

**Nail Worker Post-Test** Date: \_\_\_\_\_ Name: \_\_\_\_\_

This material was produced under grant number SH-05066-SH8 from the Occupational Safety and Health Administration, US Department of Labor. It does not necessarily reflect the views or policies of the US Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the US Government.

1. Which one of the following is not a workplace-related health hazard for nail technicians?
  - a. Exposure to chemicals from glues, polishes, removers, and other salon products
  - b. Muscle strains from awkward positions or repetitive motions
  - c. Hearing damage from level of equipment noise
  - d. Risk of infection from contact with client skin, nails, and blood
2. Which of the following is **not** a way to remove chemicals from the air during work hours?
  - a. Open doors and windows on both sides of the salon
  - b. Put fans in the middle of the salon to circulate air
  - c. Turn on the heating, ventilation, and air conditioning (HVAC) system
  - d. Turn on exhaust fans
3. Who is responsible for employee safety and health?
  - a. Occupational Safety and Health Administration (OSHA)
  - b. Your employer
  - c. You, the employee
  - d. All of the above
4. Products used in nail salons may have chemicals that cause: dizziness, headaches, irritation to eye; nose; and throat, and skin rashes. Other chemicals used in nail salons may cause more serious illnesses.
  - a. True
  - b. False
5. A Safety Data Sheet (SDS) is a sheet of paper supplied by the manufacturer that tells you what to do when you exposed to a product.
  - a. True
  - b. False
6. How can you use OSHA to help you?
  - a. Workers can file a complaint for an OSHA inspections if their workplace is hazardous
  - b. Employers can get a free consultation to check for hazards without being cited
  - c. Workers and employers can contact the Santa Ana OSHA office for information
  - d. All of the above
7. Which one of the following can cause chemical irritation to the lungs, mouth, and throat?
  - a. Eating lunch next to a coworker who is working on a client
  - b. Leaving cigarettes near chemicals
  - c. Working on a client without wearing a mask
  - d. All of the above
8. Personal Protective Equipment (PPE) such as gloves, safety goggles, dust masks, and respirators should be purchased by the employee.
  - a. True
  - b. False

9. I would be an independent contractor if my employer:
  - a. Gives me IRS Form 1099, instead of a W-2
  - b. Tells me that I am an independent contractor
  - c. Provides me supplies and a work station
  - d. Allows me to set my own appointments and pay rate
10. Chemicals enter the body by:
  - a. Breathing in (nose, mouth)
  - b. Swallowing (mouth)
  - c. Puncturing or absorbing into skin (eyes and skin)
  - d. All of the above
11. Which type of gloves should you use while working with nail products?
  - a. Nitrile gloves
  - b. Latex gloves
  - c. Vinyl gloves
  - d. All of the above
12. The difference between independent contractors and employees is that employees:
  - a. Need to buy their own supplies and tools
  - b. Must be paid the hourly minimum wage
  - c. Rent their station from the owner
  - d. None of the above
13. Products used in nail salons may have chemicals that can harm your:
  - a. Brain & central nervous system
  - b. Reproductive system
  - c. Skin
  - d. All of the above
14. To prevent getting infected with diseases at work, you should always:
  - a. Avoid touching any blood or bodily fluids
  - b. Avoid serving clients who have infectious diseases
  - c. Disinfect tools, foot basins, and other equipment after each use
  - d. A & C
15. The following can prevent back pain and headaches:
  - a. Taking breaks outside the salon
  - b. Sitting straight up and not bending over clients' nails
  - c. Stretching in between appointments
  - d. All of the above