



# Apply skin tanning techniques

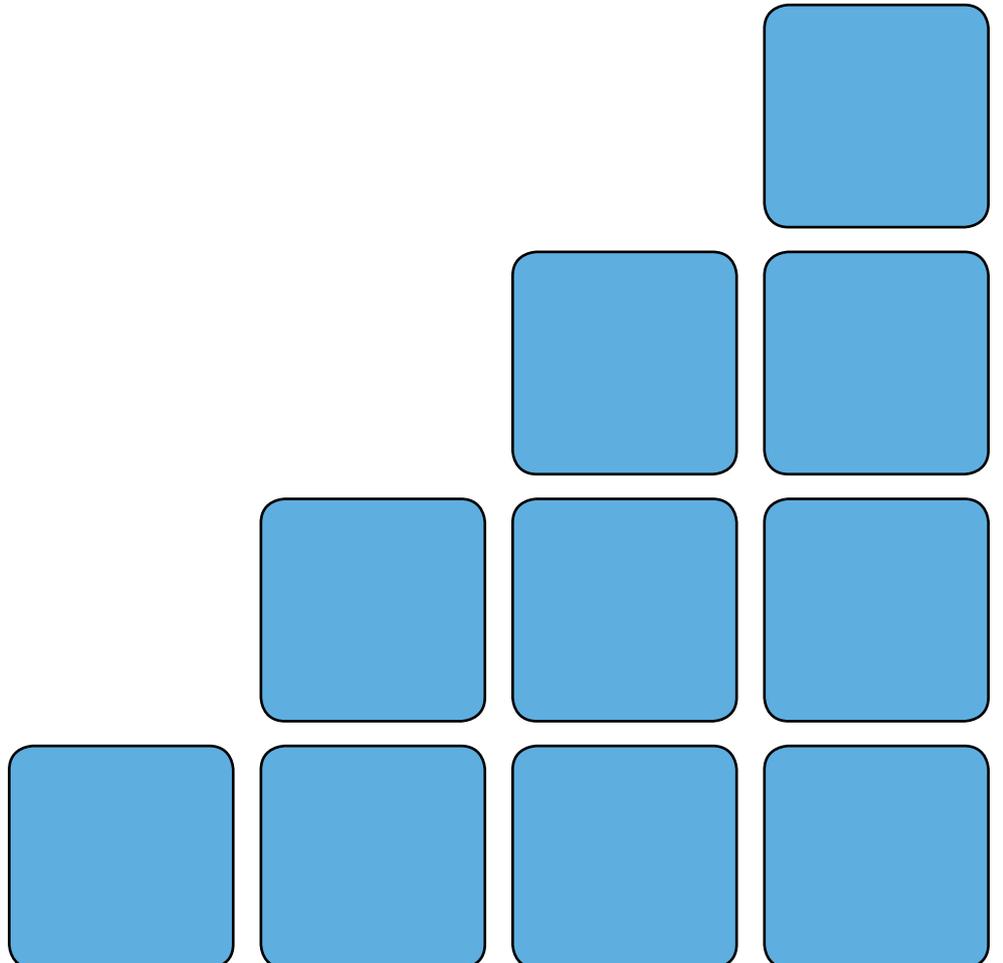
UV20420

H/601/3563

Learner name:

Learner number:

VRQ





# UV20420

## Apply skin tanning techniques

This unit is about the application of a variety of self tanning products to specific areas of the body, including the face, neck and shoulders, lower arms and hands, lower legs and feet. To carry out this unit you will need to maintain effective health, safety and hygiene procedures throughout your work.

Level

**2**

Credit value

**4**

GLH

**30**

Observation(s)

**3**

External paper(s)

**0**



# Apply skin tanning techniques

## Learning outcomes

On completion of this unit you will:

1. Be able to prepare for self tanning techniques
2. Be able to provide self tanning techniques

## Evidence requirements

1. *Environment*  
Evidence for this unit must be gathered in a real or realistic working environment.
2. *Simulation*  
Simulation is not allowed in this unit.
3. *Observation outcomes*  
Competent performance of 'Observation' outcomes must be demonstrated to your assessor on **at least three 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*  
There is no external paper requirement for this unit.

# 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.

## Maximum service times

There are no maximum service times that apply to this unit.

## 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.



# Observations

## Outcome 1

### Be able to prepare for self tanning techniques

You can:

- a. Prepare yourself, the client and work area for a self tanning treatment
- b. Use suitable consultation techniques to identify treatment objectives
- c. Advise the client on how to prepare for the treatment
- d. Identify influencing factors
- e. Provide clear recommendations to the client based on factors

*\* May be assessed through oral questioning.*

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



## Outcome 2

### Be able to provide self tanning techniques

You can:

- a. Communicate and behave in a professional manner
- b. Position yourself and the client correctly throughout the treatment
- c. Select and use products and equipment taking into account identified factors
- d. Follow safe and hygienic practices
- e. Identify contra-actions and take appropriate action during treatment
- f. Provide suitable aftercare advice
- g. Complete the treatment to the satisfaction of the client
- h. Evaluate the results of the treatment with the client

*\*May be assessed through oral questioning.*

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



# Range

\*You must practically demonstrate that you have:

<b>Used all consultation techniques</b>	<b>Portfolio reference</b>
Questioning	
Visual	
Manual	
Reference to client record cards	
<b>Dealt with a minimum of 1 of the necessary actions</b>	<b>Portfolio reference</b>
Encouraging the client to seek medical advice	
Explaining why the treatment cannot be carried out	
Modification to the treatment	
<b>Treated all areas</b>	<b>Portfolio reference</b>
Face, neck and shoulders	
Lower arms and hand	
Lower legs and feet	
<b>Used all tanning techniques</b>	<b>Portfolio reference</b>
Manual application	
Spray tan	
<b>Given all types of advice</b>	<b>Portfolio reference</b>
Suitable aftercare products and their use	
Contra-actions that may occur post-treatment and how to deal with them	
Post-treatment restrictions	

\*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

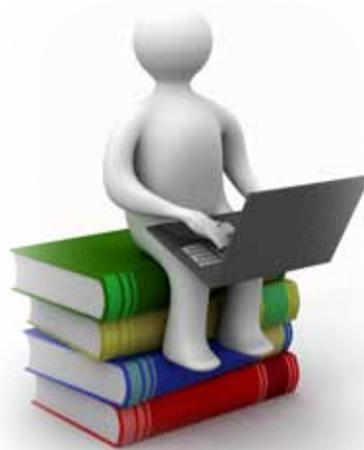
## Achieving knowledge outcomes

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.

# Knowledge



## Outcome 1

### Be able to prepare for self tanning techniques

You can:	Portfolio reference / Assessor initials*
f. Describe salon's requirement for preparation of yourself, the client and work area	
g. Identify different consultation techniques used to identify treatment objectives	
h. Describe the factors that need to be considered when selecting techniques, products and equipment	
i. Describe the environmental conditions suitable for self tanning treatment	
j. Describe the safety considerations that must be taken into account when providing self tanning treatment	
k. Identify the range of equipment used for self tanning treatments	
l. Identify products used and their key ingredients	
m. Compare the benefits and effects of self tanning treatments with UV tanning treatments	
n. Explain the importance of regular disinfecting and sterilising of equipment between self tanning sessions	
o. Explain the effect self tanning products have on the skin and the reasons the effect has limited duration	
p. Describe contra-indications that prevent or restrict self tanning treatment	

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

*Requirements highlighted in white are assessed in the external paper.*



## Outcome 2

### Be able to provide self tanning techniques

You can:	Portfolio reference / Assessor initials*
i. Describe how to communicate and behave in a professional manner	
j. State the importance of positioning yourself and the client correctly throughout the treatment	
k. Describe safe and hygienic working practices	
l. Describe contra-actions which might occur during and following the treatment and how to respond	
m. Describe the aftercare advice that should be provided	
n. State the importance of completing the treatment to the satisfaction of the client	
o. State the methods of evaluating the effectiveness of the treatment	
p. Describe the structure and function of the skin	

*\*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 self tanning techniques

### **Management of health and safety**

**at work:** Cleaning up spillages, report slippery surfaces, remove and report obstacles, good all round access to trolleys and equipment, sterilise/disinfect tools, equipment and work surfaces, personal protective equipment.

**Electricity at work:** Checking/visual check of equipment, no trailing wires, portable appliance testing (PAT).

**Manual handling:** Moving stock, lifting, working heights, unpacking, posture, deportment, balance weight, preserve back, prevent slouching.

**Towels:** Clean for every client, place dirty towels in covered bin.

**Liability insurance:** Employers, public, professional indemnity.

**Reporting of injuries, diseases and dangerous occurrences:** Accident book, reporting diseases, local bye-laws, code of conduct, risk assessment.

**Control of substances hazardous to health:** Replace lids, ventilation for vapour and dust, avoid over exposure to chemicals, correct use of chemicals, follow storage handling use and disposal, correct disposal of contaminated waste, products, check end date, packaging, store away from heat, damp and direct sunlight, dispose of contaminated waste in a closed top bin, relevant manufacturer's instructions, no smoking, eating or drinking.

**Health and safety legislation:** Data protection legislation, electricity at work

legislation, employer's liability (compulsory insurance) legislation, fire precautions legislation, first aid at work legislation, health and safety at work legislation, local government miscellaneous provisions legislation, occupier's liability legislation, local bye-laws.

**Regulations:** Control of substances hazardous to health regulations, management of health and safety at work regulations, manual handling, personal protective equipment, reporting of injuries, diseases and dangerous occurrences regulations, workplace (health and welfare) regulations.

**Hazards and risks:** A hazard is something that has the potential to cause harm. A risk is the likelihood of a hazard happening.

**Employer responsibility:** Current and valid liability insurance, display health and safety rules (covering staff, employees, clients, and fire evacuation), provide regular training, accurate record keeping, monitoring.

**Hazards:** Something with potential to cause harm, requiring immediate legislation, level of responsibility, report, nominated personnel, duty to recognise/deal with hazards.

**Equipment:** Only used for intended purpose, safe usage, handling, storage, cleaning, lifting, visual checks, worn, faulty, repairs, maintenance, portable appliance testing, correct disposal of contaminated waste, records.



## Outcome 1: Be able to prepare for self tanning techniques (continued)

**Security (cash):** Staff training, point of sale, regular banking, in transit.

**Security (people):** Staff, clients, visitors, children, personal belongings, systems, security, emergency evacuation, storage, client records, business information.

**Risk:** Likelihood of a hazard happening, risk assessment, determine the level of risk, preventative measures, reduce a potentially harmful situation, judgement of salon hazards, who/what is at risk, level of risk, interpret results, conclusions, record findings, regular reviews.

**Reasons for risk assessment:** Staff, visitor, client health and safety, safe environment, minimise hazards and risks, requirement of legislation.

### **Hygiene:**

**General** – sterilise and sanitise tools, disinfect work surfaces, cover cuts and abrasions, sanitise therapist's hands before and after treatments, clean towels between client, place dirty towels in covered bin, dispense products with a spatula, pump or spray, disposable towels, disposables used wherever possible, no smoking, personal hygiene, replace loose lids, uncapped bottles and pots.

**Disposal of waste** – single use items, bin with a liner, spillages and unused chemicals, contaminated waste, hazardous waste, environmental protection.

### **Therapist posture and deportment:**

Correct posture when sitting, correct posture when lifting, correct posture when carrying, working methods to avoid Repetitive Strain Injury (RSI), hand exercises, standing posture, even weight distribution, client comfort, maintain modesty, client correctly positioned to get

maximum benefit from treatment, ensure therapist positioning delivers appropriate techniques, appropriate space between client and therapist, prevent injury, optimum results, allow for visual checks.

**Work area:** Clean and hygienic, height adjustable chair, correct posture, correct couch height, lighting, ventilation, noise, music, temperature, ambience, no trailing wires, no obstructions, tools and equipment in a safe working position for therapist.

**Client preparation:** Protect client clothing, respect privacy, modesty, ensure client comfort, positioned correctly.

### **Communication:**

**Verbal** – speaking manner and tone, professional, supportive, respectful, sensitive to client, open questioning related to treatment.

**Non-verbal** – eye contact, body language, listening.

**Record keeping:** Accurate appointment systems, stationery, loyalty, rewards, acknowledgement of occasions, consultation record keeping, contra-indications, signatures, refer to existing records, information clear and accurate, logical order, name, address, contact numbers, age range, reason for treatment, occupation, sport/hobbies, medical history, allergies/hypersensitivity, contact lenses, contra-actions, contra-indications, skin sensitivity tests, adaptations and modifications, recommendations, requirement, treatment plan, update record at the end of the treatment, update at each visit, records maintained electronically, paper records.

**Professional appearance:** Clean professional uniform, no jewellery, no



## Outcome 1: Be able to prepare for self tanning techniques (continued)

piercings, hair neatly tied back (fringe secured), closed in footwear, light day make-up, personal hygiene and cleanliness (shower/bath, cover cuts and abrasions, deodorant or antiperspirant), oral hygiene (clean teeth, fresh breath), nails (good condition and maintained).

**Professional ethical conduct:** Polite, cheerful and friendly manner (friendly facial expressions, positive attitude, eye contact, open body language), client relations, confidentiality, respect for colleagues and competitors, avoid gossip, pride in work, punctuality, employer and client loyalty.

### **Consultation techniques:**

Client requirements and therapist recommendations (client satisfaction, client expectations), aftercare (signatures of client and therapist, visual, question, listen, client card reference). Effects of the tanning product and why the result is limited (to be discussed). Benefits and effects of self tanning compared with UV tanning (to be discussed).

**Examples of contra-indications that may prevent treatment:** Severe asthma/respiratory conditions (spray tanning), fungal infection, bacterial infection, viral infection, infestations, severe eczema, severe psoriasis, severe skin conditions, herpes zoster and warts, parasitic infection (e.g. scabies).

**Examples of contra-indications that may restrict treatment:** Skin diseases and disorders, recent scar tissue (6 months for a small scar, 2 years for a major operation), sunburn, after waxing, after IPL/laser, after electrolysis, after any heat treatment, eczema, psoriasis, skin allergies, cuts/abrasions, bruising, known product

allergies, respiratory conditions, pregnancy (spray tanning).

**Client preparation:** Clean skin, no body lotions, creams, deodorants, skin exfoliation. Loose dark clothing, no jewellery, flip flops, umbrella, protect client clothing, client comfort, posture and position, privacy and modesty.

**Influencing factors:** Skin sensitivity test, contra-indications, skin condition, medication, client expectations and preparation, natural shade of skin, effects of ultraviolet radiation on the skin.

**Effects of UV light on the skin:** Ageing, malignant melanoma, changes in moles, pigmentation problems (UVA, UVB, UVC), degrees of erythema associated with sun burn, sunscreens, sun protection factor (SPF).

**Equipment standards:** Cleanliness, hygiene, health and safety requirements, couch, cubicle safety, height, couch cover and paper towel, cross-infection, regular disinfecting and sanitising equipment between treatments, extraction, ventilation.

**Products:** Skin cleansing products, exfoliation products, tanning products, spray tan, moisturisers, sterilising solution, sanitising solution, active ingredient in self tanning products, DHA (dihydroxyacetone) or glycerone, a colourless sugar that produces the temporary tanned effect on the skin.



## Outcome 2: Be able to provide self tanning techniques

**Tools and equipment:** Lotion, spray, gloves, mask, hair band, disposable briefs, protective covering for floors and surfaces, compressor, gun, cubicle, sponges, lotions, liquids.

**Products for skin preparation:** Skin cleansing product, exfoliation product, tanning product, barrier cream, moisturiser, sanitising solution and sterilising solution.

**Disposable equipment:** Disposable underwear, foot soles.

**Importance of positioning client and yourself correctly:** Full even skin coverage, effectiveness of treatment, visual inspection.

**Examples of possible contra-actions:** Skin irritation (due to intolerance or allergy to products used), skin allergies, undesirable skin or hair discolouration, swelling, burning, itching, watery eyes, coughing, fainting.

**Evaluation:** Client expectations, client satisfaction, implications of incorrect application, visual, verbal, written feedback.

**Aftercare advice:** Loose dark clothing, avoid touching the skin, moisturising products, showering/bathing advice, exfoliation, product recommendations, possible staining to fabric, avoid any heat, exercise or chlorine.

### **Skin:**

**Epidermis** – basal cell layer (stratum germinativum), prickle cell layer (stratum spinosum), granular layer (stratum granulosum), clear layer (stratum lucidum), horny layer (stratum corneum).

**Dermis** – blood and lymph supply, fibroblasts (collagen, elastin), hair, sebaceous glands, arrector pili muscle,

dermal papilla, sweat glands eccrine and apocrine, sensory nerve endings.

**Hypodermis** – subcutaneous layer, adipose tissue, adipocytes.

**Functions of the skin** – protection, heat regulation, absorption, secretion, elimination, sensation, formation of vitamin D, melanin production.