

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

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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. B & D
  - b. Avoid touching any blood or bodily fluids
  - c. Avoid serving clients who have infectious diseases
  - d. Disinfect tools, foot basins, and other equipment after each use
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