NEVADA STATE BOARD NAIL TECHNICIAN THEORY PRACTICE EXAM (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 practice is commonly prohibited by board rules in nail services?

A. Cutting living tissue or working on a damaged nail without medical clearance.

B. Filing nails with a clean file.

C. Applying base coat.

D. Performing medical diagnosis or treatment in salons.

2. Ergonomics is the science that studies the relationships between people and their work environment. Which item is most directly addressed by ergonomics?

A. Salary level

B. Layout of a workstation

C. Office politics

D. Marketing plan

3. Having positive or negative feelings or emotions toward someone or something refers to

A. Workload

B. Schedule

C. Ethics

D. Attitude

4. Which of the following is not a typical method of paying an employee?

A. Credit

B. Salary

C. Hourly wage

D. Commission

5. Which document would an employer refer to for your educational and work history when evaluating a candidate?

A. Resume

B. Cover letter

C. Reference letter

D. Portfolio

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6. The average number of hours of sleep needed per night to function properly is:

A. Six to eight hours

B. Eight to ten hours

C. Two to four hours

D. Three to five hours

7. Which structure is described as the visible nail area composed of hardened cells and lacking nerves and blood vessels?

A. Nail bed

B. Nail plate

C. Paronychia

D. Lunula

8. The three subsystems of the nervous system are central, peripheral and:

A. Somatic

B. Autonomic

C. Central

D. Peripheral

9. Which statement best identifies the primary colors in pigment color theory?

A. Red, Yellow, Green

B. Blue, Orange, Purple

C. Green, Purple, Orange

D. Red, Blue, Yellow

10. What is the correct action if a client reports a contagious condition at check-in?

A. Do not perform service; reschedule; recommend medical evaluation; sanitize tools.

B. Proceed with the service with extra precautions.

C. Do not perform service; reschedule; recommend medical evaluation; ensure tools sanitized.

D. Only sanitize tools and continue.

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Answers

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

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Explanations

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1. Which practice is commonly prohibited by board rules in nail services?

A. Cutting living tissue or working on a damaged nail without medical clearance.

B. Filing nails with a clean file.

C. Applying base coat.

D. Performing medical diagnosis or treatment in salons.

Board rules define the scope of practice for nail professionals as cosmetic services and basic maintenance. This means you do not diagnose conditions or provide medical treatment in a salon. Therefore, performing medical diagnosis or treatment in salons is prohibited because it requires medical licensure and a clinical setting. Routine tasks like filing with a clean file or applying base coat are standard and allowed when done correctly, while actions involving medical care must be referred to a healthcare professional.

2. Ergonomics is the science that studies the relationships between people and their work environment. Which item is most directly addressed by ergonomics?

A. Salary level

B. Layout of a workstation

C. Office politics

D. Marketing plan

Ergonomics focuses on fitting the work environment to the person, so its most direct concern is how the workspace is laid out. The arrangement of a workstation directly shapes posture, reach, and comfort—things like a monitor at eye level, a chair that supports the spine, a keyboard and mouse within easy reach, and enough room to move without twisting. When the layout is designed with these factors in mind, it reduces strain, lowers the risk of repetitive injuries, and helps people work more efficiently. The other items aren't about the physical setup or how a person interacts with their space. Salary level involves compensation, office politics deals with interpersonal dynamics, and a marketing plan is about strategy and promotion. These don't address how to optimize the fit between a person and their work environment in the way workstation layout does.

3. Having positive or negative feelings or emotions toward someone or something refers to

A. Workload

B. Schedule

C. Ethics

D. Attitude

Attitude is the way you feel about someone or something, whether positive or negative, and it shows in your judgments and how you behave. In a nail tech setting, a good attitude helps you communicate clearly with clients, handle challenging situations calmly, and stay professional, which in turn builds trust and satisfaction. A negative attitude can interfere with client interactions and safety. The other terms describe different ideas: workload is about how much work you have, schedule is about timing and planning, and ethics are the moral principles guiding your behavior. They describe factors of work or conduct, not the emotional stance toward people or tasks in the same way attitude does.

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4. Which of the following is not a typical method of paying an employee?

A. Credit

B. Salary

C. Hourly wage

D. Commission

Paying employees typically happens in three main forms: salary, hourly wages, and commissions. Salary is a fixed amount paid regularly, regardless of hours worked. Hourly wages are based on the actual hours worked, often with overtime. Commission is earnings tied to sales performance. The term "credit" doesn't describe a method of compensating workers; it refers to lending or payment terms, not how wages or bonuses are calculated. So, the option described as "credit" is not a typical way to pay an employee.

5. Which document would an employer refer to for your educational and work history when evaluating a candidate?

A. Resume

B. Cover letter

C. Reference letter

D. Portfolio

A resume is the document employers refer to for your educational and work history. It presents a concise timeline of where you studied, the licenses or certifications you earned, and the jobs you've held, with brief bullet points on duties, skills, and accomplishments. This format lets a reviewer quickly assess whether you meet the basic qualifications and how your experience aligns with the role. A cover letter serves to explain why you want the job and how you fit with the company, not to provide a straightforward history. A reference letter offers someone else's endorsement of you, rather than your own record. A portfolio showcases samples of your work, which is valuable for demonstrating ability, but it doesn't summarize your education and employment history. For a nail technician, the resume would highlight your education in nail technology, state licensing, relevant training courses, and salon experience, along with key skills and any certifications.

6. The average number of hours of sleep needed per night to function properly is:

A. Six to eight hours

B. Eight to ten hours

C. Two to four hours

D. Three to five hours

Six to eight hours of sleep fits the typical amount adults need to function well. Sleep helps with alertness, mood, and precise motor skills—all essential for tasks like nail work where steady hands and good concentration matter. During the night, the brain cycles through NREM and REM stages, roughly every 90 minutes, and getting several of these cycles supports memory, learning, and body repair. Six to eight hours covers multiple full cycles for most people, providing enough rest to perform safely and accurately. Two to four hours is far below what most adults require and would impair focus and coordination. Eight to ten hours can be more than average for many people, and while some individuals do function well on longer sleep, the question asks for the typical average. Three to five hours is also not enough for most adults and would lead to noticeable daytime fatigue and slower performance.

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7. Which structure is described as the visible nail area composed of hardened cells and lacking nerves and blood vessels?

A. Nail bed

B. Nail plate

C. Paronychia

D. Lunula

The structure described is the nail plate. It is the hard, visible portion of the nail made of tightly packed, keratinized cells that have died, giving it durability and a translucent appearance. Because it lacks nerves and blood vessels, you don't feel pain in just this plate, and it doesn't contain its own blood supply. Beneath the nail plate lies the nail bed, which is living tissue rich in nerves and blood vessels and gives the nail its pink color. The lunula is the pale, crescent-shaped area at the base of the nail plate, and paronychia refers to an infection around the nail fold.

8. The three subsystems of the nervous system are central, peripheral and:

A. Somatic

B. Autonomic

C. Central

D. Peripheral

Nervous system organization splits into two broad structural parts and a functional division that handles automatic processes. The central nervous system comprises the brain and spinal cord, while the peripheral nervous system includes all nerves outside the brain and spinal cord. Within the peripheral system, there are divisions for different kinds of control: the somatic system governs voluntary actions, and the autonomic system manages involuntary activities like heart rate, digestion, and gland function. The autonomic system also contains the sympathetic and parasympathetic branches that balance the body's responses to stress and rest. Because this question is asking for the third major subdivision that completes the basic grouping after central and peripheral, the autonomic nervous system is the best fit.

9. Which statement best identifies the primary colors in pigment color theory?

A. Red, Yellow, Green

B. Blue, Orange, Purple

C. Green, Purple, Orange

D. Red, Blue, Yellow

Primary colors in pigment color theory are red, blue, and yellow. These three pigments cannot be created by mixing other pigments, so they form the base from which all other hues are built. When you mix two primaries, you get secondary colors: red plus blue gives purple, blue plus yellow gives green, and red plus yellow gives orange. Any color you achieve with pigments—like nail color blends—comes from combining these primaries in different amounts. The other sets mix colors that are already results of mixing primaries, or include secondary colors, so they aren't the true primaries. (Note that this is different from color systems for light, where the primaries are red, green, and blue.)

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10. What is the correct action if a client reports a contagious condition at check-in?

A. Do not perform service; reschedule; recommend medical evaluation; sanitize tools.

B. Proceed with the service with extra precautions.

C. Do not perform service; reschedule; recommend medical evaluation; ensure tools sanitized.

D. Only sanitize tools and continue.

Contagious conditions require stopping the service and following strict infection-control steps to protect others. If a client reports a contagious condition at check-in, you should not perform the nail service. Instead, you reschedule the appointment and encourage the client to seek medical evaluation to determine when they are no longer contagious. This protects other clients and staff from potential transmission and aligns with professional and regulatory expectations. Before the next client is served, ensure that all tools and implements are thoroughly cleaned and properly sanitized, and that work areas and common surfaces are disinfected according to your salon's policies and applicable guidelines. This approach prioritizes safety, minimizes risk of cross-contamination, and maintains a responsible standard of care.

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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://nvboardnailtechtheory.examzify.com

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

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