after every use is a crucial aspect of professional nail care and hygiene.

9. Which cleaning method can adequately reduce the presence of pathogens but does not ensure complete sterilization?

- A. Sanitization
- B. Disinfection**
- C. Sterilization
- D. Deep cleaning

The correct answer pertains to disinfection, which is a cleaning method designed to eliminate most, but not necessarily all, pathogens from surfaces or instruments. Disinfection is essential in settings such as nail salons where hygiene is a priority, as it effectively reduces the number of microbial life forms to a level considered safe according to public health standards. In contrast, sanitization aims to lower the number of bacteria to safe levels but may not significantly reduce viruses and fungi, while sterilization involves processes that destroy all forms of microbial life, including spores, ensuring complete removal of pathogens. Deep cleaning, though thorough, is generally focused on the removal of visible dirt and grime rather than the microbial load specifically. Understanding these distinctions is crucial for nail technicians who must adhere to best practices for infection control in their work environment, ensuring the safety and health of their clients.

10. Which ingredient in nail products helps in toughening the nail plate?

A. Calcium

B. Protein

C. Collagen

D. Silica

Calcium is an essential mineral that plays a crucial role in maintaining the strength and structure of the nail plate. It contributes to the hardness and durability of nails, making them more resistant to breakage and damage. When incorporated into nail products, calcium helps to reinforce the natural composition of the nails, promoting healthier and tougher nails over time. Protein, while important for overall nail health, primarily supports nail growth and structure rather than directly toughening the nail. Collagen is more associated with skin health and elasticity than with nail toughness. Silica can aid in strengthening nails to some extent but is not as directly related to toughening the nail plate as calcium. Thus, calcium stands out as the ingredient specifically known for its role in hardening and strengthening the nail plate.

SAMPLE

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!

SAMPLE