EXERCISES

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PIVOT POINT LAB

BARBERING

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

Q1	Which of the following angles is considered to represent low projection (elevation)?	Ans.
A	0° to 30°	
B	30° to 60°	
C	60° to 90°	
D	90° to 180°	

Q2	When creating a facial hair design using clippers, cutting with the grain:	Ans.
A	Removes more length	
B	Creates a precise line	
C	Removes less length	
D	Creates a uniform length	

Q3	Which one of the following is NOT an influencing factor when cutting and styling the hair?	Ans.
A	The hair length	
B	The client's lifestyle	
C	Location of any piercings	
D	Incompatible products on the hair	

Q4	Which one of the following techniques would be the most suitable when cutting a long layered form on a client with a nape whirl?	Ans.
A	Scissor over comb	
B	Freehand	
C	Razor cutting	
D	Slicing	

Q5	Which one of the following products can be used to help cut the hair?	Ans.
A	Wax	
B	Hair tonic	
C	Gel	
D	Styling cream	

Q6	When cutting a full beard, which one of the following is the most suitable technique for cutting the top lip hair length?	Ans.
A	Freehand	
B	Club cutting	
C	Clipper over comb	
D	Scissor over comb	

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

		ANSWER			
Q7	Styling products can be used to help prevent the hair from absorbing moisture.	TRUE		FALSE	
Q8	Facial hair is not an influencing factor when cutting men's hair.	TRUE		FALSE	
Q9	A disconnected look is where there is no blending between layers, somewhere within the style.	TRUE		FALSE	
Q10	After finger drying, the stretched hair is in an alpha keratin state	TRUE		FALSE	
Q11	Aftercare following a shampoo and condition service should include suitable products to use at home and their frequency of use.	TRUE		FALSE	
Q12	A bald fade is created using zones and gives the illusion of the hair gradually fading into the skin.	TRUE		FALSE	
Q13	To prevent work-related health problems barbers should adjust the client's chair and headrest when providing cutting and shaving services and avoid over-reaching and stooping.	TRUE		FALSE	
Q14	Clippers, trimmers, scissors and razors can be used to outline the nape depending on the desired character of the nape hairline.	TRUE		FALSE	
Q15	Fine hair is the best hair to work with when creating patterns, as the patterns look more defined.	TRUE		FALSE	
Q16	Finger drying is a technique in which the fingers are used to manipulate and style the hair as it is dried with a blow dryer.	TRUE		FALSE	
Q17	To build trust with the client, it is essential for the barber to ensure their recommendations are personalised to the client's individual requirements.	TRUE		FALSE	

HAIRDRESSING

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

Q1	Which one of the following best describes environmental and sustainable work practice when shampooing?	Ans.
A	Recycling packaging and following manufacturer's instructions	
B	Reduce water usage and use disposable items (easy dry towels)	
C	Use organic and allergy-free hair products	
D	Follow safety regulations and turn off water between clients	

Q2	Which one of the following colours is a base 7 on the ICC?	Ans.
A	Light Brown	
B	Dark Blonde	
C	Medium Blonde	
D	Light Blonde	

Q3	What effect is achieved when the hair is wound at a 45° angle below its base when setting?	Ans.
A	Volume	
B	Minimal volume	
C	Maximum volume	
D	Increased volume	

Q4	The natural undertone of dark blonde is:	Ans.
A	Red	
B	Red-orange	
C	Orange	
D	Orange-yellow	

Q5	Which one of the following is an employee's responsibility under COSHH?	Ans.
A	Know how to store, use, handle and dispose of substances	
B	Report all accidents in the workplace	
C	Follow safety instructions when using equipment	
D	Check the temperature of equipment before use	

Q6	When cutting a one length solid form, a guideline is cut:	Ans.
A	Through the top, along a centre parting	
B	From the front hairline to the nape	
C	From a horizontal parting in the nape	
D	Through the centre back, crown to the nape	

Q7	Which one of the following products is always mixed with a low-level developer/peroxide?	Ans.
A	Semi-permanent colours	
B	Quasi-permanent colours	
C	Permanent colours	
D	Lighteners	

Q8	Which one of the following is the best advice to follow when cutting hair with growth patterns?	Ans.
A	Work against the growth pattern	
B	Work with the growth pattern	
C	Cut the hair short	
D	Leave the hair longer	

Q9	Which one of the following is the most suitable product to help prepare and protect type 3 and 4 hair when creative styling?	Ans.
A	Mousse	
B	Gel spray	
C	Moisturiser	
D	Heat protector	

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

		ANSWER			
Q10	The hair classification will affect the techniques, tools and products used when carrying out a blow-dry service.	TRUE		FALSE	
Q11	When cutting a long graduated form, partings can be vertical, horizontal, or diagonal, depending on the required shape.	TRUE		FALSE	
Q12	The hair must be kept damp during the blow-drying process to make sure that the hair remains in its natural beta keratin state.	TRUE		FALSE	
Q13	Colour fade can be caused by insufficient development and an incorrect peroxide selection.	TRUE		FALSE	
Q14	On a colour wheel the abbreviation RV stands for Red/Violet.	TRUE		FALSE	
Q15	Freehand technique is cutting the hair without holding or controlling the lengths with fingers or a comb.	TRUE		FALSE	
Q16	At any one time, approximately 85% of the hair is in the catagen stage of the hair growth cycle.	TRUE		FALSE	
Q17	A block colour technique can be used to create a focal point.	TRUE		FALSE	
Q18	Point cutting is used to blend weight or soften the finished look.	TRUE		FALSE	
Q19	A product with an acid pH will open the cuticle.	TRUE		FALSE	
Q20	Tongs and a root-to-point winding technique can be used to create spiral curls.	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 is the most important reason for removing excess moisture from porous hair before blow-drying?	Ans.
A	Save products	
B	Reduce fatigue	
C	Save time	
D	Reduce waste	

Q2	To prevent hair damage, the dryer 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	

Q3	To add shine to type 4 hair, which one of the following would be the most suitable product?	Ans.
A	Mousse	
B	Moisturiser	
C	Gel spray	
D	Wax	

Q4	Which one of the following best describes how aerosol products should be stored?	Ans.
A	In a high-level, secure cabinet	
B	In a warm, dry salon	
C	In a well ventilated salon	
D	In a cool, dry place	

Q5	Which one of the following is the most suitable brush for dressing hair and adding shine?	Ans.
A	Vent brush	
B	Bristle brush	
C	Round brush	
D	Plastic brush	

Q6	Which one of the following is not applicable in a creative styling consultation?	Ans.
A	The reason for having the styling service	
B	The client's lifestyle, image and clothes	
C	The skills required to maintain the look at home	
D	The hair condition and results of an incompatibility test	

Q7	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	

Q8	Which one of the following is the best advice for a client with relaxed type 3c hair, to maintain a smooth look with natural volume?	Ans.
A	Use straightening irons daily	
B	Sleep on a satin pillowcase	
C	Apply hairspray before bed	
D	Dry wrap the hair before bed	

Q9	Volume can be created when styling short hair using a:	Ans.
A	Large round brush	
B	Finger dry technique	
C	Paddle brush	
D	Scrunch dry technique	