

Part 1: Orientation

CHAPTER 1—CHANGES IN ESTHETICS

1. What generation's desire, willingness, and financial ability to lengthen youthfulness have had a huge effect on the industry?
 - a. baby boomers
 - b. the World War II generation
 - c. Generation X
 - d. Generation Y_____
2. What can estheticians do if they constantly seek out education, encourage research, and take the time to root out the facts?
 - a. guarantee financial stability
 - b. successfully meet challenges
 - c. guarantee perfect results for clients
 - d. become beauty-industry celebrities_____
3. What is true of most of the spa treatments provided today?
 - a. they are derivations of treatments introduced in the 20th century
 - b. they are completely new concepts unrelated to previous treatments
 - c. they are derivations of ancient treatments
 - d. they are exactly the same as treatments provided in ancient times_____
4. What is **NOT** one of the types of bathhouses found in ancient Rome?
 - a. balnea
 - b. balnea private
 - c. balnea public
 - d. balnea professional_____
5. What change in bathing habits occurred as a result of the fall of the Roman empire?
 - a. public bathing was prohibited by the religious culture
 - b. Roman bathing habits were continued in all countries
 - c. bathhouses were turned into exercise retreats, the precursors of gyms
 - d. daily bathing in the home became commonplace_____
6. What term refers to medicinal process of bloodletting, which was performed at baths during medieval times?
 - a. lobotomy
 - b. phlebotomy
 - c. rhytidectomy
 - d. rhinoplasty_____

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7. What trend resulted from the common public fear during the Renaissance that the bathhouse was the cause of diseases such as syphilis and leprosy?
a. the use of scalding-hot water in baths
b. the use of bleach in bathwater
c. a preference for showering over bathing
d. a decline in the use of public baths _____
8. When did the philosophy of drinking mineral water, in addition to bathing in it, become commonplace?
a. Renaissance
b. Victorian era
c. Elizabethan era
d. medieval times _____
9. What did the French use cold springs for during the seventeenth century?
a. bathing
b. drinking therapies
c. water-based massage
d. mud baths _____
10. What did the 19th-century Bavarian monk Father Sebastian Kneipp believe that using water to eliminate waste from the body would do?
a. encourage relaxation
b. provide spiritual balance
c. improve social stature
d. cure disease _____
11. What types of businesses were introduced the United States between the mid-1800s and the beginning of the depression in the 1930s?
a. day spas
b. spa resorts
c. wellness centers
d. massage parlors _____
12. What is **NOT** one of the new treatments that became popular in the United States after World War II?
a. health and exercise regimens
b. bloodletting
c. mud therapy
d. hydrotherapy _____
13. What is the fastest-growing global market for spas?
a. South America
b. North America
c. Europe
d. Asia _____
14. What is true about the amount of training and education estheticians need?
a. everyone agrees on the same rules
b. each professional in the esthetics field requires a postgraduate degree
c. no special training is required for working in the esthetics field
d. this has long been up for debate _____

15. What caused the demand for solid, advanced esthetics education to skyrocket?
- the medical profession's embrace of esthetics
 - sales generated by celebrity endorsements of beauty products
 - government regulations that cracked down on untrained estheticians
 - marketing opportunities created by the spread of the Internet
- _____
16. Why would a doctor hire the better-trained of two candidates for an esthetics position?
- the better-trained candidate is eager to pay off student loans
 - less time is involved training the better-trained candidate
 - the better-trained candidate can prescribe medications
 - the better-trained candidate can perform surgical procedures
- _____
17. What is **NOT** one of the primary functions of an esthetician?
- performing facials
 - performing skin treatments
 - diagnosing medical conditions
 - applying cosmetics
- _____
18. What is **NOT** one of the skill sets required for estheticians?
- ability to control inventory
 - ability to perform chemistry
 - ability to plan marketing
 - ability to build a client base
- _____
19. What profession requires the skill sets of loving fashion and being able to guide clients into adapting trends for individual use?
- medical esthetician
 - salon manager
 - esthetics instructor
 - makeup artist
- _____
20. What is one of the most common services offered by permanent makeup artists?
- eyeliner
 - lipstick
 - blush
 - concealer
- _____
21. What profession requires knowledge of the technical skills needed to implant color into the skin so that it will stay?
- bridal makeup artist
 - theatrical makeup artist
 - permanent makeup artist
 - advertising makeup artist
- _____

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22. What should an esthetician seeking work in the medical field have a solid knowledge of, in addition to his or her knowledge of advanced skin care?
- | | | |
|-------------------|------------------------|-------|
| a. color theory | c. medical terminology | _____ |
| b. fashion trends | d. medical billing | _____ |
23. What type of makeup techniques should estheticians in the medical field understand?
- | | | |
|---------------|----------------|-------|
| a. corrective | c. bridal | _____ |
| b. theatrical | d. advertising | _____ |
24. What do estheticians and makeup artists for resorts and cruise lines offer in addition to personal services?
- | | | |
|--------------------------|----------------------|-------|
| a. demonstrations | c. medical services | _____ |
| b. professional training | d. full-body massage | _____ |
25. What is **NOT** one of the skills required for success as a salon or spa owner?
- | | | |
|-----------------------------|----------------------|-------|
| a. strong writing abilities | c. marketing | _____ |
| b. financial management | d. people management | _____ |
26. What is the **MAIN** reason most esthetics instructors attend workshops and conferences?
- | | |
|---------------------------------------|-------|
| a. to get free product samples | _____ |
| b. to make new personal friends | _____ |
| c. to keep their knowledge up to date | _____ |
| d. to look for new jobs | _____ |
27. What is a special requirement of those working as manufacturer/sales representatives?
- | | |
|---------------------------------------|-------|
| a. impeccable appearance | _____ |
| b. advanced college degree | _____ |
| c. extensive scientific knowledge | _____ |
| d. ability to speak several languages | _____ |
28. What do many cosmetics lines do for licensed estheticians because they have realized how much professional training benefit the lines' clients?
- | | |
|---------------------------------------|-------|
| a. pay for the estheticians' training | _____ |
| b. pay higher wages than salons | _____ |
| c. build their own training centers | _____ |
| d. lobby for relaxed licensing rules | _____ |

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Part 2: General Sciences

CHAPTER 2—INFECTION CONTROL

1. What is a disease resulting from human immunodeficiency virus?
 - a. cancer
 - b. leukemia
 - c. AIDS
 - d. tuberculosis_____
2. What term refers to the rapid-onset, short-term initial stage of disease?
 - a. pathogen
 - b. acute
 - c. chronic
 - d. sharp_____
3. What does the term “antibacterial” mean?
 - a. infected with bacteria
 - b. destroying or stopping the growth of bacteria
 - c. capable of carrying bacteria
 - d. indication that bacteria is multiplying on a surface_____
4. What fluid is **NOT** considered contaminated and/or infectious under standard precautions?
 - a. blood
 - b. saliva
 - c. sweat
 - d. pus_____
5. What term refers to any object that can penetrate the skin?
 - a. hazard
 - b. acute
 - c. chronic
 - d. sharp_____
6. What is the correct term for a plan for avoiding potential exposure and for dealing with it should exposure occur?
 - a. exposure plan
 - b. hazard plan
 - c. safety plan
 - d. pathogen plan_____
7. What term indicates that something is transmitted through direct blood-to-blood contact?
 - a. bloodborne
 - b. contagious
 - c. opportunistic
 - d. pathogenic_____
8. What is mechanical irritation?
 - a. the process of becoming immune to a pathogen
 - b. tissue damage due to repeated physical contact to the tissue
 - c. a microscopic organism capable of producing disease
 - d. the rapid-onset, short-term initial stage of disease_____

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9. How are transient microorganisms removed from the hands?
a. exposure to sunlight
b. exposure to radiation
c. hand washing
d. chemical sterilization of the hands _____
10. What are microorganisms that are often present on the surface of the human body?
a. transient microorganisms
b. opportunistic bacteria
c. bacterial spores
d. resident microorganisms _____
11. What is a pathogen?
a. a reproductive cell produced by plants and some protozoa
b. a microorganism or substance capable of producing disease
c. a membrane that lines a passage or cavity that communicates with air
d. an infection acquired in a hospital or other health care environment _____
12. What term describes the risks involved in piercing mucous membranes or the skin through needlesticks, bites, cuts, and abrasions?
a. parenteral hazards
b. endogenous infections
c. mechanical irritation
d. occupational exposure _____
13. What term refers to any living thing, plant or animal?
a. organism
b. microorganism
c. pathogen
d. bacteria _____
14. What are bacteria that will not cause harm when on a healthy host, but can cause infection and disease once they have entered the skin?
a. occupational bacteria
b. transient bacteria
c. resident bacteria
d. opportunistic bacteria _____
15. Where would one acquire a nosocomial infection?
a. hospital
b. school
c. shopping mall
d. park _____
16. What is **NOT** one of the components of a mucous membrane?
a. epithelium
b. basement membrane
c. connective tissue
d. attic membrane _____

17. What is the correct term for the process of becoming immune or rendering a person immune to a pathogen?
 - a. regeneration
 - b. immunization
 - c. sterilization
 - d. disinfection
18. What term refers to devices that isolate or remove bloodborne pathogen hazards from the workplace?
 - a. engineering controls
 - b. standard precautions
 - c. cleansers
 - d. disinfectants
19. What is an infection that occurs when bacteria travel from a site where they were harmless to a site where they cause infection?
 - a. mechanical infection
 - b. nosocomial infection
 - c. resident infection
 - d. endogenous infection
20. What is **NOT** one of the definitions of the word “contaminate”?
 - a. to render impure
 - b. to soil, stain, or pollute
 - c. to isolate or remove
 - d. to render unfit for use
21. What does the term “asepsis” mean?
 - a. destroying or stopping the growth of bacteria
 - b. a condition free from germs and any form of life
 - c. transmitted through direct blood-to-blood contact
 - d. rendering a person immune to a pathogen
22. What variety of hepatitis is transmitted by drinking water or eating food contaminated with fecal matter containing the virus?
 - a. hepatitis A
 - b. hepatitis B
 - c. hepatitis C
 - d. hepatitis D
23. What variety of hepatitis can be treated without the use of interferon?
 - a. hepatitis A
 - b. hepatitis B
 - c. hepatitis C
 - d. hepatitis D
24. What is **NOT** one of the times when hand washing should be performed?
 - a. when hands are visibly soiled
 - b. after gloving
 - c. upon arriving at work
 - d. before eating or drinking

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25. What federal agency would send inspectors to a salon because an accident has occurred in which three or more employees were injured?
a. Centers for Disease Control and Prevention (CDC)
b. United States Department of Agriculture (USDA)
c. Occupational Safety and Health Administration (OSHA)
d. Food and Drug Administration (FDA) _____
26. What should you do if you are visited by an inspector from OSHA?
a. panic
b. volunteer unsolicited information
c. answer questions deceptively
d. write down the inspector's name _____
27. What is the second link in the chain of infection?
a. infectious agent
b. reservoir where the agent resides
c. portal of entry
d. susceptible host to infect _____
28. What is the second-to-last link in the chain of infection?
a. susceptible host to infect
b. reservoir where the agent resides
c. portal of entry
d. infectious agent _____
29. Why should you follow OSHA guidelines if you are a sole proprietor and work alone?
a. you are legally required to do so
b. to increase financial profitability
c. so you can include the OSHA logo in your advertisements
d. to live a long and healthy life _____
30. What is **NOT** one of the means by which human immunodeficiency virus (HIV) is spread from an infected person to a noninfected person?
a. contact with sweat
b. contact with blood
c. contact with saliva
d. contact with broken skin _____
31. What organ is most often affected by the highly infectious disease tuberculosis?
a. heart
b. lungs
c. kidneys
d. stomach _____

32. Why have many states passed laws that prohibit spitting on sidewalks?
- a. because spitting is the most common means of spreading HIV
 - b. there are no such laws in the United States
 - c. because vapors from saliva cause many skin diseases
 - d. because tuberculosis can live on a sidewalk in sputum for six months
- _____
33. What is **NOT** one of the forms in which methicillin-resistant *Staphylococcus aureus* (MRSA) skin infections can present themselves?
- a. cellulitis
 - b. impetigo
 - c. vitiligo
 - d. carbuncles
- _____
34. What is one of the steps you can take to minimize the spread of MRSA?
- a. drying hands with reusable towels
 - b. only using gloves for extractions
 - c. cleaning and reusing materials that come in contact with blood
 - d. cleaning and disinfecting all work surfaces
- _____
35. What mode of transmission involves contact with an animal, insect, or parasite that transports infection by biting the host or by depositing feces or eggs in broken skin?
- a. direct contact
 - b. vector transmission
 - c. airborne transmission
 - d. indirect contact
- _____