Level 2

UHB10

Basic plaiting and twisting hair

Learner name:

Learner number:
Throughout this unit you will learn how to create a look using twists and a fishtail plait by using neat even sections and an even tension throughout.

You will work hygienically and safely, identifying any problems that may affect or prevent the service being carried out. You will know how to use products to complete the look, give clients aftercare advice for the maintenance of the twist and plait and how to remove it.
**What you must know & do**

*How to achieve this unit*

On completion of this unit you will:

**Learning outcome 1**

Know how to plait and twist hair

a. Describe the effects that twisting and fishtail plaiting has on hair
b. Present hairstyles with twists and fishtail plaits
c. Describe the safety considerations for twisting and fishtail plaiting

**Learning outcome 2**

Be able to plait and twist hair

a. Prepare yourself, the client and your work area for the service
b. Identify any problems that may affect the service
c. Carry out a consultation and plan for the service
d. Select products and tools for a twist and plait
e. Use hygienic and safe methods of working
f. Carry out a twist and fishtail plait
g. Give aftercare advice
What you must learn

This section provides you with guidance on the recommended knowledge and skills required to achieve this unit.

Learning outcome 1

Know how to plait and twist hair

Describe the effects that twisting and fishtail plaiting has on hair

Effects of twisting and fishtail plaiting: Fashion look, great for an everyday look or for prom, wedding or special occasion. Ideal for controlling long hair, adds complementary detail in hair, can secure hair back from face, can leave hair with a curly/textured effect when removed, will not damage hair. All hair can be plaited and twisted or can be half and half.

Present hairstyles with twists and fishtail plaits

Presentation: Presentation software, collage, poster, leaflet.

What to include: Images of fishtail plaits and twists in hair.

Describe the safety considerations for twisting and fishtail plaiting

Something that may happen before, during or after the process:

Correct position of your client, yourself and equipment – this will avoid back, neck, leg pain.

Keep the work area clean and tidy – to avoid any health and safety issues.

Using covered hair bands – to reduce friction on hair and avoid damage.

Damaging effects of tight banding on the hair – may cause breakage. Weakened or broken hair is a physical effect on the hair structure of continued plaiting and twisting.
Learning outcome 2

Be able to plait and twist hair

Prepare yourself, the client and your work area for the service

**Prepare yourself:** Clothes (salon requirements for uniform/dress code, clean/ironed clothes, not too tight, closed in low heel shoes), hair (clean, smart/styled, off the face), personal hygiene (clean body, clean teeth, fresh breath), clean nails (workable length), deodorant (no overpowering perfume/aftershave), personal protective equipment (gloves, apron), prevent dermatitis (minimal jewellery), positive attitude, ready to meet and greet clients.

**Prepare your client:** Remove your client’s outer clothing to protect against damage, use a clean gown and towel, ensure your client is relaxed and comfortable, be aware of your client’s jewellery and remove if necessary (to avoid damage to jewellery and skin), check for hearing aids.

**Prepare your work area:** Work area clean and hygienic, no obstructions, tools and equipment in a safe working position, chair, trolley, work station, equipment cleaned and disinfected/sterilised, visual check of electrical equipment, portable appliance test (PAT), select height of chair.

**Prepare products and tools:**
- Products – wax, spray, dressing, creams, gel.
- Tools – combs, sectioning clips, flat brushes, hair bands, grips and pins.

Identify any problems that may affect the service

**Deal with yourself:**
- Product spillage (floor/trolley/work surface) – clean up.
- Wet clothes, yourself or your client – change clothes, help client dry clothes, change towels.

**Ask for help:**
- Traction alopecia – hair loss, patches.
- If there is a threat to health e.g. pull to hard, headaches.
- Lack of product – see manager/technician for more product.
- Scalp condition (non-contagious) – cuts and abrasions, psoriasis.
- Scalp condition (contagious) – head lice/nits.

**If in doubt always seek help.**
What you must learn

Carry out a consultation and plan for the service

Questioning methods:
Open questions – your client cannot say yes or no, they will have to provide a full answer to a question.
Closed question – your client can only answer yes or no to your questions.

The hair structure: The cuticle (protective layer around the hair), the cortex (internal structure of the hair), the medulla (central core of hair).

Identify the following to help you decide what to use:

Hair type – hair classifications type 1, 2, 3 or 4 (using table) below to identify degree of curl/straightness and texture/thickness of hair.

Hair condition – chemically treated, normal, dry, oily.

Hair length – above, below shoulder.

Hair texture/thickness – how thick one hair is (diameter), fine/thin, medium, thick, use hair classifications table.

Density – amount of hair on head (fine/thin, medium, thick).

Thin/fine hair – will need less product to clean hair.

Medium hair – use manufacturer’s instructions for use.

Thick hair – may need more products to clean hair.

Factors to consider:

Hair cut, style and length – when hair is too short or heavily layered it can make it harder to plait and twist hair.

Texture – coarse, medium or fine, very fine hair may need more product to secure the style.

Existing curl (tight, soft, wave) – hair may need smoothing prior to plait and twist to achieve desired result.

Fine, normal or coarse hair, dry normal or oily condition – will determine products to use and section size to be take.

Consultation form/sheet: Client detail’s, client’s hair type, length, previous history, planning for service, results.

Requirements: Agree a plan with your client and confirm their requirements.
### Hair Classifications

**It’s Just Hair...**

<table>
<thead>
<tr>
<th>Type 1: Straight hair</th>
<th>1a Fine/Thin</th>
<th>1b Medium</th>
<th>1c Coarse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Straight</td>
<td>Straight</td>
<td>Straight with volume</td>
<td>Straight difficult hair</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Type 2: Wavy hair</th>
<th>2a Fine/Thin</th>
<th>2b Medium</th>
<th>2c Coarse</th>
</tr>
</thead>
<tbody>
<tr>
<td>‘S’ pattern</td>
<td>Frizzy ‘S’ pattern</td>
<td>Vary frizzy ‘S’ pattern</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Type 3: Curly hair</th>
<th>3a Fine/Thin</th>
<th>3b Medium</th>
<th>3c Coarse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soft curl</td>
<td>Loose curl</td>
<td>Tight curl</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Type 4: Very curly hair</th>
<th>4a Fine/Thin</th>
<th>4b Medium</th>
<th>4c Coarse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tight coiled curl pattern</td>
<td>‘Z’ pattern and spring curl</td>
<td>Tight ‘Z’ pattern</td>
<td></td>
</tr>
</tbody>
</table>

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**Select products and tools for twist and plait**

Follow manufacturer’s instructions when using products and tools.

**Products:** Used to control hair for a neat professional finish.

- Wax – removes static/frizz, gives definition and adds shine.
- Sprays – holds style in place, helps control, repels moisture, long lasting, adds shine.
- Serum – adds shine, reduces static/frizz.

**Tools:**

- Combs – pintail, cutting comb (for sectioning and smoothing hair).
- Flat brushes – smooth hair ready for plait or twist.
- Hair bands – secure plait or twist.
- Pins/grips – secure plait or twists, flyaway hairs.
- Sectioning clips – to allow work in clean sections.
What you must learn

Use hygienic and safe methods of working

- **Follow safe methods of working:** Carry out the service without causing danger or damage to yourself, the client or your work area intentionally or by accident, follow health and safety policies for working safely.

- **Preparation:** Ensure everything is ready before starting, place products and tools close at hand on trolley or work surface.

- **Follow COSHH (Control of Substances Hazardous to Health):** Store, handle, use, dispose of products correctly.

- **Work hygienically:** Use clean towels, sterilised tools and equipment when working on your client.

- **Avoid contact dermatitis:** Wash the product from your hands, dry your hands, use moisturising/barrier cream, wear gloves.

- **Hazards and risks:** Clean up spillages.

- **Leave work area clean and tidy after use:** Remove towels, store equipment, clean equipment, remove your client’s gown.
Carry out a twist and fishtail plait

**Carry out a one-strand twist in hair:**
1. Detangle hair with comb and apply product if needed to control hair.
2. With your fingers, take a small square section on the front hair-line next to the parting, no larger than a half inch square.
3. Comb through the small section (use water spray if needed to dampen).
4. Lightly coat the section with gel if needed.
5. To make one-strand twist, begin twisting the strand clockwise. Twist two/three times.
6. Pick up a small section from temple hairline and add this into the twist. Keep using this method to complete the twist.
7. Secure the twist with pins or bands. Pins or bands can be removed after look is finished.

**Carry out a fishtail plait:**
1. Detangle the section of hair to be plaited, apply product if needed to control hair.
2. Split the section into two strands (strand 1, strand 2).
3. Hold one strand in each hand.
4. You can begin a fishtail plait from either side.
5. Using your forefinger split off a fine section on outer edge from strand 1.
6. Pass this fine section over strand 1 and join this section into the strand 2 held in the other hand.
7. Using your forefinger split off a fine section from outer edge of strand 2.
8. Pass this fine section over strand 2 and join this section into strand 1 held in the other hand.
9. Continue this process of sectioning off a small section, passing it over the strand and into the other hand working your way down the plait.
10. Ensure the strands are tight and nothing falls loose as you progress down the plait.
11. The size of the section will depend on how think or fine the hair is (thick = larger section, fine hair thinner section).
12. The fishtail effect is better achieved with fine sections.
13. Secure your fishtail plait with a band or clip.
14. Remover pins or bands hold the twists in place.
What you must learn

Give aftercare advice

**General aftercare advice:** Only use covered or correct bands to secure plait, use pins to secure any flyaway hairs.

How to ensure fishtail plaits and twists last – avoid damp atmosphere, cover at night, do not overwork hair or pull out plait or twist.

Removal methods – remove bands, grips and pins, first start at the end of plait and unravel working upwards, brush through removing knots and products.
To achieve a Pass:
You must achieve all criteria in the **What you must know & do** sections of this unit

To achieve a Merit:
You must achieve all criteria in the **What you must know & do** sections of this unit **AND** achieve 2 of the 3 additional performance standards.

To achieve a Distinction:
You must achieve all criteria in the **What you must know & do** sections of this unit **AND** achieve all 3 additional performance standards.

### Additional Performance Standards:

#### Work Skills

<table>
<thead>
<tr>
<th>Achieved</th>
<th>Not achieved</th>
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<tbody>
<tr>
<td><strong>Possible examples:</strong></td>
<td></td>
</tr>
<tr>
<td>You arrived ahead of time to prepare yourself and your work area.</td>
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<tr>
<td>You arrived for the service dressed appropriately and well groomed.</td>
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<tr>
<td>You prepared the work area so it is clean and well-ordered.</td>
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</tr>
<tr>
<td>You maintained a safe work area before, during and after the service.</td>
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<tr>
<td>You ensured all tools are clean and free from hair before and after the service.</td>
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<tr>
<td>You laid out the products and tools in order of use placing them close to hand.</td>
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<tr>
<td>You used cost effective and eco-friendly methods.</td>
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<tr>
<td>You adjusted the chair to accommodate your client’s height.</td>
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#### Communication

<table>
<thead>
<tr>
<th>Achieved</th>
<th>Not achieved</th>
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<tbody>
<tr>
<td><strong>Possible examples:</strong></td>
<td></td>
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<tr>
<td>You professionally welcomed your client.</td>
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<tr>
<td>You communicated clearly and confidently.</td>
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<tr>
<td>You held a professional conversation with your client to explain the planned plaiting service.</td>
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<tr>
<td>You avoided the use of technical language/jargon.</td>
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<tr>
<td>You used verbal communication skills in a respectful manner.</td>
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<td>You checked regularly to ensure your client is comfortable.</td>
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<tr>
<td>You used a wide variety of positive non-verbal communication skills.</td>
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<tr>
<td>You ensured that your client is happy with their finished service.</td>
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</table>

#### Attention to Detail

<table>
<thead>
<tr>
<th>Achieved</th>
<th>Not achieved</th>
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<tbody>
<tr>
<td><strong>Possible examples:</strong></td>
<td></td>
</tr>
<tr>
<td>You used PPE appropriately for the service.</td>
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<tr>
<td>You used even tension throughout.</td>
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<tr>
<td>You created a seamless twist and fishtail plait look.</td>
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<tr>
<td>You demonstrated complete control over the hair.</td>
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<tr>
<td>You created a neat and secure plait and twist.</td>
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<tr>
<td>You ensured that sections are equal in size.</td>
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<tr>
<td>You used appropriate products for your client’s hair type.</td>
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<tr>
<td>You ensured sections were suitable for your client’s hair length and thickness.</td>
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</tbody>
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What you must know & do

Learning outcome 1

Know how to plait and twist hair

Portfolio reference
Achieved all

- a. Describe the effects that twisting and fishtail plaits have on hair
- b. Present hairstyles with twists and fishtail plaits
- c. Describe the safety considerations for twisting and fishtail plaits

Learning outcome 2

Be able to plait and twist hair

Portfolio reference
Achieved all

- a. Prepare yourself, the client and your work area for the service
- b. Identify any problems that may affect the service
- c. Carry out a consultation and plan for the service
- d. Select products and tools for twist and plait
- e. Use hygienic and safe methods of working
- f. Carry out a twist and fishtail plait
- g. Give aftercare advice

Unit Sign off

Unit grade achieved (tick box)

<table>
<thead>
<tr>
<th>Pass</th>
<th>Merit</th>
<th>Distinction</th>
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</table>

Date
Assessor initials
Learner signature
IQA signature (if sampled)