HEALTH AND SAFETY IN THE SALON PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. Which of the following best describes the purpose of policies on alcohol, drugs and smoking in the workplace?

A. To protect judgement, health and other people.

B. To protect the organization's profits.

C. To ensure compliance with tax and payroll requirements.

D. To reduce break times for staff.

2. What methods may be used for decontamination?

A. Cleaning detergents

B. Approved disinfectants or sterilising fluids

C. An autoclave where suitable

D. All of the above

3. What is the first step of a risk assessment?

A. Control the risk by choosing the most effective preventive measures reasonably available.

B. Evaluate who or what could be harmed and consider likelihood and severity.

C. Identify hazards by observing all areas and activities.

D. Record and review the assessment.

4. Which of the following supports safe performance in a salon?

A. Adequate rest and dignity.

B. Constant overtime.

C. High noise levels.

D. Poor lighting.

5. What is a CO2 extinguisher useful for?

A. Solid fuels and textiles.

B. Ordinary solid combustibles.

C. Flammable liquids only.

D. Electrical equipment and some flammable-liquid fires.

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6. When should someone attempt to fight a fire?

A. Whenever they see flames

B. After calling emergency services

C. If the building is occupied

D. Only if they are trained and authorized

7. Which condition requires escalating a hazard?

A. Minor inconvenience

B. Known and controlled

C. Serious and uncertain

D. Occasional risk

8. Which of the following describes hygiene welfare facilities?

A. Clean, lit and ventilated toilets and washing facilities with hot and cold water

B. Private offices for managers only

C. Outdoor toilets

D. No facilities unless demanded by staff

9. What must be done when sterilising an item?

A. Use a validated method suitable for the item and follow the instructions.

B. Use any general cleaning product.

C. Expose the item to sunlight to sterilise.

D. Rely on a UV cabinet to sterilise.

10. Which option best describes risk control?

A. Auditing financial statements.

B. Implementing new marketing strategies.

C. Assessing risks, implementing safe and hygienic practice and maintaining equipment.

D. Providing staff uniforms.

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Answers

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

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Explanations

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1. Which of the following best describes the purpose of policies on alcohol, drugs and smoking in the workplace?

A. To protect judgement, health and other people.

B. To protect the organization's profits.

C. To ensure compliance with tax and payroll requirements.

D. To reduce break times for staff.

Policies on alcohol, drugs and smoking are about protecting judgment, health and the safety of everyone in the workplace. In a salon, impairment can lead to poor decisions, mistakes in service, or accidents, and smoking or lingering smoke can affect clients and coworkers. These rules set clear expectations and consequences to prevent working under the influence and to maintain a safe, professional environment for clients and staff. While having such policies can influence overall operations, they're not about profits, tax or payroll rules, or cutting breaks—those aren't the purpose of these safety-focused guidelines.

2. What methods may be used for decontamination?

A. Cleaning detergents

B. Approved disinfectants or sterilising fluids

C. An autoclave where suitable

D. All of the above

Decontamination means reducing and removing contamination to lower infection risk, and it involves multiple steps chosen by what is being cleaned. Cleaning detergents physically remove dirt and a large portion of microbes, which is the essential first step. After cleaning, surfaces or instruments can be treated with approved disinfectants or sterilising fluids to kill or inactivate most pathogens. For items that can withstand heat and moisture, an autoclave provides sterilization, using steam under pressure to eliminate all forms of microbial life. Because different items require different levels of decontamination, all of these methods may be used as appropriate, which is why all of the above is the best answer.

3. What is the first step of a risk assessment?

A. Control the risk by choosing the most effective preventive measures reasonably available.

B. Evaluate who or what could be harmed and consider likelihood and severity.

C. Identify hazards by observing all areas and activities.

D. Record and review the assessment.

Identifying hazards by observing all areas and activities is the first step in a risk assessment. You can't judge risk or decide on controls until you know what could cause harm, such as wet floors, hot instruments, chemical fumes, electrical cords, or sharp tools in use. Once hazards are identified, you then consider who could be harmed and how likely and how severe the harm could be, which guides selecting effective preventive measures. After implementing controls, you record and review the assessment to keep it current and effective.

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4. Which of the following supports safe performance in a salon?

A. Adequate rest and dignity.

B. Constant overtime.

C. High noise levels.

D. Poor lighting.

Safe performance in a salon depends on adequate rest and being treated with dignity. When staff get enough rest, they stay alert, think clearly, have quicker reaction times, and are less prone to mistakes or accidents that can occur with sharp tools, hot equipment, or chemical products. A respectful, supportive work environment lowers stress and improves communication, so teammates feel comfortable speaking up about potential hazards and double-checking tasks, which further enhances safety. In contrast, constant overtime wears people down, leading to fatigue that slows reflexes and judgment, increasing the chance of accidents. High noise levels can distract and mask important cues, and poor lighting makes it hard to see details, raising the risk of cuts, spills, or incorrect product use. So rest and respectful treatment most effectively support safe performance.

5. What is a CO2 extinguisher useful for?

A. Solid fuels and textiles.

B. Ordinary solid combustibles.

C. Flammable liquids only.

D. Electrical equipment and some flammable-liquid fires.

CO2 extinguishers are best for fires involving electrical equipment and certain flammable liquids because they work by displacing the air (oxygen) around the fire and do not leave residue that could conduct electricity or damage equipment. This makes them ideal for electrical fires and for some liquid-fuel fires where using water would be unsafe or cause damage. They are not suitable for solid combustibles like textiles or wood, which need cooling and soaking that water-based extinguishers provide. They also pose an asphyxiation risk in confined spaces, so use with caution where people are present.

6. When should someone attempt to fight a fire?

A. Whenever they see flames

B. After calling emergency services

C. If the building is occupied

D. Only if they are trained and authorized

Fighting a fire should be attempted only by someone who has training and authorization. In a salon, there are flammable chemicals and electrical devices, so using a fire extinguisher or attempting to tackle flames without proper instruction can quickly make the situation worse—causing burns, smoke inhalation, or exposure to hazardous chemicals, and it can trap you or others if the fire blocks exits. Those who are trained know how to select the correct type of extinguisher for the fire (for example, electrical vs. chemical fires) and how to use it safely using the correct technique, while always keeping an escape route in mind. If you're not trained, the safest course is to evacuate people, raise the alarm, and call emergency services. This is why the statement about acting only if you are trained and authorized is the best guidance. The other options suggest acting without that essential preparation or delay actions that protect people. Simply acting whenever flames are seen can be dangerous if the fire is large or spreading. Waiting until the building is occupied doesn't address the immediate risk to everyone, and waiting to fight a fire after calling for help can waste precious time. The emphasis should be on training, authorization, and prioritizing evacuation and emergency notification.

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7. Which condition requires escalating a hazard?

A. Minor inconvenience

B. Known and controlled

C. Serious and uncertain

D. Occasional risk

Escalation is needed when a hazard could cause serious harm and the situation is uncertain or not adequately controlled. In a salon, that means something with the potential for significant injury or illness, where you don't have reliable information or proven measures to keep people safe using current procedures. When you're unsure about the severity or the effectiveness of your controls, you pause and involve a higher authority or adopt stronger safeguards. That's why the option describing something serious and uncertain is the best fit—the combination of potential harm and unknowns means standard steps aren't enough and a higher level of response is warranted. By contrast, a minor inconvenience isn't a safety risk worthy of escalation, a hazard that's known and controlled already has established safeguards, and an occasional risk isn't automatically escalated unless it becomes more frequent or severe.

8. Which of the following describes hygiene welfare facilities?

A. Clean, lit and ventilated toilets and washing facilities with hot and cold water

B. Private offices for managers only

C. Outdoor toilets

D. No facilities unless demanded by staff

Hygiene welfare facilities are about providing clean, well-lit, ventilated toilets and washing facilities with a reliable supply of hot and cold water. In a salon, these facilities support infection control by allowing staff to wash hands before and after client contact, helping to maintain overall hygiene and safety for both workers and clients. They should be accessible, well maintained, and equipped with essentials like soap, towels or hand-drying, waste bins, and proper lighting and ventilation. This description fits best because it directly describes the necessary plumbing, cleanliness, and access that welfare facilities require. The other options don't address these essential hygiene and sanitation needs: private offices for managers don't relate to staff hygiene facilities, outdoor toilets raise cleanliness and maintenance concerns, and having no facilities contradicts basic welfare requirements.

9. What must be done when sterilising an item?

A. Use a validated method suitable for the item and follow the instructions.

B. Use any general cleaning product.

C. Expose the item to sunlight to sterilise.

D. Rely on a UV cabinet to sterilise.

When sterilising an item, you must use a validated method that is appropriate for that item and follow the instructions. A validated method has been tested and approved to achieve sterility under defined conditions and is matched to the instrument's material and design, ensuring you won't damage it or leave harmful residues. Following the instructions ensures the correct parameters—such as temperature, time, and, if using a chemical sterilant, concentration—are applied, giving reliable sterility and a clear audit trail. General cleaning products only remove debris and some microbes but don't achieve full sterility. Exposing items to sunlight is unreliable and inconsistent for sterilisation. UV cabinets affect mainly exposed surfaces and don't reliably sterilise items with internal channels or complex shapes, so they cannot replace proper sterilisation protocols.

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10. Which option best describes risk control?

A. Auditing financial statements.

B. Implementing new marketing strategies.

C. Assessing risks, implementing safe and hygienic practice and maintaining equipment.

D. Providing staff uniforms.

Risk control is about reducing the chances of harm by spotting hazards, putting protective measures in place, and keeping equipment and procedures safe. In a salon, this means doing risk assessments to understand what could cause injury or infection, establishing and enforcing safe and hygienic practices (like cleaning, sanitizing, hand hygiene, and proper disposal of chemicals), and regularly maintaining equipment so it won't fail or spread contamination. This combination directly targets preventing hazards and protecting clients and staff, which is the core aim of risk control. The other options miss this comprehensive approach. Auditing financial statements deals with financial risk, not workplace safety. Implementing marketing strategies focuses on business growth and client attraction, not hazard reduction. Providing staff uniforms relates to appearance and hygiene but doesn't address identifying hazards, implementing safety practices, and maintaining equipment—the essential steps of risk control.

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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://healthsafetyinsalon.examzify.com

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

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