



**CALIFORNIA NAIL TECHNOLOGY (MANICURING)
WRITTEN EXAMINATION**

CANDIDATE INFORMATION BULLETIN

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The National Nail Technology (Manicuring) Examination is the national licensure examination for Nail Technicians (Manicurists), which is developed and administered by the National-Interstate Council of State Boards of Cosmetology (NIC). This Information Bulletin includes the content outline covered by the NIC National Nail Technology (Manicuring) examination, sample questions, and answers. The time allowed for the Nail Technology (Manicuring) written examination is 120 minutes.

**SCIENTIFIC
CONCEPTS
45%**

**Infection Control
Procedures**

- ◇ Microbiology
 - Pathogenic and non pathogenic bacteria
 - Viruses
- ◇ Methods of infection control
 - Chemical agents
 - Heat
- ◇ Levels of infection control
 - Sanitation
 - Disinfection
 - Sterilization
- ◇ Safety Procedures
 - Disposal
 - Storage

**Basic Human Anatomy
and Physiology**

- ◇ Skin of the hands and feet
 - Function
 - Structure
 - Disorders and diseases
 - Abnormal pigmentation
 - Infections
 - Inflammations
 - Lesions
- ◇ Systems and their functions
 - Skeletal system
 - Arms
 - Hands
 - Legs
 - Feet

- Muscular system
 - Forearms
 - Hands
 - Lower legs
 - Feet
- Blood vascular (circulatory) system
- Nervous system

Nail Composition

- ◇ Structure
 - Cuticle
 - Free edge
 - Hyponychium
 - Matrix
 - Nail bed
 - Nail folds/grooves
 - Nail plate
- ◇ Disorders and diseases of the nail
 - Abnormal nail growth or formation (e.g., trumpet, tile-shaped, egg shell, onychauxis)
 - Brittle
 - Bruised
 - Corrugations and furrows
 - Discolored nails
 - Fungus, infections, and molds
 - Hangnail
 - Ingrown
 - Leuconychia (white spots)
 - Melanonychia (black band under or within the nail plate)
 - Onychia (inflammation of entire nail)
 - Onycholysis (lifting of the nail)
 - Paronychia (infection of the tissue around the nail)
 - Pterygium (overgrowth of cuticle)

Basic Chemistry

- ◇ Nail service products
 - Acetone and non-acetone
 - Alum (styptic)
 - Antiseptic
 - Brush cleaner
 - Catalyst/activator
 - Cuticle cream and solvents
 - Exfoliants
 - Gels (e.g., light-cured, no light-cured)
 - Moisturizers
 - Monomer
 - Nail adhesives
 - Nail enamel/polish/treatments
 - Polymer
 - Priming agent
- ◇ OSHA hazard communication standard
 - MSDS standard
 - Product safety
 - Labeling
 - Storage
 - Ventilation
 - Disposal

**NAIL TECHNOLOGY
PROCEDURES
55%**

**General Nail
Technology Procedures**

- ◇ Client consultation
- ◇ Contraindications
- ◇ Nail assessment
- ◇ Service protocol
- ◇ Documentation

Nail Service Tools

- ◇ Equipment
- ◇ Implements
- ◇ Supplies, products, and materials

**Natural Nail Service
Procedures (Manicure
and Pedicure)**

- ◇ Sanitize
- ◇ Remove polish
- ◇ Shape nails
- ◇ Apply cuticle remover
- ◇ Soften cuticles in warm soak
- ◇ Exfoliate (pedicure)
- ◇ Push back cuticle
- ◇ Remove excess cuticle
- ◇ Clean nails (i.e., top and free edge)
- ◇ Buff nails
- ◇ Apply cuticle oil
- ◇ Apply lotion for massage
- ◇ Remove traces of oil or lotion on/under nails
- ◇ Apply polish

Basic Massage Movements

- ◇ Effleurage
- ◇ Friction
- ◇ Petrissage
- ◇ Tapotement

**Apply, Repair and
Maintain Nails**

- ◇ Tips
 - Backfill
 - Fill
 - Overlays
 - Sculpted
 - Tips
- ◇ Acrylic
 - Backfill
 - Fill
 - Overlays
 - Sculpted
 - Tips
- ◇ Wraps
 - Fill
 - Overlays
 - Tips
- ◇ Gels
 - Light-cured
 - Backfill
 - Fill
 - Overlays
 - Sculpted
 - Tips

- No light-cured
 - Fill
 - Overlays
 - Tips

Electric Filing

- ◇ Safety procedures
 - Appropriate attachment
 - Appropriate speed
 - Appropriate use
- ◇ Maintenance and disinfection

Specialty Services

- ◇ Hot oil/lotion therapy
- ◇ Paraffin treatment
- ◇ Scrubs
- ◇ Soaks

SAMPLE QUESTIONS

The following sample questions are similar to those on the NIC Nail Technology (Manicuring) Written Examination. Each question is followed by four answer choices. Only one choice is correct. Correct answers are listed following the sample questions.

1. Pumice stone is used in manicuring as
 - a. an abrasive.
 - b. a bleach.
 - c. a lubricant.
 - d. an astringent.
2. What is the **FIRST** step in performing a manicure?
 - a. Shape the nails
 - b. Soften the cuticles
 - c. Clean under free edge
 - d. Remove old polish
3. Where should all manicuring cosmetic supplies be kept when not being used?
 - a. On a clean shelf
 - b. On the manicuring table
 - c. In a clean manicuring kit
 - d. In clean, closed containers

4. Which one of the following is a condition in which the cuticle splits around the nail?
 - a. Hangnails
 - b. Pterygium
 - c. Onychophagy
 - d. Onychorrhexis

5. Nerves and blood vessels are found in the nail
 - a. bed.
 - b. wall.
 - c. plate.
 - d. grooves.

6. An antiseptic is used in manicuring to
 - a. bleach the nails.
 - b. treat minor cuts.
 - c. smooth corrugated nails.
 - d. give the nails a high sheen.

7. After each use, manicuring instruments should be
 - a. wiped with a towel.
 - b. wiped with a tissue.
 - c. cleansed and disinfected.
 - d. placed in dry storage.

8. For which one of the following are oil manicures recommended?
 - a. Leuconychia
 - b. Split nails
 - c. Brittle nails
 - d. Prevention of infection

9. What is the actively growing part of the nail?
 - a. Lunula
 - b. Matrix
 - c. Mantle
 - d. Free edge

10. What should be applied to a split in the nail before wrapping it?
 - a. Top coat
 - b. Base coat
 - c. Adhesive glue
 - d. Nail hardener

Answers			
1. a	4. a	7. c	10. c
2. d	5. a	8. c	
3. d	6. b	9. b	

**PLEASE CALL
LaserGrade at
1-800-211-2754 to take
the NAIL
TECHNOLOGY
ONLINE PRACTICE
TEST
(\$30.00 fee applies)**

**NAIL TECHNOLOGY
(MANICURING)
REFERENCES**

Milady's Standard Nail Technology, 2007
Milady
5 Maxwell Drive
Clifton Park, NY 12065
(800) 347-7707
www.Milady.com

Salon Fundamentals Nails 2007
Pivot Point International, Inc.
Evanston, IL 60201
(800) 886-4247
www.pivot-point.com

NIC Health and Safety Standards
NIC, Inc., October 2002
www.nictesting.org

NIC Cleaning and Disinfecting of Circulating and Non Circulating Tubs and Spa's for All Industry Modalities
NIC, Inc., August 2007
www.nictesting.org

**OPTIONAL
REFERENCES**

Milady's Standard Textbook of Cosmetology, 2004
Milady
5 Maxwell Drive
Clifton Park, NY 12065
(800) 730-2214
www.Milady.com

Salon Fundamentals, Cosmetology, 2002
Pivot Point International, Inc.
Evanston, IL 60201
(800) 886-4247
www.pivot-point.com

*Cleaning and Disinfecting of Circulating and Non Circulating Tubs and Spa's
for all Industry Modalitie**

The recommended cleaning and disinfecting standard for all circulating and non circulating tubs or spas are: (the use of eye goggles and nitrile protective gloves are recommended and exposure of the client's feet, or other skin areas of the body to disinfectants should be avoided).

1. After each client or service,
2. Drain the tub
3. Clean the tub according to manufacturer's instructions. Take special care to remove all film, especially at the water line. Rinse the tub well.
4. Fill the tub with water.
 - a. Add appropriate disinfectant into the water according to the following:
 - i. At Minimum, us an EPA registered, bactericidal, virucidal, fungicidal, and pseudomonacidal (Formulated for Hospitals) disinfectant that is mixed and used according to the manufacturer's directions, **EXCEPT TUBS THAT HAVE COME IN CONTACT WITH BLOOD OR BODY FLUIDS.**
 - ii. **If a Tub has COME IN CONTACT WITH BLOOD OR BODY FLUIDS** at minimum, an EPA registered disinfectant that is effective against HIV –1 and human Hepatitis B Virus or Tuberculocidal that is mixed and used according to the manufacturer's directions shall be used.
 - b. Allow the disinfectant to stand for non circulating tubs or to circulate for circulating tubs for the time specified according to the manufacturer's instructions.
5. **At the end of the day remove all removable parts (filters, screens drains, jets, etc) clean and disinfect the removable parts as follows:**
 - a. Scrub with a brush and soap or detergent until free from debris.
 - b. Rinse.
 - c. Completely immerse in an EPA registered, bactericidal, virucidal, fungicidal, and pseudomonacidal (Formulated for Hospitals) disinfectant that is mixed and used according to the manufacturer's directions.
 - d. Rinse.
 - e. Air dry.
6. Replace the disinfected parts into the tubs. (drains, jets, etc) or, store them in a disinfected, dry, covered container that is isolated from contaminants.

Salons are choosing to purchase extra drains and removable parts so the parts can immediately be changed out with pre disinfected parts saving time between clients. If so, any part which has **COME IN CONTACT WITH BLOOD OR BODY FLUIDS** must at minimum be disinfected with an EPA registered disinfectant that is effective against HIV –1 and human Hepatitis B Virus or Tuberculocidal that is mixed and used according to the manufacturer's directions. Storage as in number 6 above.

Adopted August 2007

*NOTE: California candidates should refer to CCR 980.1 - 980.3 Article 12 Health and Safety, regarding specific cleaning and disinfecting whirlpool and pipeless foot spas and non whirlpool foot spa basins or tubs.