

# Nail Technician State Board Exam

QUICK REFERENCE CHEAT SHEET | NIC / State Board

## NAIL PRODUCT CHEMISTRY

Product	Key Ingredients	Notes
Acrylic (L&P;)	EMA or MMA monomer + polymer powder	MMA banned in many states -- check state rules
UV/LED Gel	Oligomers + photoinitiators	Cured by UV or LED light; LED faster
Gel Polish	Hybrid gel-lacquer	Soaks off; no filing needed
Nail Wraps	Silk, linen, fiberglass + resin	No monomer; good for thin/weak nails
Dip Powder	Cyanoacrylate adhesive + acrylic polymer	No UV light; thin application
Monomer	Liquid component in acrylic	EMA preferred over MMA (less toxic)

## NAIL ANATOMY

Structure	Function
Nail Plate	Hardened keratin; the visible nail
Nail Bed	Skin beneath the plate; contains blood vessels
Matrix (root)	Produces nail cells; damage = permanent deformity
Lunula	White half-moon at base; part of matrix
Cuticle	Overlapping skin at base; seals nail unit
Hyponychium	Skin under free edge; seals nail bed from bacteria
Lateral Nail Fold	Skin on sides of nail; contains groove

## INFECTION CONTROL FOR NAIL SERVICES

Item	Requirement
Metal implements	Autoclave or EPA-registered disinfectant for 10+ min
Porous tools (files, buffers)	Single-use only OR discard after client
Foot basins	Clean and disinfect between clients; EPA-registered disinfectant; pipeless preferred
Drill bits	Single-use OR autoclave-grade sterilization
Contraindications	Onychomycosis, paronychia, open wounds, psoriasis near nail -- do NOT service
Hand washing	Before and after every client

## EXAM-DAY TIPS

- + Nail shape guide: square, round, oval, squoval, stiletto, coffin -- know each for practical.
- + Onychomycosis = fungal nail infection -- yellowish, thickened, crumbly -- refer to physician.
- + Never drill into natural nail plate -- only product removal.
- + Proper ventilation required for nail salon -- monomer vapors are harmful without airflow.
- + State practical exam: demonstrate proper sanitation setup BEFORE beginning service.
- + Practice 1,000+ questions -> [voltexam.com/apps/nail-tech](http://voltexam.com/apps/nail-tech)

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