

Quick Quiz:

Are You Ready for Your State Board Exam?

You've studied long and hard for the State Board — but are you really ready for it? Take this quiz to find out.

- 1** At what rate do fingernails grow?
 - a. About 1-1.5 mm, or 1/16 inch per month
 - b. About 5 inches per year
 - c. About 3 mm, or 1/8 inch per month

- 2** What is another term for a nail's free edge?
 - a. Lunula
 - b. Distal nail plate
 - c. There is no other term.

- 3** What part of the nail will not grow back again once it is destroyed?
 - a. Matrix
 - b. Nail bed
 - c. Nail groove

- 4** How long will it take to grow a new toenail if it is lost or removed?
 - a. It will never grow back
 - b. 9-18 months
 - c. 6-8 months

- 5** According to NAILS Big Book, how much on average do nail techs spend per month on nail supplies?
 - a. \$500
 - b. \$116.32
 - c. \$275

- 6** What is the average price charged for a full set of acrylics (sculpt or tips)?
 - a. About \$45.00
 - b. \$60
 - c. \$37.85

- 7** Your client is going on vacation for three weeks and wants her manicure to last the whole time. Which service is the best for her?
 - a. Acrylic
 - b. Gel-polish
 - c. Hard gel-polish

- 8** True or false? If a client brings in her own manicure implements from home, there is no need for you to disinfect them before use.
 - a. True
 - b. False

- 9** What will kill most viruses and all bacteria on a surface?
 - a. Sanitation
 - b. Sterilization
 - c. Disinfection

- 10** Whirlpool foot spas and air-jet pedicure basins must be cleaned how often?
 - a. Once per month, thoroughly
 - b. After every client
 - c. When they appear visibly soiled

Answer Key:

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

NAILS ONLINE RESOURCES

Troubleshooter



NAILStv: Learn by Watching
www.nailsmag.com/nailstv

There are hundreds of free videos on NAILStv. The site is similar to YouTube, but only includes videos relevant to professional nail techs. Watch everything from product tutorials to beauty tradeshow footage to salon tours and more. Plus, our new Troubleshooter series clarifies nail prep and product application techniques — perfect for newbies.



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