EXERCISES

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BARBERING

Let's see how much you know about barbering. Have a go at these multiple-choice questions.

Q1	Which one of the following is the most important reason for using a barber chair when cutting facial hair?	Ans.
A	To present a professional image and improve posture	
B	To ensure barber comfort	
C	To prevent injury to the client and barber	✗
D	To ensure client comfort	

Q2	Which one of the following best describes how razor blades should be disposed of?	Ans.
A	In a covered bin	
B	In a waste bin	
C	In a sharps bin	✗
D	In a lined bin	

Q3	Which one of the following best describes how to clean and disinfect combs?	Ans.
A	Using sterilising wipes	
B	Wash and place in Barbicide	✗
C	In an Ultra Violet (UV) cabinet	
D	Wash and place in an autoclave	

Q4	Which one of the following describes when to change a blade in a razor?	Ans.
A	When the blade starts to blunt	
B	Before use on each client	✗
C	After every other client	
D	At the end of each day	

Q5	Which one of the following is the best cutting technique to achieve a very short graduated effect?	Ans.
A	Freehand cutting	
B	Club cutting	
C	Point cutting	
D	Scissor-over-comb	✗

Q6	Which one of the following techniques would remove bulk and create a softer look?	Ans.
A	Clipper over comb	
B	Razor cutting	✗
C	Club cutting	
D	Freehand cutting	

Q7	An uneven effect is created when cutting curly hair that is:	Ans.
A	Completely wet	
B	Completely dry	
C	Chemically treated	
D	Partly wet and partly dry	✗

Q8	A client requests a look with low graduation in the nape. Which one of the following describes the cutting angle for this look?	Ans.
A	20°	✗
B	45°	
C	65°	
D	90°	

Q9	Which one of the following cutting techniques will blend weight and soften the finish?	Ans.
A	Freehand cutting	
B	Club cutting	
C	Point cutting	✗
D	Clipper cutting	

Read the statements below, and then select whether you think they are true or false.

		ANSWER			
Q10	When cutting a beard design, the hair classification will influence the barber's choice of tools.	TRUE	✗	FALSE	
Q11	Blow drying involves a temporary change to the hydrogen bonds.	TRUE	✗	FALSE	
Q12	The hair must be kept damp during the blow-drying process to ensure that the hair remains in its natural beta keratin state.	TRUE		FALSE	✗
Q13	A razor can be used to remove length and bulk in a haircut, to remove excess hair outside the cut, and to cut patterns and hair designs.	TRUE	✗	FALSE	
Q14	To achieve a long-graduated look the hair will be held at an angle above 90°.	TRUE	✗	FALSE	
Q15	When creating a flat top, the clippers should follow the contours of the head when cutting the back and sides.	TRUE		FALSE	✗
Q16	Pencil, handlebar and horseshoe are names of moustache designs.	TRUE	✗	FALSE	

HAIRDRESSING

Let's see how much you know about hairdressing. Have a go at these multiple-choice questions.

Q1	Which one of the following cutting techniques would be used when cutting a one-length solid form on a client with a nape whirl?	Ans.
A	Scissor-over-comb	
B	Razor cutting	
C	Freehand	✕
D	Slicing	

Q2	Which one of the following colours will cancel unwanted red tones in the hair?	Ans.
A	Violet	
B	Yellow	
C	Green	✕
D	Blue	

Q3	To prevent hair damage when blow-drying, the hairdryer should be directed:	Ans.
A	Close to the hair	
B	Up the hair lengths	
C	Towards the roots	
D	In the direction of the cuticle	✕

Q4	The natural oil of the hair and skin is produced by the:	Ans.
A	Arrector pili muscle	
B	Sebaceous glands	✕
C	Sweat glands	
D	Dermal papilla	

Q5	Using an anti-oxidant conditioner after a colour will help return the hair to its natural pH of:	Ans.
A	4–5	
B	4.5–5.5	✕
C	5–6	
D	5.5–6.5	

Q6	Which one of the following describes the hair growth cycle, anagen stage?	Ans.
A	Cell division stops	
B	Transitional	
C	Resting	
D	Active growing	✕

Q7	When horizontal partings are used to cut long layers, the haircut should be cross-checked using:	Ans.
A	Over directed partings	
B	Vertical partings	✕
C	Pivotal partings	
D	Diagonal partings	

Q8	Tight curly hair has:	Ans.
A	A round follicle	
B	A flat follicle	
C	A kidney shaped follicle	✕
D	An oval follicle	

Q9	A colour test will:	Ans.
A	Check the condition of the cortex	
B	Confirm any metallic substances on the hair	
C	Check the condition of the cuticle	
D	Confirm the expected colour result	✕

Read the statements below, and then select whether you think they are true or false.

		ANSWER			
Q10	Melanocytes produce the colour pigment melanin.	TRUE	✕	FALSE	
Q11	Eumelanin refers to the red and yellow colour pigments in the hair.	TRUE		FALSE	✕
Q12	When cutting a fringe on a client with a 'cowlick', follow the direction of natural growth and leave it longer to accommodate the growth pattern.	TRUE	✕	FALSE	
Q13	Oils can be used to help moisturise and protect type 3 and 4 hair when blow-drying.	TRUE	✕	FALSE	
Q14	Environmental and sustainable working practices when colouring include not mixing more product than required.	TRUE	✕	FALSE	
Q15	Point cutting is used to blend weight or soften the finished look.	TRUE	✕	FALSE	
Q16	Semi-permanent colours (Direct Dyes) deposit colour, lighten the hair and add tone and shine.	TRUE		FALSE	✕
Q17	Normal hair with good elasticity should stretch and spring back to its original length.	TRUE	✕	FALSE	
Q18	A lightener works by changing melanin to oxy-melanin.	TRUE	✕	FALSE	
Q19	When cutting type 3C hair that is worn straight, you should consider shampooing and styling the hair straight before cutting.	TRUE	✕	FALSE	

STYLING

Let's see how much you know about styling. Have a go at these multiple-choice questions.

Q1	Which one of the following best describes the importance of following the manufacturers' instructions when using styling and finishing products?	Ans.
A	To protect the hair	
B	To impress the client	
C	To help achieve a curly result	
D	To help achieve the best result	✗

Q2	When blow drying, what effect is achieved when the hair is positioned 45° above the base of the hair section?	Ans.
A	Minimum root lift	
B	No volume	
C	Maximum volume	✗
D	Root drag	

Q3	Which one of the following is a potential effect, of continually wearing the hair in plaits and twists?	Ans.
A	Diffuse alopecia	
B	Alopecia areata	
C	Traction alopecia	✗
D	Cicatricial alopecia	

Q4	Which one of the following factors does not affect the product selection?	Ans.
A	Hair density	
B	The occasion	
C	Hair elasticity	
D	The client's image	✗

Q5	Which one of the following best describes the effect achieved by stand-up barrel pincurls?	Ans.
A	Strong wave movement	
B	No volume and tight curls	
C	Volume and soft movement	✗
D	Movement without volume	

Q6	Which one of the following identifies essential points to consider when styling the client's hair for an occasion?	Ans.
A	The tools to be used and hair colour	
B	The need for added hair and the products to be used	✗
C	The colour of the outfit and techniques to be used	
D	The techniques to be used and the client's lifestyle	

Q7	Which of the following tools would not be used to create curl?	Ans.
A	Wand	
B	Tongs	
C	Crimpers	✗
D	Straightening Irons	

Q8	Which of the following is the most suitable hair length for a finger dry?	Ans.
A	A long one length solid form	
B	A short graduated form	✗
C	A long graduated form	
D	A medium-length uniform layered form	

Q9	In a hair-up style, padding can be used to create:	Ans.
A	Texture	
B	A smooth effect	
C	Volume	✗
D	A curled effect	