

HAIR Training Post-Test

To help us determine if our training is effective in helping you protect yourself and your co-workers from health and safety hazards while working in salons, we are asking you to take this test before and after you attend the training. We will compare scores to determine if our training was successful in increasing your knowledge about the hazardous exposures and potential health effects. Please answer the following questions.

Name: _____ Date: _____

Are you a: Cosmetology Student Licensed Professional Other, Please Specify _____

Do you work with: Hair Nails Skin

Objective: Understand your rights under OSHA

1. Which of these are employee's rights under OSHA?
 - Get training from your employer as required by OSHA standards
 - File a complaint with OSHA if you believe there are violations of OSHA standards or serious hazards
 - Request action from your employer to correct hazards or violations of OSHA standards
 - All of the above

Objective: Understand the potential health effects of hair and nail salon work

2. Which of the following are possible health risks from work in hair and nail salons?
 - Chemical burns to the eye
 - Asthma
 - Infectious diseases
 - All of the above
3. Which of the following health effects causes the greatest number of students to drop out of cosmetology school?
 - Asthma
 - Cancer
 - Allergic reactions
 - Skin rash
4. Work as a hairdresser may increase your risk of problems during pregnancy.
 - True
 - False

Objective: Learn how to recognize exposures

5. Which of the following hair products contain chemicals that can cause allergy?
 - Hair dyes
 - Bleaching solutions
 - Permanent wave solutions
 - All of the above
6. Which of the following nail products contain chemicals that can cause allergy?
 - Acrylic nail liquids and powders
 - Nail gels
 - Nail glue
 - All of the above

Hazard Awareness, Identification, Recognition, and Control for Beauty and Grooming Professionals

7. If you start to feel lightheaded or “drunk” when working with nail polish remover or get nose and throat irritation when working with hair permanent or straightening products, what does this tell you?
- You should put on your party hat
 - To use more nail polish remover
 - To shut all windows
 - To get fresh air
8. It is important to treat all blood and body fluids as if they are infected.
- True
 - False

Objective: Learn how to minimize exposures as a salon worker

9. What products can expose you to formaldehyde in the workplace?
- Keratin smoothing products
 - Some nail polish
 - Nail hardeners
 - All of the above
10. While working with keratin smoothing products, it is important to let your coworkers working in the area know that they might also be at risk for exposure.
- True
 - False
11. Which of the following work practices will help protect your hands from skin rash?
- Use gloves when handling chemicals
 - Use moisturizer after washing your hands
 - Dry your hands completely before putting on gloves
 - All of the above
12. Salons that don't have appropriate ventilation should not perform keratin smoothing treatments.
- True
 - False
13. Which is an example of a work practice that can be used to reduce worker exposure to salon chemicals?
- Use the smallest quantity of a chemical
 - Use mixing stations to prepare products
 - Replace lids immediately after using a chemical
 - All of the above
14. Which of the following controls should be used to reduce worker exposure to formaldehyde?
- Open windows & doors
 - Local exhaust ventilation
 - Use salon specific air purifier
 - All of the above
15. What type of personal protective equipment could be worn when working on artificial nails?
- Latex gloves
 - Surgical mask
 - N95 mask & nitrile gloves
 - Latex gloves & surgical mask