

Barber State Board Exam Cheat Sheet



1. Infection Control & Sanitation

Key Principles

- Always wash hands before and after each client.
- Disinfect tools with EPA-registered disinfectants.
- Use clean capes, towels, and linens for each client.
- Store disinfected tools in a closed, labeled container.
- Dispose of single-use items immediately after use.

Disinfection Steps

1. Clean tools with soap and warm water.
2. Rinse and dry thoroughly.
3. Immerse in disinfectant for manufacturer's recommended time.
4. Remove, rinse (if required), and store properly.

Common Disinfectants

- Quaternary ammonium compounds (Quats)
- Alcohol (70% or higher)
- Bleach solution (1:10 ratio for surfaces)

2. Safety & Professional Conduct

- Always wear gloves when exposed to blood or bodily fluids.
- Follow all state sanitation and safety laws.
- Maintain a professional appearance and demeanor.
- Keep workstation clean and organized.
- Report any accidents or injuries immediately.

3. Haircutting Fundamentals

Basic Cutting Techniques

- Blunt cutting
- Tapering/Fading
- Layering
- Texturizing

Clipper Guard Guide

Guard #	Length (inches)
#1	1/8"
#2	1/4"
#3	3/8"
#4	1/2"
#5	5/8"
#6	3/4"
#7	7/8"
#8	1"

Cutting Angles

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

4. Shaving & Facial Hair

Shaving Steps

1. Drape client properly.
2. Apply warm towel to soften hair.
3. Apply lather evenly.
4. Shave with the grain using light pressure.
5. Re-lather and shave against the grain if needed.
6. Apply cold towel and aftershave.

14 Shaving Areas (Standard Order)

1. Right sideburn
2. Right cheek
3. Right upper lip
4. Right jaw
5. Right neck
6. Left sideburn
7. Left cheek
8. Left upper lip
9. Left jaw
10. Left neck

11. Under chin
12. Upper lip center
13. Lower lip
14. Finishing touches

5. Chemical Services

Hair Coloring

- Always perform a patch test 24–48 hours before service.
- Follow manufacturer's instructions for mixing and timing.
- Use gloves and protective barriers.

Relaxers & Perms

- Analyze scalp and hair condition before application.
- Apply protective base cream when required.
- Do not overlap chemicals on previously treated hair.
- Rinse thoroughly and neutralize as directed.

6. Anatomy & Physiology Basics

Skin Layers

- Epidermis (outer)
- Dermis (inner)
- Subcutaneous tissue (fat layer)

Hair Structure

- Cuticle: outer layer
- Cortex: middle layer (strength, color)
- Medulla: inner core (may be absent in fine hair)

Hair Growth Phases

1. Anagen (growth)
2. Catagen (transition)
3. Telogen (resting)

7. State Board Practical Exam Tips

- Label all containers clearly.
- Keep kit clean and organized.
- Sanitize hands before and after each procedure.
- Follow all infection control steps exactly.
- Maintain professional posture and communication.

- Dispose of waste properly after each section.

8. Common Tools & Equipment

- Clippers and guards
- Shears and razors
- Combs and brushes
- Spray bottle
- Towels and capes
- Disinfectant jar
- Neck strips and gloves

9. Client Consultation

- Greet client professionally.
- Analyze hair and scalp condition.
- Discuss desired style and maintenance.
- Record client information and service details.
- Provide aftercare and product recommendations.

10. Key Terms to Know

- **Sanitation:** Cleaning to remove debris.
- **Disinfection:** Destroying most pathogens.
- **Sterilization:** Destroying all microbial life.
- **Porosity:** Hair's ability to absorb moisture.
- **Elasticity:** Hair's ability to stretch and return.
- **Density:** Number of hairs per square inch.

Study Tip: Review your state's specific barbing laws and regulations, as requirements may vary. Practice each procedure step-by-step to build confidence for the practical exam.