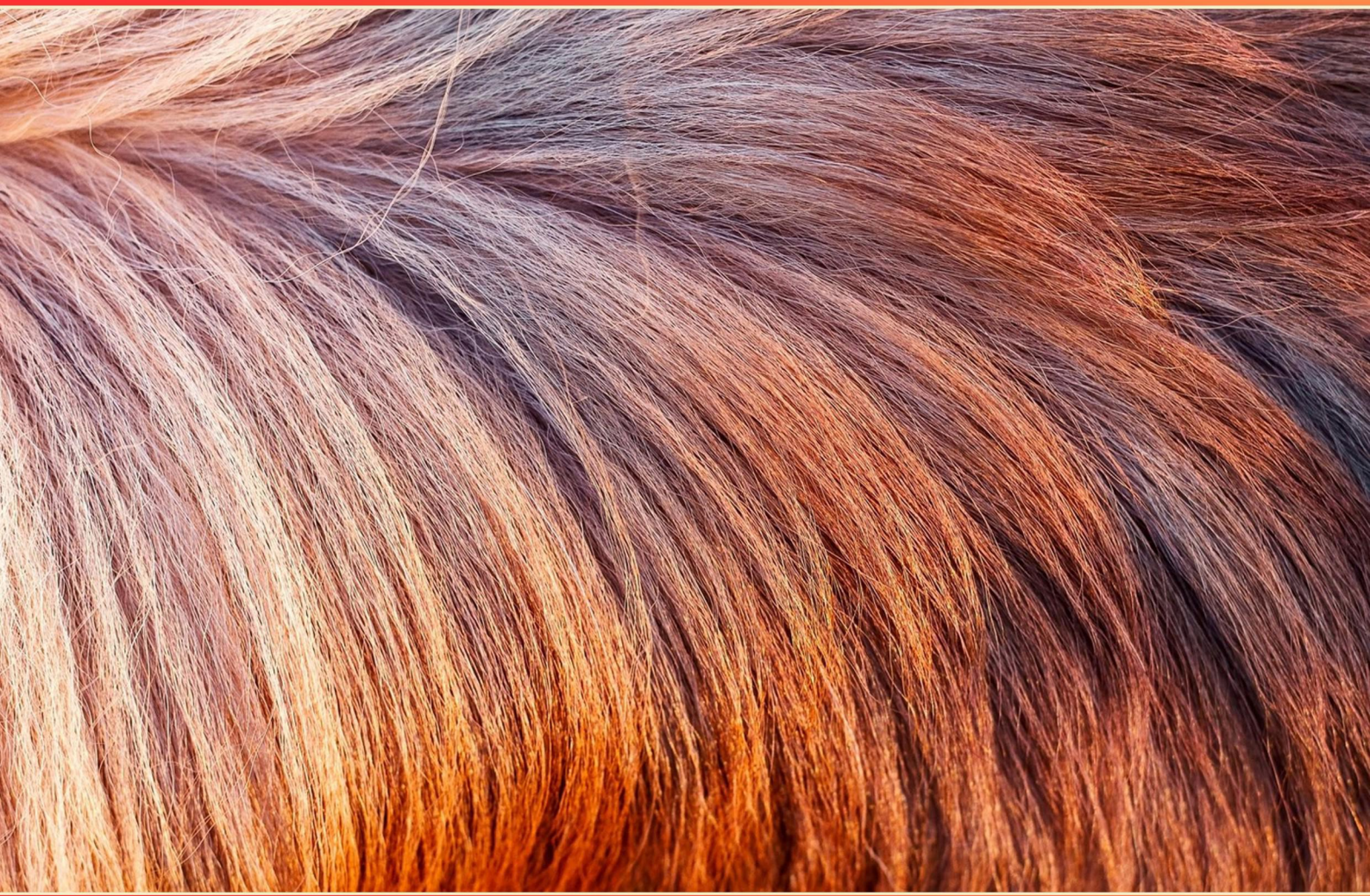
OHA NATURAL HAIR CARE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

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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. What is a key feature of natural protective hairstyles?

A. They should cause pain during application
B. They create tension without irritation
C. They require frequent washing
D. They eliminate the need for products

2. What is the technique used to form Locs or Dreadlocks?

A. Curling hair with heat tools
B. Meshing and intertwining natural textured hair
C. Weaving threads through hair strands
D. Braiding hair in a simple pattern

3. What is the effect of high humidity on natural hair?

A. It leads to more defined curls
B. It reduces hair growth
C. It can cause frizz and moisture imbalance
D. It strengthens the hair cuticle

4. Which type of oil is most commonly utilized in hot oil treatments?

A. Almond oil
B. Sesame oil
C. Olive oil
D. Grapeseed oil

5. What technique is used in afro-twist extensions?

A. Securing hair with braids and wefts
B. Anchoring hair with a braid-and-twist combination
C. Sewing hair extensions with cotton thread
D. Utilizing glue to attach hair pieces

6. Which type of shampoo contains no detergents or solvents?

A. Herbal/Organic shampoo
B. Medicated shampoo
C. Mild shampoo
D. Protein shampoo

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7. Why is it important to pay attention to the ingredients in hair products?

A. They can indicate the color of the product
B. They can influence the health of your hair
C. They determine the fragrance of the product
D. They mostly affect the packaging

8. Why should you avoid using a fine-tooth comb on natural hair?

A. It makes hair look frizzy
B. It can lead to breakage and tangling
C. It is difficult to clean
D. It is not suitable for straight hair

9. How often should protein treatments be applied to hair?

A. Once a week for everyone
B. Daily to maintain strength
C. Only as needed based on hair condition
D. Once a month regardless of condition

10. What should you primarily use for the care of wigs?

A. Hair dye and bleach
B. Water and soap only
C. Daily moisturizing products and heat protectants
D. Products that contain high alcohol levels

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Answers

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

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Explanations

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1. What is a key feature of natural protective hairstyles?

A. They should cause pain during application

B. They create tension without irritation

C. They require frequent washing

D. They eliminate the need for products

Natural protective hairstyles are designed to promote the health of the hair while minimizing damage and stress on the strands. A key feature of these hairstyles is that they create tension without causing irritation. This principle is essential because protective styles should not lead to discomfort or pain. They help protect the hair from environmental damage, reduce breakage, and allow for length retention while being comfortable to wear. When protective styles are applied correctly, they often use techniques that secure the hair without pulling too tightly. This is crucial, as excessive tension can lead to traction alopecia, a form of hair loss caused by constant pulling on the hair follicles. Therefore, the focus on creating a balance of tension that is manageable and non-irritating is fundamental to effective natural protective hairstyling. In contrast, the other options suggest characteristics that are either harmful to hair health or not essential to the function of protective styles. For example, causing pain during application is counterproductive, as it suggests damage to the scalp and hair follicles. Frequent washing may not be practical and can strip protective hairstyles of their intended benefits, while eliminating the need for products does not align with best practices for maintaining hair health and moisture within protective styles.

2. What is the technique used to form Locs or Dreadlocks?

A. Curling hair with heat tools

B. Meshing and intertwining natural textured hair

C. Weaving threads through hair strands

D. Braiding hair in a simple pattern

The formation of Locs or Dreadlocks primarily involves meshing and intertwining natural textured hair. This method takes advantage of the unique properties of textured hair, which has a natural tendency to tangle and bind. By intentionally encouraging these natural tendencies, hair can be organized into distinct sections that mat and merge over time, forming the characteristic cylindrical shape of Locs. This technique does not rely on external tools or products but instead utilizes the hair's inherent texture and the natural oils produced by the scalp. The process can involve twisting the hair at the roots and allowing the hair to lock as it grows, creating a mature and well-defined Loc over time. Other methods, while they might alter hair in various ways, do not contribute to the authentic and traditional process of forming Locs. For example, curling hair with heat tools or braiding creates a temporary style rather than the long-lasting and unique structure associated with Locs. Weaving threads through hair strands is more aligned with different styling techniques and not suited for the natural bonding process necessary for Loc formation.

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3. What is the effect of high humidity on natural hair?

A. It leads to more defined curls

B. It reduces hair growth

C. It can cause frizz and moisture imbalance

D. It strengthens the hair cuticle

High humidity has a significant impact on natural hair, primarily causing frizz and moisture imbalance. When the air is humid, it contains a higher amount of moisture, which can be absorbed by hair strands. Natural hair, often characterized by its texture and curl pattern, has a tendency to absorb moisture from the environment. This moisture can cause the hair to swell, leading to frizz as the cuticle lifts and separates. Furthermore, while humidity can initially hydrate hair, it can disrupt the balance of moisture, making hair feel more dry or greasy depending on the individual's hair type and care regimen. This imbalance can make it challenging for individuals to maintain their desired hairstyle, as the natural oils and moisture can become unmanageable. Thus, the correct answer accurately reflects the physiological response of natural hair to high humidity levels.

4. Which type of oil is most commonly utilized in hot oil treatments?

A. Almond oil

B. Sesame oil

C. Olive oil

D. Grapeseed oil

Olive oil is the most commonly utilized oil in hot oil treatments due to its unique composition and beneficial properties for hair. It is rich in monounsaturated fats, vitamins, and antioxidants, which can help to nourish, condition, and protect the hair. The heat from the hot oil treatment allows for better penetration of the oil into the hair shaft, thereby enhancing moisture retention and improving overall hair health. Olive oil is known for its ability to add shine, reduce frizz, and strengthen hair strands, making it a popular choice for those looking to revitalize dry or damaged hair. Other oils such as almond, sesame, and grapeseed have their own benefits but are not as commonly associated with hot oil treatments as olive oil. Almond oil is often praised for its nourishing properties and lightweight texture, making it suitable for various hair types, while sesame oil is valued in traditional practices for its rich vitamin E content. Grapeseed oil is also noted for its lightness and high content of linoleic acid, which can help with moisture retention but it lacks the widespread popularity of olive oil in hot oil applications.

5. What technique is used in afro-twist extensions?

A. Securing hair with braids and wefts

B. Anchoring hair with a braid-and-twist combination

C. Sewing hair extensions with cotton thread

D. Utilizing glue to attach hair pieces

The technique utilized in afro-twist extensions involves anchoring hair with a braid-and-twist combination, which allows for a secure and natural-looking finish. This method incorporates both braiding and twisting, enabling the stylist to create a textured look that mimics natural afro-textured hair. It provides durability and can also create volume, which is often desired in afro styles. By using a braid-and-twist combination, the stylist is able to seamlessly blend the extensions with the natural hair, leading to an outcome that appears both intentional and organic. This technique not only enhances the aesthetic appeal but also ensures that the extensions are well-secured without causing excessive tension on the scalp. Other methods listed, such as securing hair with braids and wefts or sewing hair extensions with cotton thread, do not specifically describe the unique combination technique used for afro-twist extensions. Similarly, utilizing glue to attach hair pieces is often associated with quick fixes or other styles, but it lacks the flexibility and texture that the braid-and-twist method offers.

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6. Which type of shampoo contains no detergents or solvents?

A. Herbal/Organic shampoo

B. Medicated shampoo

C. Mild shampoo

D. Protein shampoo

Herbal or organic shampoos are formulated without synthetic detergents or solvents, focusing instead on natural ingredients derived from plants and botanicals. These shampoos utilize herbs, essential oils, and natural extracts, which serve to cleanse the hair and scalp without the harsh chemicals typically found in traditional shampoos. This makes them especially suitable for individuals seeking gentle cleansing options that minimize irritation and preserve the natural oils of the hair and scalp. In contrast, medicated shampoos often contain specific active ingredients designed to treat scalp conditions, which may include synthetic compounds or medicinal agents. Mild shampoos, while gentler than standard commercial options, may still contain some form of mild detergent to aid in cleansing. Protein shampoos are designed to strengthen hair and typically include protein or amino acid components, but they can also have various cleansing agents and may not be free of all synthetic ingredients.

7. Why is it important to pay attention to the ingredients in hair products?

A. They can indicate the color of the product

B. They can influence the health of your hair

C. They determine the fragrance of the product

D. They mostly affect the packaging

Paying attention to the ingredients in hair products is crucial because they can significantly influence the health of your hair. Each ingredient serves a specific purpose, whether it's providing moisture, enhancing shine, or strengthening hair strands. For instance, natural oils can nourish and hydrate, while certain chemicals may cause dryness or irritation. Understanding the ingredients helps consumers make informed choices tailored to their individual hair types and needs. For example, if someone has curly hair, they may look for products rich in moisturizing agents and avoid sulfates that can strip natural oils. Similarly, individuals with sensitive scalps need to be cautious about potentially irritating ingredients. Therefore, being aware of product ingredients allows for better management of hair health and encourages healthier choices in hair care routines.

8. Why should you avoid using a fine-tooth comb on natural hair?

A. It makes hair look frizzy

B. It can lead to breakage and tangling

C. It is difficult to clean

D. It is not suitable for straight hair

Using a fine-tooth comb on natural hair should be avoided because it can lead to breakage and tangling. Natural hair often has more texture and can be coarser than straight or fine hair types, which means it is typically more fragile and prone to damage. A fine-tooth comb, which is designed for smooth and straight hair, can snag on the coils or kinks found in natural hair. This snagging can cause the strands to bend and snap, resulting in breakage. Additionally, the tight spacing of the teeth makes it more challenging to glide through the hair without pulling or causing friction, which can exacerbate tangles. By using a wider-toothed comb or a detangling tool designed specifically for textured hair, you can gently separate the strands without causing unnecessary damage. This promotes healthier hair and maintains its integrity, allowing for better elongation and reduced frizz.

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9. How often should protein treatments be applied to hair?

A. Once a week for everyone

B. Daily to maintain strength

C. Only as needed based on hair condition

D. Once a month regardless of condition

Protein treatments are designed to strengthen the hair, especially for those with damage or weakness. The correct approach to applying protein treatments is to assess the condition of the hair and use them only as needed. This practice ensures that the hair receives the appropriate level of protein to restore strength without the risk of over-treatment, which can lead to brittleness and breakage. Hair types and conditions vary greatly from person to person. For example, relaxed or color-treated hair may require more frequent treatments than healthy, natural hair. By tailoring the frequency of protein treatments to the individual needs of the hair, one can optimize hair health and retain moisture balance. Using protein treatments too often, such as weekly or daily, might cause an overload, since the hair structure may not need such constant reinforcement. Similarly, a monthly regimen without considering the specific condition may lead to ineffective maintenance of hair health. Recognizing signs of protein deficiency, such as excessive elasticity or dullness, is crucial in determining when a treatment is necessary.

10. What should you primarily use for the care of wigs?

A. Hair dye and bleach

B. Water and soap only

C. Daily moisturizing products and heat protectants

D. Products that contain high alcohol levels

The care of wigs primarily involves using daily moisturizing products and heat protectants. Wigs, whether they are made from synthetic fibers or natural hair, require special attention to maintain their appearance and longevity. Daily moisturizing products help to combat dryness and brittleness that can develop over time, keeping the fibers or hair hydrated and healthy-looking. Additionally, heat protectants are crucial when styling wigs with heat tools, as they help shield the fibers from damage caused by high temperatures, which can lead to frizz, breakage, or loss of luster. Using hair dye and bleach is not advisable because these harsh chemicals can severely damage both synthetic and human hair wigs, compromising their integrity and appearance. While water and soap may assist in cleaning, relying solely on them may not be sufficient for proper care, and they do not provide the necessary moisture or protection. On the other hand, products with high alcohol levels can be drying and damaging to wigs over time, as alcohol can strip moisture away, leading to frizz and deterioration of the hair fibers. Therefore, employing daily moisturizing and heat-protective products is the best approach for wig 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://ohanaturalhaircare.examzify.com

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

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