



# Cosmetology State Board Exam Cheat Sheet

## 1. Infection Control & Safety

### Key Concepts

- **Sanitation:** Cleaning surfaces to remove dirt and debris.
- **Disinfection:** Using EPA-registered disinfectants to kill most microorganisms on nonporous surfaces.
- **Sterilization:** Destroys all microbial life (used for surgical tools).
- **Universal Precautions:** Treat all bodily fluids as infectious.
- **Blood Spill Procedure:** Stop service, put on gloves, clean area with antiseptic, bandage, disinfect tools, wash hands.

### Disinfectant Types

- Quaternary Ammonium Compounds (Quats)
- Phenolics
- Alcohol (70% isopropyl or ethyl)
- Bleach (sodium hypochlorite)

### Safety Practices

- Label all containers.
- Store chemicals properly.
- Dispose of contaminated materials safely.

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## 2. Anatomy & Physiology

### Body Systems

- **Integumentary:** Skin, hair, nails.
- **Skeletal:** Provides structure.
- **Muscular:** Movement.
- **Circulatory:** Blood flow.
- **Nervous:** Controls body functions.
- **Endocrine:** Hormones.

**Digestive:** Nutrient absorption.

- **Respiratory:** Breathing.
- **Excretory:** Waste removal.

## Skin Layers

1. **Epidermis:** Outer layer.
2. **Dermis:** Contains glands, follicles, nerves.
3. **Subcutaneous:** Fat and connective tissue.

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## 3. Hair Structure & Growth

### Hair Composition

- **Cuticle:** Outer protective layer.
- **Cortex:** Strength, color, elasticity.
- **Medulla:** Inner core (may be absent in fine hair).

### Hair Growth Phases

1. **Anagen:** Growth phase.
2. **Catagen:** Transition phase.
3. **Telogen:** Resting phase.

### Hair Analysis

- Texture: Fine, medium, coarse.
- Density: Number of hairs per square inch.
- Porosity: Ability to absorb moisture.
- Elasticity: Ability to stretch and return.

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## 4. Chemical Services

### pH Scale

- 0–6.9: Acidic

7: Neutral

- 7.1–14: Alkaline

### Hair Coloring

- **Temporary:** Coats cuticle.
- **Semi-permanent:** Slight penetration.
- **Demi-permanent:** Deposits only.
- **Permanent:** Lifts and deposits.

## Lighteners

- Contain persulfate salts and hydrogen peroxide.
- Always perform a strand test.

## Relaxers

- **Hydroxide Relaxers:** Very strong, permanent.
- **Thio Relaxers:** Milder, can be re-curled.

## Perms

- **Alkaline (Cold Wave):** pH 9–9.6, no heat.
- **Acid (Heat Wave):** pH 4.5–7, uses heat.

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## 5. Haircutting & Styling

### Basic Cutting Angles

- 0°: Blunt cut.
- 45°: Graduated cut.
- 90°: Uniform layers.
- 180°: Long layers.

### Tools

- Shears, razors, clippers, trimmers, combs.

### Blow-Drying Techniques

- Direct airflow from scalp to ends.
- Use nozzle for control.

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## 6. Nail Care

### Nail Structure

- Nail plate, bed, matrix, cuticle, lunula, free edge.

### Common Disorders

- Onychophagy: Nail biting.
- Onychorrhexis: Split nails.
- Paronychia: Infection around nail.

## **Manicure Steps**

1. Sanitize hands.
2. Remove polish.
3. Shape nails.

Soak and clean.

1. Push back cuticles.
2. Buff and polish.

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## **7. Skin Care & Facials**

### **Skin Types**

- Normal, oily, dry, combination, sensitive.

### **Facial Steps**

1. Cleanse.
2. Analyze.
3. Exfoliate.
4. Steam.

Extract (if needed).

1. Massage.

Mask.

1. Tone and moisturize.

### **Contraindications**

- Open sores, infections, recent surgery, severe acne.

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## **8. State Board Practical Tips**

### **Before Exam**

Label all containers clearly.

- Bring all required supplies.
- Wear professional attire.

## During Exam

- Sanitize hands before and after each section.
- Follow infection control procedures.
- Keep workstation organized.
- Dispose of waste properly.

## Common Practical Sections

- Setup and client protection.
- Haircutting.

Chemical waving.

- Hair coloring.
- Relaxer application.
- Thermal styling.
- Manicure/facial demonstration.

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## 9. Professionalism & Ethics

- Maintain client confidentiality.
- Obtain informed consent.
- Continue education.
- Follow state laws and regulations.
- Display license visibly.

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## 10. Quick Reference Formulas

### Developer Volumes

- 10 vol: Deposit only.

20 vol: Lift 1–2 levels.

30 vol: Lift 2–3 levels.

- 40 vol: Lift up to 4 levels.

### Mixing Ratios

- Color: 1 part color to 1 part developer (unless specified).

Lightener: 1 part powder to 2 parts developer.

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**Study Tip:** Focus on infection control, chemical safety, and state-specific laws—these are heavily tested on both written and practical exams.

