

UV10345

The art of dressing hair

The aim of this unit is to develop the creative skill of styling, dressing and finishing hair. You will learn how to identify the capability of your client's hair which will allow you to choose from a range of products, tools and equipment to complete the look. You will need to demonstrate the ability to blow dry, set, put up hair and finish your client's hair using heated styling equipment.

Part of this service is to provide your client with good aftercare advice.

Level

2

Credit value

5

GLH

30

Observation(s)

4

External paper(s)

1



The art of dressing hair

Learning outcomes

On completion of this unit you will:

1. Be able to prepare for dressing hair
2. Be able to provide a dressing hair service

Evidence requirements

1. *Environment*
Evidence for this unit must be gathered in a real or realistic working environment.
2. *Simulation*
At least 75% of 'Observation' outcomes must be on real clients.
3. *Observation outcomes*
Competent performance of 'Observation' outcomes must be demonstrated to your assessor on **at least four occasions**.
4. *Range*
All ranges must be practically demonstrated or other forms of evidence produced to show they have been covered.
5. *Knowledge outcomes*
There must be evidence that you possess all the knowledge and understanding listed in the 'Knowledge' section of this unit. This evidence may include projects, assignments, case studies, reflective accounts, oral/written questioning and/or other forms of evidence.
6. *Tutor/Assessor guidance*
You will be guided by your tutor/assessor on how to achieve learning outcomes and ranges in this unit. All outcomes and ranges must be achieved.
7. *External paper*
Knowledge and understanding in this unit will be assessed by an external paper. The criteria that make up this paper are highlighted in white throughout this unit. **There is one external paper that must be achieved.**

Achieving observations and range

Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of observations required is indicated in the evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through oral questioning.

Your assessor will sign off an outcome when all criteria have been competently achieved in a single client service.

Achieving range

The range section indicates what must be covered. Ranges should be practically demonstrated as part of an observation. Where this is not possible other forms of evidence may be produced. All ranges must be covered.

Your assessor will document the portfolio reference once a range has been competently achieved.

Maximum service times

The following maximum service times apply to this unit:

| | |
|--|------------|
| Blow dry and finish (above shoulder length) | 35 minutes |
| Blow dry and finish (below shoulder length) | 45 minutes |
| Set and dress (above shoulder length – excluding drying) | 35 minutes |
| Set and dress (below shoulder length – excluding drying) | 45 minutes |
| Scalp plait | 30 minutes |



Observations

Outcome 1

Be able to prepare for dressing hair

You can:

- a. Prepare the client and work area for the dressing service
- b. Consult with clients to confirm their requirements
- c. Evaluate the potential of the hair to achieve the desired look by identifying the influencing factors

** May be assessed through oral questioning.*

| Observation | 1 | 2 | 3 | 4 |
|----------------------------|---|---|---|---|
| Date achieved | | | | |
| Criteria questioned orally | | | | |
| Portfolio reference | | | | |
| Assessor initials | | | | |
| Learner signature | | | | |



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Outcome 2

Be able to provide a dressing hair service

You can:

- a. Select and use styling products, tools and equipment to achieve the desired look
- b. Position yourself and the client appropriately throughout the service
- c. Use working methods that meet salon and legal requirements
- d. Use styling techniques and dressing effects that take into account the identified factors
- e. Control and secure hair effectively during dressing
- f. Dress hair to the satisfaction of the client
- g. Apply finishing products to maintain the style*
- h. Evaluate the result of the treatment with the client
- i. Provide suitable aftercare advice
- j. Follow safe and hygienic working practices
- k. Communicate and behave in a professional manner

*May be assessed through oral questioning.

| Observation | 1 | 2 | 3 | 4 |
|----------------------------|---|---|---|---|
| Date achieved | | | | |
| Criteria questioned orally | | | | |
| Portfolio reference | | | | |
| Assessor initials | | | | |
| Learner signature | | | | |



Range

*You must practically demonstrate that you have:

| Considered all influencing factors | Portfolio reference |
|---|---------------------|
| Above shoulder | |
| Below shoulder | |
| Curly | |
| Straight | |
| Texture | |
| Density | |
| Hair elasticity | |
| Porosity | |
| Contra-indications | |
| Client lifestyle | |
| Face shape | |

*It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.



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***You must practically demonstrate that you have:**

| Used a minimum of 7 tools and equipment | Portfolio reference |
|--|---------------------|
| Hand held dryer | |
| Hood dryer | |
| Diffuser | |
| Nozzle | |
| Round brush | |
| Flat brush | |
| Rollers secured with pins | |
| Pin curl clips | |
| Straighteners | |
| Curling tongs | |
| Heated rollers | |

*It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.



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*You must practically demonstrate that you have:

| Used a minimum of 5 blow drying, setting and dressing techniques | Portfolio reference |
|---|---------------------|
| Blow dry and finish (above shoulder length) Maximum service time 35 minutes | |
| Blow dry and finish (below shoulder length) Maximum service time 45 minutes | |
| Finger drying | |
| Straightening and smoothing | |
| Curling | |
| Set and dress (above shoulder length – excluding drying) Maximum service time 35 minutes | |
| Set and dress (below shoulder length – excluding drying) Maximum service time 45 minutes | |
| Pin curling | |
| Finger waving | |
| Hair up | |
| Scalp plait Maximum service time 30 minutes | |

*It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.



Photo courtesy of Wahl UK Ltd.

***You must practically demonstrate that you have:**

| Used a minimum of 6 styling and finishing products | Portfolio reference |
|---|---------------------|
| Lotion | |
| Mousse | |
| Activator | |
| Gel | |
| Moisturiser | |
| Spray | |
| Wax | |
| Serum | |
| Dressing cream | |
| Oil | |
| Given all types of advice | Portfolio reference |
| How to maintain the look | |
| Suitable styling products to use | |
| Use of finishing products | |

*It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below:

- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies

Where possible your assessor will integrate knowledge outcomes into practical observations through oral questioning.

Achieving the external paper

The external paper will test your knowledge of the criteria highlighted in white. **A pass mark of 70% must be achieved.** Criteria not achieved will be identified to your tutor/assessor. You will then be orally questioned or asked to produce other forms of evidence as **all unit criteria must be achieved.**

Your assessor will complete the following table when the 70% pass mark has been achieved.

| Paper | Date achieved | Assessor initials |
|--------|---------------|-------------------|
| 1 of 1 | | |

Knowledge



Outcome 1

Be able to prepare for dressing hair

| You can: | Portfolio reference / Assessor initials* |
|---|--|
| d. State the procedure for client preparation | |
| e. Describe the effects of different styling techniques | |
| f. Describe the factors that need to be considered when styling and dressing hair | |
| g. Describe the physical effects of styling on the hair structure | |
| h. Describe the effects of humidity on the hair structure and resulting style | |
| i. Explain how the incorrect use of heat can affect the hair and scalp | |

**Assessor initials to be inserted if orally questioned.*

Requirements highlighted in white are assessed in the external paper.



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Outcome 2

Be able to provide a dressing hair service

| You can: | Portfolio reference / Assessor initials* |
|---|--|
| l. Describe the correct use and routine maintenance of tools, equipment and accessories | |
| m. Describe the use for the range of styling products | |
| n. Describe how to secure and control the long hair looks | |
| o. State the purpose of backcombing and backbrushing when dressing hair | |
| p. Describe the uses for the range of finishing products | |
| q. Describe the aftercare advice that should be provided | |
| r. Outline safe and hygienic working practices when styling and dressing hair | |
| s. State how to communicate in a salon environment | |
| t. State the behavioural expectations within a salon environment | |

*Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external paper.

Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Outcome 1: Be able to prepare for dressing hair

Preparation of self: Clothes (salon requirements for uniform, clean/ironed, non-restrictive, closed-in low heeled shoes), hair (clean, healthy, manageable, off face), personal hygiene (clean body, teeth, workable length clean nails, deodorant, no overpowering perfume/ aftershave), personal protective equipment (gloves, apron, prevent dermatitis), minimal jewellery, positive attitude, ready to greet.

Preparation of client: Remove client's outer clothing (protect against damage), ensure client is relaxed and comfortable (posture, aids service), remove excessive jewellery (avoid damage to jewellery and skin), gown, towel, plastic cape, barrier cream, record card.

Preparation of work area: Chair, trolley, work station, clean equipment, appropriate sterilisation (barbicide, autoclave, UV, sterilising spray), complete destruction of all living organisms on tools and equipment, disinfection (remove contamination from hard surfaces, large work areas, floors and work surfaces – using heat or chemical methods), safe and professional presentation of tools and equipment, visual check on large and small equipment, check electrical equipment (portable appliance test), select height of chair/bed/basin.

Confirmation of requirements: Client expectations, type of occasion, durability, prior preparation required, suitability of services, use of visual aids (photos, magazines, style books).

Assessing the potential of the hair:

Clarify the condition of hair, previous chemical services, benefit to client, identify influencing factors, test hair, compatible with client's lifestyle, review findings, what will work and what will not, draw conclusions, create a plan.

Factors that influence styling: Previous chemical services, percentage of grey, client requirements, tools and equipment, presence of added hair, maintenance of style suitability.

Hair condition – dry, greasy, normal, virgin, chemically treated, elasticity (strength of hair), porosity (damage to cuticle layer, the ability to absorb moisture).

Hair cut/style – uniform layer, one length, short graduation, long graduation.

Temperature – body heat, salon temperature, added heat.

Texture – fine, medium, coarse.

Length – short, medium, long.

Density – fine, medium, thick.

Growth patterns – cowlick, widow's peak, nape whorl, double crown, male pattern baldness.

Skin tone – fair, medium, olive, dark.

Face shape – oval, round, square, oblong, heart, pear.

Head size – large, medium, small.

Existing curl – tight, soft, wave.

Lifestyle – job, family, financial, time.



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Outcome 1: Be able to prepare for dressing hair (continued)

Test results – good, bad, caution, positive, negative.

Hair and scalp contra-indications: Can prevent/alter service, product, technique.

Types of condition – skin disorders (disease, infestation, infection, defect, bacteria, virus, fungi, parasites).

Skin sensitivities – reaction.

Allergies – latex, nut, plasters, perfume, oil.

History of allergic reaction – positive reaction to skin test, colour service.

Incompatible products – metallic salts, previous chemical treatments.

Medication – prescription medication.

Medical condition – high blood pressure, pregnancy, radiotherapy, cancer.

Hair condition – chemical, heat damage, environmental.

Hair disorder – contagious/non-contagious.

Skin disorder – contagious/non-contagious, cross-infection (stylist to client, client to stylist).

Contagious:

Bacterial – impetigo (blisters, weep, yellow crust), folliculitis (yellow pustules), sycosis (yellow, spot, follicle), furunculosis (pus filled spot), sebaceous cyst (lump on top or under skin).

Viral – warts (raised, rough skin, brown), herpes (blisters).

Fungal – tinea capitis/ringworm (patches, pink/grey, scaly, broken hair).

Animal parasites – pediculosis capitis

(head lice, parasite, 6 legs, suck blood), scabies (parasites, mites).

Non-contagious:

Psoriasis – overproduction of skin cells, dry, silvery, scales.

Cicatrical alopecia – scarring.

Alopecia totalis – complete hair loss.

Male pattern baldness – hair recedes at hairline or loss at crown.

Traction alopecia – excessive pulling, brushing curling and straightening.

Alopecia areata – stress, bald patches, seborrhea (excessive oil).

Dandruff – itchy, white, skin cells.

Dry scalp – white, powdery.

Eczema/dermatitis – allergic reaction to detergent, red, irritation, swollen, weeping.

Acne – raised bumps and spots.

Defects of the hair:

Fragilitas crinium – split, dry ends.

Monilethrix – beaded hair.

Trichorrhesis nodosa – rough, swollen, broken shaft.

Sebaceous cyst – sebum filled lump.

Damaged cuticle – dull hair.

What to consider when styling and dressing hair: Direction of style, shape, height, width, amount of movement, curl, degree of curl, ornamentation, styling/finishing products, use of styling/finishing equipment, preparation of hair.



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Outcome 2: Be able to provide a dressing hair service

Suitability of styling products: Used prior to styling, give hold, volume, body, shine, lustre, reduce frizz and static, smooth and straighten, provide a protective barrier, prevent moisture penetrating hair, aid longevity of style.

Range of styling products and when to use them:

Gel – apply to wet hair, wet look, ideal for spiky styles.

Mousse – apply to wet hair, gives hold/body, various hold strengths.

Setting lotion – apply to wet hair, gives normal/firm hold, ideal when setting hair, coloured setting lotions available.

Blow dry lotion – apply to wet hair, protects hair from heat/humidity.

Moisturiser/oil – use on dry hair, African type hair, conditioning, adds moisture, adds shine.

Activator – can apply to wet or dry hair, activated by the use of heat, defines curl, adds moisture, shine, hold, ideal for dry sets.

Heat protector – prior to the use of all electrical equipment, coats hair, protective layer, gives shine/definition.

Serum – can be applied to wet or dry hair, gives shine, adds moisture, ideal on chemically treated hair.

Range of tools and equipment and the effects achieved:

Round brush (various diameters) – gives curl (smaller diameter = tighter curl), body, movement, volume.

Flat brush – paddle, Denman, gives smooth, straight finish.

Bristle brush – removes roller marks, dressing hair, smooths, gives shine, good for fine hair.

Vent brush – produces a soft, casual broken up effect, ideal on short hair.

Dressing comb – backcomb/tease the hair into style, used for all dressing techniques.

Straighteners – smooth/flatten the cuticles, straighten hair.

Curling tongs – various sizes, produce lift, waves, curls.

Hair dryer – removes moisture from the hair.

Diffuser – diffuses the flow of air allowing hair to dry naturally, increases natural curl, adds volume, movement, body.

Heated rollers – used on dry hair, various sizes of rollers, lift, curl, bounce.

Rollers with pins – set curl, body/movement, lasts longer than blow dry.

Bendy rollers – used on long hair, spiral effect curls.

Velcro rollers – give body, curl, movement, volume, bounce, don't last long.

Pin curl clips – types of pin curls (flat, coil, barrel curls), movement, curl, volume, body.

Hair bands – secure long hair.

Pins/grips – secure long hair, criss-cross technique.

Use of styling tools and equipment:

Comply with legislation – health and safety, electricity at work, portable appliance testing, reporting of injuries and dangerous diseases, manual handling, visual checks, only use for intended purpose, no trailing



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Outcome 2: Be able to provide a dressing hair service (continued)

wires, manufacturers' instructions, fit for purpose.

Maintenance of tools and equipment:

Clean equipment and tools, appropriate sterilisation (barbicide, autoclave, UV, sterilising spray), complete destruction of all living organisms on tools and equipment, disinfection (remove contamination from hard surfaces using heat or chemical methods), remove and label broken tools and equipment.

Brushes/combs – remove hair, wash, sterilise, store, do not use on own hair.

Cutting tools – keep clean, wipe away hair cuttings, store in pouch when not in use, sharpen regularly, regularly change razor blade.

Clippers – remove hair, sterilise (using spray or wipes), oil regularly.

Trolley – clean, safe and professional presentation of tools and equipment,

Electrical equipment – large and small equipment, check (portable appliance testing), visual check, store correctly, check no trailing wires, only used for intended purpose.

Position yourself and the client appropriately:

Stylist – position yourself safely, posture (straight back, stand upright, even weight distribution, maintain balance), remain relaxed, poor posture will result in fatigue, uneven service, and back/shoulder injury.

Client – seated comfortably, adjust height, feet flat on floor, legs uncrossed, back supported, regular comfort breaks.

Salon health and safety legislation and regulations: Health and safety at

work, control of substances hazardous to health, reporting of injuries, diseases and dangerous occurrences, personal protective equipment, electricity at work, manual handling, supply of goods and services, trade description, data protection, employer's liability (compulsory insurance), occupier's liability, local by-laws (set by council), salon rules, code of conduct, observance by all staff.

Safe and hygienic working knowledge/practices:

Management of health and safety – clean, tidy, safe standards of working, remove spillages, report slippery surfaces, remove/report obstacles, ensure clear access to trolleys and equipment, clean/sterilise/disinfect (tools, equipment and work surfaces), risk assessment, no smoking, eating, drinking or drugs in salon, professional personal hygiene, liability insurance (employer's, public, professional indemnity).

Personal protective equipment – avoid latex, powdered gloves, apron.

Electricity at work – visual check of equipment, no trailing wires, portable appliance testing.

Manual handling – moving stock safely, lifting, working heights, unpacking.

Towels – wash regularly, clean for every client, place dirty towels in covered bin.

Reporting of injuries, diseases and dangerous occurrences – accident book, reporting diseases, log accidents.

Control of substances hazardous to health – store, handle, use, dispose, replace lids, ventilation for vapour and dust, avoid overexposure to chemicals, use



Photo courtesy of Wahl UK Ltd.

Outcome 2: Be able to provide a dressing hair service (continued)

manufacturer's instructions for use.

Disposal – sharps box, closed top bin, dilute chemicals with running water, environmental protection, salon policies for hazardous waste, single use items, recycle empties.

Product storage – check end date/ packaging, store away from heat, damp and direct sunlight, empties avoid theft.

Techniques used for styling:

Blow drying with round brush – flattens cuticle, adds curl, bounce and volume.

Blow drying with flat brush – used on long hair, very short hair or when no lift required, flattens cuticle.

Finger drying – to dry short textured styles, natural effect.

Diffuser – used on curly hair, diffuser reduces airflow, allows curls to dry naturally.

Setting – cohesive or temporary heat moulding, firm/long-lasting effect, preparation for hair up, to firm up a blow dry.

Finger waving – flat wave effect, produces fixed waves, good on short bob.

Pin curling – coil (tight curls in coil fashion), pin (curl without root lift), barrel (in place of a roller), root lift, firm style.

Tonging – after blow dry, firm the curl, spiral curls.

Straighteners – flatten cuticle, remove lift, create sleek effect.

Techniques for dressing out hair:

Firm brushing – blends, removes partings, softens stiffness caused by product,

creates soft waves.

Comb – used on straight flat styles, polished effect.

Hands – tease, pull, push, create.

Backcombing/backbrushing – aids hair up, base to pin, create lift/shape/form to style.

How styling and dressing techniques can hide influencing factors: Enhance and disguise, creative ability, attention to detail, work with the natural fall (growth patterns).

Small head – create large style.

Big head – compact style.

Angular face – soft shape, pull around face.

Round face – add height, reduce width.

Long neck – leave some hair down.

High forehead – side parting, cover.

Texture – fine (use added hair), coarse (tame with electrical appliance, secure well), poor elasticity (hair may not take overstretching or sculpting).

The purpose of backcombing and backbrushing when dressing hair: To create lift and volume, an even shape, to create balance/definition, base to secure pins, teases and blends hair together.

Backcombing – comb through section of hair, hold tips taut in one hand, comb section downwards from points to roots, use dressing comb, firm matting achieved, can cause damage to hair.

Backbrushing – brush through section of hair, hold tips taut in one hand, brush section downwards from points to roots,

Notes

Use this area for notes and diagrams


