

Red Seal Cosmetology Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

- 1. What is considered an exposure incident?**
 - A. Using too much disinfectant**
 - B. Contact with bodily fluids due to an employee's duties**
 - C. Reading about infectious diseases**
 - D. Cleaning a contaminated surface**
- 2. What is the technical term for ringworm?**
 - A. Tinea**
 - B. Pityriasis**
 - C. Eczema**
 - D. Psoriasis**
- 3. What is the best way to obtain pale blonde results?**
 - A. Single application of high-lift tint**
 - B. Double process blending**
 - C. Using a semi-permanent color**
 - D. Applying a natural base color**
- 4. How long does it typically take to complete tree braids?**
 - A. 2 hours**
 - B. 3 hours**
 - C. 4 hours**
 - D. 5 hours**
- 5. What does the 'O' in COHNS stand for?**
 - A. Oxygen**
 - B. Osmium**
 - C. Olive**
 - D. Ozone**
- 6. For how long should perm solution be rinsed from the hair to avoid scalp irritation and unwanted lightening of hair color?**
 - A. 2 mins**
 - B. 3 mins**
 - C. 4 mins**
 - D. 5 mins**

- 7. What styling choice is recommended for a square face shape?**
- A. Shorten the face**
 - B. Create volume in the area between the temples and jaw**
 - C. Flatten hair at the top**
 - D. Sleek, pulled-back styles**
- 8. What is the deepest layer of the epidermis more commonly called?**
- A. Basal cell layer**
 - B. Stratum corneum**
 - C. Stratum granulosum**
 - D. Epidermis**
- 9. Border irregularity in moles may be a sign of:**
- A. Healthy skin**
 - B. Infection**
 - C. Malignant melanoma**
 - D. Allergic reaction**
- 10. How can you tell if hair is real?**
- A. Burn it with a match**
 - B. Soak it in water**
 - C. Check for split ends**
 - D. Pull on it to see if it stretches**

Answers

SAMPLE

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

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Explanations

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1. What is considered an exposure incident?

- A. Using too much disinfectant
- B. Contact with bodily fluids due to an employee's duties**
- C. Reading about infectious diseases
- D. Cleaning a contaminated surface

An exposure incident is defined as an event where an employee comes into contact with bodily fluids while performing their duties. Options A, C, and D are not considered exposure incidents because they do not involve direct contact with bodily fluids. While using too much disinfectant or cleaning a contaminated surface may be a potential hazard, they do not meet the criteria of an exposure incident. Additionally, reading about infectious diseases does not involve any physical contact and therefore does not qualify as an exposure incident. Therefore, option B is the only correct choice as it accurately describes an exposure incident.

2. What is the technical term for ringworm?

- A. Tinea**
- B. Pityriasis
- C. Eczema
- D. Psoriasis

Ringworm is commonly used to refer to a fungal infection on the skin, hair, or nails. The medical term for ringworm is tinea, regardless of the body part it affects. Pityriasis is a skin condition that can cause a rash, while eczema is a chronic inflammatory skin disorder. Psoriasis is an autoimmune condition that causes the rapid buildup of skin cells, leading to thick, scaly patches. None of these conditions are caused by fungi, so they are incorrect answers for the technical term for ringworm.

3. What is the best way to obtain pale blonde results?

- A. Single application of high-lift tint
- B. Double process blending**
- C. Using a semi-permanent color
- D. Applying a natural base color

Double process blending is the best way to achieve pale blonde results because it involves lightening the hair with bleach or high-lift tint first, followed by application of a toner or cool blonde dye to achieve the desired result. Using a single application of high-lift tint may not provide enough lift for pale blonde results, while using a semi-permanent color will not lighten the hair enough. Applying a natural base color may only result in a slightly lighter shade and may not provide the desired result of pale blonde. Therefore, double process blending is the most effective and efficient method for achieving pale blonde results.

4. How long does it typically take to complete tree braids?

- A. 2 hours
- B. 3 hours
- C. 4 hours**
- D. 5 hours

Tree braids are a type of hair braiding technique that involves attaching hair extensions to individual sections of natural hair. This process can be time-consuming as the hair extensions need to be carefully incorporated for a seamless blend. Typically, the time it takes to complete tree braids can vary depending on the length and thickness of the natural hair, as well as the desired length and style of the braids. While it may be possible to complete tree braids within 2 or 3 hours for some individuals, it is more common for the process to take 4-5 hours. This allows for enough time to ensure that the braids are neat and well-secured. Therefore, options A, B, and D are incorrect as they do not account for this extra time needed for proper completion of tree braids.

5. What does the 'O' in COHNS stand for?

- A. Oxygen**
- B. Osmium
- C. Olive
- D. Ozone

COHNS is an acronym used to remember the five most abundant chemical elements in living organisms Carbon, Oxygen, Hydrogen, Nitrogen, and Sulfur. The 'O' in COHNS stands for Oxygen because oxygen is the most abundant element in the Earth's crust and is a vital component in many biological processes. The other options, including Osmium, Olive, and Ozone, are not part of the COHNS acronym and are not considered to be abundant elements in living organisms. Additionally, while oxygen can exist in different forms, such as ozone, it is not referred to as Ozone in the COHNS acronym. This makes option A, Oxygen, the most appropriate and accurate answer.

6. For how long should perm solution be rinsed from the hair to avoid scalp irritation and unwanted lightening of hair color?

- A. 2 mins
- B. 3 mins
- C. 4 mins
- D. 5 mins**

A perm solution should be rinsed from the hair for at least 5 minutes to avoid scalp irritation and unwanted lightening of hair color. Rinse time is important to ensure that all the chemical residue is removed from the hair. Options A, B, and C are incorrect as they do not provide enough time for the solution to be completely rinsed out. Leaving the solution on for too long can cause scalp irritation and damage to the hair. It can also lighten the hair color, especially for those with lighter hair. Therefore, 5 minutes is the recommended time to rinse out the perm solution to avoid any potential issues.

7. What styling choice is recommended for a square face shape?

- A. Shorten the face**
- B. Create volume in the area between the temples and jaw**
- C. Flatten hair at the top**
- D. Sleek, pulled-back styles**

For a square face shape, it is recommended to create volume in the area between the temples and jaw. This is because the other options, shortening the face, flattening hair at the top, and choosing sleek, pulled-back styles, can emphasize the angular features of a square face shape. By creating volume between the temples and jaw, it helps to soften and balance out the angles of the face, creating a more flattering and balanced look.

8. What is the deepest layer of the epidermis more commonly called?

- A. Basal cell layer**
- B. Stratum corneum**
- C. Stratum granulosum**
- D. Epidermis**

The deepest layer of the epidermis is commonly known as the basal cell layer because it is the layer where the basal cells, responsible for the constant production of new skin cells, are located. The other options, B, C, and D, are all incorrect because they refer to other layers of the epidermis. B, the stratum corneum, is the outermost layer of the epidermis and is composed of dead skin cells. C, the stratum granulosum, is the layer above the stratum corneum and is responsible for helping to create a protective barrier for the skin. D, epidermis, is the overall name for the outermost layer of the skin, which includes the stratum corneum, stratum granulosum, and the basal layer.

9. Border irregularity in moles may be a sign of:

- A. Healthy skin**
- B. Infection**
- C. Malignant melanoma**
- D. Allergic reaction**

Border irregularity in moles may be a sign of malignant melanoma. The other options are incorrect because healthy skin would not have any irregularities, an infection would typically not present as a border change in a mole, and an allergic reaction would involve the entire skin, not just a specific mole. Malignant melanoma is a type of skin cancer that can be detected by changes in the size, shape, and border of a mole. It is important to monitor any changes in moles and consult a doctor if there is any suspicion of melanoma.

10. How can you tell if hair is real?

A. Burn it with a match

B. Soak it in water

C. Check for split ends

D. Pull on it to see if it stretches

Burning hair with a match will give off a distinct smell that is different from synthetic hair. Soaking hair in water can also help differentiate if it is real or not, as synthetic hair may have a different texture or appearance when wet. Checking for split ends can be a hint, but hair extensions or treatments can also prevent split ends, so it may not be a reliable method. Pulling on hair to see if it stretches can also be misleading as some types of synthetic hair can also stretch. Overall, burning the hair with a match is the most effective way to determine if it is real.