

Salon Safety and Sanitation Infection Practice Test (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. Which of the following is a correct statement about antibiotics and viral infections?**
 - A. Antibiotics accelerate viral growth**
 - B. Antibiotics do not affect viruses**
 - C. Antibiotics cure viral infections**
 - D. Antibiotics are effective against most viral infections**

- 2. Which items are considered multi-use tools that require disinfection?**
 - A. Disposable razors**
 - B. Cotton swabs**
 - C. Paper towels**
 - D. Shears, nippers, and other multi-use tools and equipment**

- 3. Who must sterilize reusable needles and probes that lance the skin?**
 - A. Barbers**
 - B. Estheticians**
 - C. Massage therapists**
 - D. Nail technicians**

- 4. Viruses can cause which types of infection?**
 - A. Bacterial infections**
 - B. Fungal infections**
 - C. Common colds and other respiratory and gastrointestinal infections**
 - D. Parasitic infections**

- 5. Which spiral or corkscrew-shaped bacteria are subdivided into subgroups that cause syphilis, STDs, or Lyme disease?**
 - A. Spirilla**
 - B. Diplococci**
 - C. Bacilli**
 - D. Streptococci**

- 6. True or False: When using disinfectants, dilute according to the label of the product.**
- A. True**
 - B. False**
 - C. Only for certain products**
 - D. Never**
- 7. The medical branch of science that deals with the study of skin- its nature, structure, functions, diseases, and treatment.**
- A. Dermatology**
 - B. Dermatopathology**
 - C. Cosmetology**
 - D. Pathology**
- 8. Which tool should be used to remove implements from a disinfectant bath to avoid direct contact?**
- A. Tongs**
 - B. Draining Basket**
 - C. Hands**
 - D. Cloth**
- 9. What is the most important part of processing salon tools and equipment?**
- A. Disinfection**
 - B. Sterilization**
 - C. Sanitization**
 - D. Cleaning**
- 10. What was used as a disinfectant long before the EPA and does not require an EPA registration number?**
- A. Bleach**
 - B. Alcohol**
 - C. Hydrogen Peroxide**
 - D. Formaldehyde**

Answers

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

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Explanations

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1. Which of the following is a correct statement about antibiotics and viral infections?

- A. Antibiotics accelerate viral growth**
- B. Antibiotics do not affect viruses**
- C. Antibiotics cure viral infections**
- D. Antibiotics are effective against most viral infections**

Antibiotics target bacteria, not viruses. They work by disrupting bacterial structures or processes that viruses don't have, such as cell walls or bacterial ribosomes. Since viruses replicate inside our own cells using our cellular machinery and lack these bacterial targets, antibiotics don't affect viruses. This means antibiotics don't accelerate viral growth, they don't cure viral infections, and they're not effective against most viral infections. Using antibiotics for a viral illness is unnecessary and can lead to side effects and antibiotic resistance. The correct statement is that antibiotics do not affect viruses.

2. Which items are considered multi-use tools that require disinfection?

- A. Disposable razors**
- B. Cotton swabs**
- C. Paper towels**
- D. Shears, nippers, and other multi-use tools and equipment**

Tools that are reused on multiple clients must be cleaned and disinfected between clients to prevent cross-contamination. Disposable razors, cotton swabs, and paper towels are designed for one-time use and are discarded after each client, so they do not get disinfected between uses. In contrast, shears, nippers, and other multi-use tools and equipment are reused and must undergo proper cleaning followed by disinfection (or sterilization when required) before the next client. This distinction is at the heart of salon sanitation: reuse requires a sanitation step, while disposable items are replaced after each client.

3. Who must sterilize reusable needles and probes that lance the skin?

- A. Barbers**
- B. Estheticians**
- C. Massage therapists**
- D. Nail technicians**

Anything that pierces the skin creates a direct route for bacteria, so those tools must be sterile or single-use between clients. Estheticians perform procedures that involve piercing the skin, such as extractions with lancets or probes, so they are the professionals responsible for sterilizing reusable needles and probes or using sterile disposable versions. Barbers, massage therapists, and nail technicians may sanitize tools they use, but they don't typically work with instruments that lance the skin in a way that requires sterilization of reusable needles. In short, estheticians must sterilize these instruments to maintain safety between clients.

4. Viruses can cause which types of infection?

- A. Bacterial infections
- B. Fungal infections
- C. Common colds and other respiratory and gastrointestinal infections**
- D. Parasitic infections

Viruses cause infections by invading host cells and hijacking their machinery to reproduce, leading to illnesses that often affect the respiratory and gastrointestinal systems. The most fitting answer lists common colds and other respiratory and gastrointestinal infections, which are classic examples of viral infections caused by viruses such as rhinoviruses, influenza, norovirus, and rotavirus. The other options point to infections caused by different types of pathogens: bacteria, fungi, or parasites. Viruses don't cause those kinds of infections directly (though sometimes a viral illness can set the stage for a secondary bacterial infection).

5. Which spiral or corkscrew-shaped bacteria are subdivided into subgroups that cause syphilis, STDs, or Lyme disease?

- A. Spirilla**
- B. Diplococci
- C. Bacilli
- D. Streptococci

Spiral-shaped bacteria come in spiral forms, including spirilla, which are the rigid, helical type. The diseases mentioned—syphilis and Lyme disease—are caused by spirochetes, slender helical bacteria, so the question points to a spiral shape. Among common terms, spirilla specifically refers to spiral-shaped bacteria, making it the best match for the description. The other options describe different shapes: diplococci are paired spheres, bacilli are rod-shaped, and streptococci are chains of spheres. Thus, spirilla is the correct choice because it denotes the spiral form associated with these disease-causing bacteria.

6. True or False: When using disinfectants, dilute according to the label of the product.

- A. True**
- B. False
- C. Only for certain products
- D. Never

Disinfectants only work at the concentrations specified by the manufacturer on the product label. Diluting according to that guidance ensures the disinfectant will achieve the intended level of microbial kill and that the product remains safe for the surface, the user, and the environment. The label also tells you the correct contact time—the amount of time the surface must stay wet for disinfection to occur—and whether the product is ready-to-use or requires dilution. Straying from the labeled dilution can leave surfaces only partially disinfected because the active ingredients aren't present in enough concentration; over-diluting can reduce effectiveness and under-diluting can create strong residues or hazards. Always pre-clean first, apply the product at the specified concentration, maintain the contact time, and follow any other label directions for storage and disposal.

7. The medical branch of science that deals with the study of skin- its nature, structure, functions, diseases, and treatment.

A. Dermatology

B. Dermatopathology

C. Cosmetology

D. Pathology

Dermatology is the study of the skin, including its structure, function, common diseases, and their treatments. This field covers how the skin works as a barrier and sense organ, what skin disorders look like, and how they're managed with medical or therapeutic approaches. In a salon or spa setting, this knowledge helps you assess skin health, choose appropriate products and procedures, recognize signs that require medical referral, and apply infection-control practices safely because you understand where and how skin infections or conditions could spread. Dermatopathology is focused on examining skin tissue under a microscope to diagnose diseases, not on treating or guiding general skincare. Cosmetology centers on beauty services and cosmetic care, not the medical aspects of skin. Pathology studies disease processes in the body more broadly, not specifically the skin or its treatment.

8. Which tool should be used to remove implements from a disinfectant bath to avoid direct contact?

A. Tongs

B. Draining Basket

C. Hands

D. Cloth

To prevent skin contact with the disinfectant and minimize cross-contamination, always lift implements from the bath with a tool. Tongs provide a secure grip on wet, slippery items without touching the solution, keeping your hands away from the disinfectant and from potentially contaminated surfaces. This helps maintain proper disinfection and protects you from chemical exposure. Draining baskets are used to hold and lift multiple items and allow draining, but the direct removal from the disinfectant is best done with tongs for precise, hygienic handling. Using hands would risk contact with the disinfectant and any pathogens, and a cloth could soak up the solution and harbor contaminants.

9. What is the most important part of processing salon tools and equipment?

- A. Disinfection**
- B. Sterilization**
- C. Sanitization**
- D. Cleaning**

Cleaning is the foundational step in processing salon tools and equipment. It removes hair, oils, skin cells, and other debris that can harbor microbes and shield them from cleaners. When surfaces are dirty, sanitizers and disinfectants can't reach microbes effectively, and some residues can even react with chemicals, reducing their power. By thoroughly cleaning—using soap or detergent, rinsing, and drying—you dramatically reduce the microbial load and set the stage for sanitizing, disinfecting, or sterilizing to work as intended. The other steps remain essential, but their effectiveness depends on having clean tools to begin with, making cleaning the best starting point in the process.

10. What was used as a disinfectant long before the EPA and does not require an EPA registration number?

- A. Bleach**
- B. Alcohol**
- C. Hydrogen Peroxide**
- D. Formaldehyde**

Alcohol has been used as a disinfectant for a very long time, long before the EPA existed, and it's not required to carry an EPA registration number on consumer products. This is because, in practice, alcohol-based products are often used as antiseptics or cleaners and aren't regulated as pesticidal products in the same way as other disinfectants when sold for general consumer use. Ethyl and isopropyl alcohol kill microbes by denaturing proteins and dissolving membranes, working quickly and effectively in many salon settings. Bleach, hydrogen peroxide, and formaldehyde are typically marketed and regulated as pesticidal disinfectants, so products containing them would carry EPA registration numbers on their labels.

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://salonsafetysanitationinfection.examzify.com>

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

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