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	