Milady’s Standard Nail Technology Exam Review
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Foreword

Milady’s Standard Nail Technology Exam Review contains questions similar to those that may be found on state licensing exams for nail technology. It employs the multiple-choice type question, which has been widely adopted and approved by the majority of state licensing boards.

Groups of questions have been arranged under major subject areas. To get the maximum advantage when using this book, it is advisable that the review of subject matter take place shortly after its classroom presentation.

This review book reflects advances in professional nail technology. It attempts to keep pace with, and insure a basic understanding of, infection control, anatomy, physiology, and salon business applicable to the nail technician, client consultation guidelines, chemical safety in the nail salon, and basic manicuring and pedicuring procedures as well as some of the more advanced and creative aspects of the profession.

The book serves as an excellent guide for the student as well as for the experienced nail technician. It provides a reliable standard against which professionals can measure their knowledge, understanding, and abilities.

Furthermore, these reviews will help students and professionals alike to gain a more thorough understanding of the full scope of their work as they review practical performance skills and related theory. They will increase their ability to evaluate new products and procedures and to be better qualified professionals for dealing with the needs of their clients.

Part III, Helpful Reminders for Examination Day, has been added in this edition to provide a general guideline for exam candidates to follow when preparing for written or computer-based and practical examinations. It is recommended that instructors review these guidelines as well, adapt the information to conform with the procedures of their state board, and share the results with their students.
Part I: Chapter Review Tests

CHAPTER 1: HISTORY AND OPPORTUNITIES

1. Which term refers to the art and science of beautifying and improving the condition of fingernails, toenails, and surrounding skin?
   a. cosmetology  
   b. nail technology  
   c. esthetics  
   d. nailology

2. Ice Age grooming implements were made from:
   a. flint.  
   b. bone.  
   c. oyster shells.  
   d. All of these answers are correct.

3. Who were the first people to use cosmetics to prepare the deceased for burial?
   a. the Egyptians  
   b. the Greeks  
   c. the Romans  
   d. the Chinese

4. Ancient Egyptians used __________ to stain their hair and nails a rich, warm red.
   a. camel blood  
   b. rose petals  
   c. henna  
   d. crushed insects

5. In which ancient cultures did military commanders stain their nails and lips in matching colors before important battles?
   a. Chinese and Greek  
   b. Egyptian and Roman  
   c. Greek and Roman  
   d. Chinese and Egyptian

6. Which practice was closely tied to social status during the Chou Dynasty?
   a. nail tinting  
   b. hair tinting  
   c. lip tinting  
   d. cheek tinting

7. In which ancient culture could commoners be put to death for wearing the royal nail colors?
   a. Egyptian  
   b. Roman  
   c. Chinese  
   d. Greek

8. The ancient Greeks made lavish use of perfumes and cosmetics for:
   a. religious rites.  
   b. medicinal purposes.  
   c. grooming.  
   d. All of these answers are correct.
9. Which ancient culture built elaborate baths and developed excellent methods of dressing the hair?
   a. the Romans       c. the Egyptians
   b. the Greeks       d. the Chinese

10. When preparing for battle, Greek soldiers often painted their lips and nails what color?
    a. red               c. brown
    b. black             d. blue

11. Where did ancient Greek women apply kohl?
    a. to their cheeks   c. to their hair
    b. to their eyes    d. to their nails

12. What did ancient Greek women apply to their lips to add color?
    a. ground cinnabar  c. henna
    b. insect blood    d. lead powder

13. The Roman philosopher Plautus is credited with comparing a woman without cosmetics to:
    a. music without instruments. c. food without salt.
    b. a day without sunshine.    d. a child without a mother.

14. If you were a noblewoman in ancient Rome, you would color your hair _______ to indicate your social status.
    a. brown              c. blond
    b. black              d. red

15. In ancient Rome, it was common for _______ to add color to their nails.
    a. women             c. both women and men
    b. men               d. neither women nor men

16. Which period immediately followed the Middle Ages?
    a. the Roman Empire   c. the Ice Age
    b. the Victorian Age  d. the Renaissance

17. During the Renaissance, people avoided:
    a. colored preparations for the lips.
    b. colored preparations for the cheeks.
    c. colored preparations for the nails.
    d. All of these answers are correct.
18. Cosmetic tools uncovered from the Renaissance doubled as:
   a. combs and nail brushes.  c. nail brushes and hair brushes.
   b. nail cleaners and ear scoops.  d. ear scoops and eye cleaners.

19. How did Victorian women add color to their lips?
   a. They applied rouge.  c. They applied lip stains.
   b. They bit them.  d. All of these answers are correct.

20. The onset of ________ led to a new prosperity in the United States, during which all forms of beauty began to follow trends.
   a. World War I  c. industrialization
   b. the Great Depression  d. continental exploration

21. The first non-caking, non-cracking makeup was marketed to movie stars by:
   a. Max Factor.  c. Mary Kay.

22. In 1910, Flowery Manicure Products introduced the first modern-style ________.
   a. nail polish  c. nail wrap
   b. emery board  d. artificial nail

23. In 1932, who introduced the first mass-market nail lacquers?
   a. Yves Rocher  c. Tommy Hilfiger
   b. Jeff Pink  d. Charles Revson

24. Who helped glamorize the first mass-market nail lacquers in the 1930s by wearing matching colors on her fingers and toes?
   a. Gloria Swanson  c. Marilyn Monroe
   b. Elizabeth Taylor  d. Lillian Gish

25. Shiny lips came into vogue for the first time in which decade?
   a. the 1920s  c. the 1940s
   b. the 1930s  d. the 1950s

26. The 1950s saw the introduction of:
   a. tube mascara.  c. improved nail products.
   b. improved hair care.  d. All of these answers are correct.
27. When did hot oil manicures first become the ultimate luxury in nail and hair care?
   a. the 1950s  
   b. the 1960s  
   c. the 1970s  
   d. the 1980s

28. Which of the following is credited with establishing the biweekly nail maintenance appointment?
   a. fiberglass wraps  
   b. Juliette wraps  
   c. silk wraps  
   d. UV gel nail services

29. In the 1960s, where did the nails from nail technicians’ “nail banks” typically come from?
   a. cadavers  
   b. the technicians’ friends and family  
   c. their clients  
   d. plastics manufacturers

30. When were the first monomer liquid and polymer powder nail services offered by nail technicians?
   a. the 1960s  
   b. the 1970s  
   c. the 1980s  
   d. the 1990s

31. Who invented the first ridge filler?
   a. Jeff Pink  
   b. Charles Revson  
   c. Jean Harlow  
   d. Yves Rocher

32. When did the use of spray guns to apply monomer liquid nail colors become common?
   a. the 1970s  
   b. the 1980s  
   c. the 1990s  
   d. the early twenty-first century

33. In 1998, who introduced the first spa pedicure system to the professional beauty industry?
   a. Flowery Manicure Products  
   b. Sally Hansen  
   c. OPI  
   d. Creative Nail Design

34. What color nail lacquer was extremely popular in the early 1950s?
   a. red  
   b. black  
   c. white  
   d. pink

35. Which part of the nail did nail technicians commonly leave free of polish in the 1950s?
   a. the tip  
   b. the side edges  
   c. the moon  
   d. All of these answers are correct.
36. In what decade did the weekly salon appointment become popular?
   a. the 1940s  
   b. the 1950s  
   c. the 1960s  
   d. the 1980s

37. A new, opaque paint being produced for the automobile industry inspired the introduction of the first mass-market:
   a. lipsticks  
   b. mascaras  
   c. nail lacquers  
   d. makeups

38. In the 1960s, nail technicians reaffixed detached nail tips with model airplane glue and reinforced them with what?
   a. invisible tape  
   b. varnish  
   c. thin sewing thread  
   d. thin strands of cotton

39. Which of these was a notable beauty industry achievement of the twentieth century?
   a. Natural nail care services became very popular  
   b. UV gel systems grew in popularity  
   c. Nail polish became safer and longer-lasting  
   d. All of these answers are correct

40. As we begin the twenty-first century, UV gel enhancements have become:
   a. more difficult to apply with new formulations  
   b. thinner  
   c. less shiny due to the removal of unsafe ingredients  
   d. All of these answers are correct

41. Modern nail polish formulations can now retain a lustrous finish that can last for up to:
   a. 3 days  
   b. 1 week  
   c. 2 weeks  
   d. 1 month

42. Modern manicuring implements now incorporate:
   a. new ergonomic designs  
   b. better materials  
   c. enhanced workmanship  
   d. All of these answers are correct

43. A nail technician in a traditional salon can expect to do all BUT which of the following?
   a. work with UV gel nail products  
   b. work under the supervision of a physician  
   c. provide manicures and pedicures  
   d. offer silk nail wrap services
44. Today, a nail technician can choose to work in a traditional nail salon or:
   a. a men's barbershop.  
   b. a day spa.  
   c. a full-service hair salon.  
   d. All of these answers are correct.  

45. Which of these services is commonly offered by day spas, but not full-service salons?
   a. body services  
   b. hair services  
   c. skin services  
   d. nail services
CHAPTER 2: LIFE SKILLS

1. The salon is a place where:
   a. you are not expected to be creative.  
   b. strong self-discipline is unnecessary.  
   c. excellent people skills are necessary.  
   d. enthusiasm is frowned on.

2. Which of these is an important life skill?
   a. mastering techniques that will help you become more organized  
   b. approaching all your work with a strong sense of responsibility  
   c. acquiring patience  
   d. All of these answers are correct.

3. Ultimately, __________ are responsible for your learning.
   a. you  
   b. your parents  
   c. your teachers  
   d. your salon managers

4. To get the greatest benefit from your education, it is recommended that you:
   a. arrive for class. exactly on time.  
   b. pay close attention during summary and review sessions.  
   c. highlight everything the instructor says.  
   d. All of these answers are correct.

5. The cosmetology industry is:
   a. relatively stagnant.  
   b. prone to change every few seasons.  
   c. constantly changing.  
   d. prone to change every few years.

6. Self-esteem begins with:
   a. trusting your ability to reach your goals.  
   b. seeking help when you have trouble.  
   c. criticizing yourself for your weaknesses.  
   d. finding your first job.

7. Following which of these principles will help you along your path to success?
   a. respecting others  
   b. building on your strengths  
   c. being kind to yourself  
   d. All of these answers are correct.
8. One recommended way to keep your energy up is to:
   a. avoid spending a lot of time with family and friends.
   b. eat, sleep, and drink beauty.
   c. have hobbies.
   d. take on as many responsibilities as possible.

9. The three bad habits that can keep you from maintaining peak performance include procrastination, perfectionism, and:
   a. determination.
   b. lack of a game plan.
   c. separation of personal and professional lives.
   d. visualization.

10. Procrastination is:
    a. a characteristic of good study habits.
    b. an unhealthy compulsion to do things perfectly.
    c. a result of exceptional organization.
    d. a symptom of taking on too much.

11. Perfectionism is:
    a. a characteristic of good study habits.
    b. an unhealthy compulsion to do things perfectly.
    c. a result of exceptional organization.
    d. a symptom of taking on too much.

12. It is important to set:
    a. daily goals.
    b. monthly goals.
    c. yearly goals.
    d. All of these answers are correct.

13. When you are hungry, you are ___________ to eat.
    a. motivated
    b. self-managed
    c. instructed
    d. reluctant

14. Which of the following blocks the creative mind from exploring ideas and discovering solutions to challenges?
    a. analysis
    b. motivation
    c. criticism
    d. familial support

15. One of the recommended ways to manage your own success is to:
    a. criticize yourself for your mistakes.
    b. tap into your own creativity.
    c. strike out on your own, working alone.
    d. look to others for motivation.
16. To succeed in life, you need a:
   a. well-thought-out sense of purpose.
   b. reason for being.
   c. Both of these answers are correct.
   d. Neither of these answers is correct.

17. How long should your personal mission statement be?
   a. a few words
   b. one or two sentences
   c. one or two paragraphs
   d. one or two pages

18. It’s a good idea to keep a copy of your mission statement ________ for reinforcement.
   a. where you can see it every day
   b. in a secure place, such as a safe
   c. in a file with your financial documents
   d. in a file with your educational transcripts

19. What is the primary purpose of goal-setting?
   a. to describe the ways in which you will achieve your goals
   b. to help increase your self-esteem
   c. to identify the best places to look for work
   d. to help you decide what you want to achieve in life

20. Which of the following is NOT a key question you should ask to determine if your goal-setting plan is a good one?
   a. Am I always open to finding better ways of putting my plan into practice?
   b. Is goal-setting a practical way to spend my time at this point in my career?
   c. Is the information I need to reach my goals readily available?
   d. Would I be willing to seek out a mentor to enhance my learning?

21. What are the two basic types of goals?
   a. primary and secondary
   b. relevant and irrelevant
   c. long-term and short-term
   d. professional and personal

22. Which of the following is an example of a long-term goal?
   a. I will work my way up to salon manager.
   b. I will finish the semester with at least a 3.5 GPA.
   c. I will get a perfect score on my next exam.
   d. I will devote the next week to sending out copies of my résumé.
23. The important thing to remember about goal-setting is to:
   a. avoid locking yourself into a rigid plan.
   b. have a plan and reexamine it often.
   c. focus primarily on short-term goals.
   d. focus primarily on long-term goals.

24. Time management experts agree that all of us have:
   a. an inner organizer.
   b. artistic talent.
   c. a strong drive to succeed.
   d. All of these answers are correct.

25. When asked to take on more work than you can handle, it is recommended that you:
   a. agree to take the work on and do your best to get it done.
   b. state that you aren’t sure if you can get the work done.
   c. agree, then apologize later for not getting the work done.
   d. say “no” firmly but kindly.

26. Time management experts recommend that you give yourself some downtime whenever you are:
   a. overwhelmed.
   b. worried.
   c. feeling guilty about something.
   d. All of these answers are correct.

27. When you practice deep breathing, how many breaths does it typically take to restore your balance?
   a. just one
   b. 2 to 3
   c. 5 to 10
   d. 15 to 20

28. Which of these is NOT a practice recommended by time management experts?
   a. Plan your schedule around the times of day you are most and least energetic.
   b. Fill every slot in your schedule with some kind of task, no matter how small.
   c. Avoid neglecting physical activity.
   d. Understand the value of to-do lists for the day and week.

29. If your mind tends to wander in class, you should:
   a. focus on writing down key words and phrases.
   b. spend lecture time rereading the chapter being discussed.
   c. attend class only on days when exams are given.
   d. hire a tutor to help you learn the material.
30. Before you begin studying, you should:
   a. find a quiet spot where you can study uninterrupted.
   b. make sure you have sufficient lighting.
   c. have your books, pens, paper, etc., available.
   d. All of these answers are correct.

31. When studying, it’s recommended that you:
   a. try to study the whole chapter at once.
   b. test yourself on each section to ensure you understand.
   c. refrain from taking notes.
   d. All of these answers are correct.

32. Which term refers to the principles of character, proper conduct, and moral judgment expressed through personality, human relations skills, and professional image?
   a. integrity
   b. self-image
   c. ethics
   d. perfectionism

33. When you make sure that your behavior and actions match your values, you maintain your:
   a. integrity.
   b. discretion.
   c. ability to communicate.
   d. personality.

34. Who sets the ethical standards for disinfection and safety that all nail technicians working in a state must follow?
   a. the governor
   b. the state board
   c. OSHA
   d. the Department of Health and Human Services

35. You show that you are an ethical person when you:
   a. keep information that clients share private.
   b. always give clients correct information about treatments and products.
   c. are honest and courteous.
   d. All of these answers are correct.

36. The ingredients of a healthy, well-developed attitude include all BUT which of the following?
   a. diplomacy
   b. self-care
   c. perfectionism
   d. tone of voice

37. To be truly helpful to others, you must remember to take time every single day to:
   a. take care of yourself.
   b. practice your skills.
   c. revise your schedule.
   d. reexamine your goals.
38. It is a good thing to be:
   a. aggressive.       c. antagonistic.
   b. assertive.       d. a procrastinator.

39. Diplomacy involves being __________, which means being straightforward, not critical.
   a. arrogant          c. tactful
   b. apprehensive     d. inconsiderate

40. Having __________ helps you deliver your words more pleasantly.
   a. a positive attitude   c. a skilled mentor
   b. a well-defined set of goals   d. an aggressive personality

41. A person’s personality includes inborn:
   a. characteristics.       c. behavioral traits.
   b. attitudes.             d. All of these answers are correct.

42. Learning how to handle a confrontation and being able to share how you feel without going overboard are indicators of:
   a. talent.               c. maturity.
   b. creativity.           d. perseverance.

43. Sensitivity is a combination of understanding and:
   a. empathy.              c. Both of these answers are correct.
   b. acceptance.          d. Neither of these answers is correct.

44. Values and goals are:
   a. inborn characteristics. c. irrelevant aspects of one’s personality.
   b. acquired as a person moves through life. d. unchangeable once acquired.

45. To be receptive means to:
   a. be interested in other people. c. listen primarily to only what interests you.
   b. refuse to consider the beliefs and values of others. d. have excellent communication skills.
CHAPTER 3: YOUR PROFESSIONAL IMAGE

1. When your appearance and the way that you conduct yourself are in harmony with the beauty business, your chances of being successful increase by as much as:
   a. 50 percent.    c. 200 percent.
   b. 100 percent.    d. 500 percent.

2. It’s a good idea to avoid:
   a. drinking coffee just before c. smoking at work.
      performing a service.
   b. wearing something that d. All of these answers
      needs laundering.    are correct.

3. Clients will generally _____ if you smell offensive.
   a. say nothing    c. tell you bluntly
   b. tell you discreetly d. get up and leave immediately

4. You must be extremely meticulous about your hygiene if you:
   a. work as a stylist behind c. All of these answers
      the chair.    are correct.
   b. specialize in makeup d. provide nail services.
      application.

5. Where should you keep your hygiene pack?
   a. the salon’s restroom c. at home
   b. your locker d. in your car

6. Which of these items should be kept in your hygiene pack?
   a. deodorant c. soap
   b. eye shadow d. All of these answers
      are correct.

7. Which of these items should NOT be kept in your hygiene pack?
   a. sanitizing hand wipes c. shampoo
   b. dental floss d. mouthwash

8. You should wash your hands:
   a. every few minutes. c. no more than twice
      a day.
   b. only after using the d. before each service.
      restroom.
9. If you absolutely must smoke during the workday, which of these is the best place to do so?
   a. the break room  
   b. the parking lot  
   c. your station  
   d. the restroom

10. If you smoke at work, you should always _____ before servicing your next client.
   a. brush your teeth  
   b. use mouthwash  
   c. wash your hands  
   d. All of these answers are correct.

11. As a beauty professional, it is recommended that you change your style:
   a. frequently.  
   b. never.  
   c. every few years.  
   d. no more than once a year.

12. Many salon owners and managers view appearance and poise as being _____ technical knowledge and skills.
   a. less important than  
   b. more important than  
   c. just as important as  
   d. not at all important as compared to

13. In addition to being free of dirt, it is important that your clothes be:
   a. stain-free.  
   b. colorful.  
   c. new.  
   d. expensive.

14. You should always put _____ first in every aspect of your work.
   a. the task at hand  
   b. the client's desired result  
   c. your health  
   d. the financial security of the salon

15. To help protect your clothes from dirt and stains, you should invest in _____ to wear at work.
   a. a pair of coveralls  
   b. an apron or smock  
   c. scrubs  
   d. a helmet

16. When should you apply perfume?
   a. after work  
   b. before work  
   c. after smoking  
   d. periodically throughout the day

14
17. Your professional image consists of your:
   a. thoughts and outward appearance
   b. thoughts and conduct at home and at work.
   c. outward appearance and conduct at work.
   d. outward appearance and conduct in your personal life.

18. In cosmetology, a professional image is one that is:
   a. reflective of an executive atmosphere.
   b. very casual.
   c. stoic and reserved.
   d. consistent with the image of the salon.

19. When shopping for work clothes, you should primarily think about:
   a. whether you are getting a good bargain.
   b. how you would look in them while performing client services.
   c. whether they would be comfortable while you are performing client services.
   d. how long they will be in style.

20. To a large degree, your clothing should:
   a. reflect the fashions of the season.
   b. be completely unique and unexpected.
   c. focus on comfort over appearance.
   d. be replaced every 2 to 3 weeks.

21. It is generally a good idea to make sure that your clothing is:
   a. clean.
   b. fresh.
   c. in step with fashion.
   d. All of these answers are correct.

22. Which of these jewelry items is LEAST appropriate for the typical salon?
   a. a pair of stud earrings
   b. a thin rope necklace
   c. a loose, clanky bracelet
   d. a band-style ring

23. Your shoes should:
   a. offer good support.
   b. have a high heel.
   c. have a tight fit.
   d. All of these answers are correct.

24. When should you wear makeup at work?
   a. never
   b. always
   c. on special occasions
   d. only when your manager specifically instructs you to do so.
25. Your physical presentation includes:
   a. your physical posture.
   b. how you move your body while working.
   c. how you walk.
   d. All of these answers are correct.

26. Sitting improperly can put a great deal of stress on your:
   a. neck.
   b. back.
   c. shoulders.
   d. All of these answers are correct.

27. Stress on the body can cause:
   a. strain.
   b. injury.
   c. Both of these answers are correct.
   d. Neither of these answers is correct.

28. As you work, your neck should be:
   a. elongated.
   b. scrunched up.
   c. leaning slightly toward your dominant hand.
   d. leaning slightly away from your dominant hand.

29. As you work, you should keep your chest:
   a. up and in.
   b. up and out.
   c. down and in.
   d. down and out.

30. You should keep your back _____ as you work.
   a. slightly curved
   b. sharply curved
   c. straight
   d. twisted toward the client

31. Your abdomen should be ____ as you work.
   a. twisted toward the client
   b. twisted away from the client
   c. pushed out
   d. pulled in

32. Which of the following is an example of a musculoskeletal disorder that is common among cosmetology professionals?
   a. bronchitis
   b. carpal tunnel syndrome
   c. psoriasis
   d. Crohn's disease

33. Busy nail technicians are susceptible to problems of the:
   a. hands.
   b. wrists.
   c. feet.
   d. All of these answers are correct.
34. An understanding of ______ can help prevent stress on the body as you work.
   a. ergonomics c. cryogenics
   b. eczema d. macroeconomics

35. One goal of ergonomics is to make workplace tools more:
   a. attractive. c. efficient.
   b. expensive. d. All of these answers are correct.

36. In general, ergonomics attempts to:
   a. fit the person to the job. c. eliminate the need for tools and equipment in the salon.
   b. fit the job to the person. d. completely automate the salon.

37. As you work, you should monitor yourself to see if you are:
   a. holding your arms away c. bending forward to get closer to your client.
   b. squeezing implements too tightly. d. All of these answers are correct.

38. As you work, you should hold your elbows at no more than a _____-degree angle away from your body for extended periods of time.
   a. 15 c. 60
   b. 25 d. 90

39. As you work, your wrists should be ______ as much as possible.
   a. turned upward c. held straight
   b. in different positions d. bent downward

40. You should have the client reach across the table to you during a manicure because this position is ergonomically correct for:
   a. both you and the client. c. the client.
   b. neither you nor the client. d. you.

41. As you work, you should avoid:
   a. using ergonomically designed implements. c. keeping your back and neck straight.
   b. long periods of uninterrupted repetitive motions. d. All of these answers are correct.
42. Your hygiene pack will be a useful resource when you need to:
   a. sanitize your hands.   c. eliminate body odor.
   b. freshen your breath.   d. All of these answers are correct.

43. If you smoke cigarettes, the best strategy is to:
   a. refrain from smoking during work hours.
   b. smoke in a well-ventilated area.
   c. smoke at your station between appointments.
   d. smoke only on your lunch break.

44. Clients will tell, on average, _____ of their friends if you smell offensive.
   a. none          c. two
   b. one          d. three

45. The term _____ refers to the daily maintenance of cleanliness by practicing good sanitary habits.
   a. “professional image”   c. “physical presentation”
   b. “personal hygiene”   d. “professionalism”