



Plaiting and twisting hair

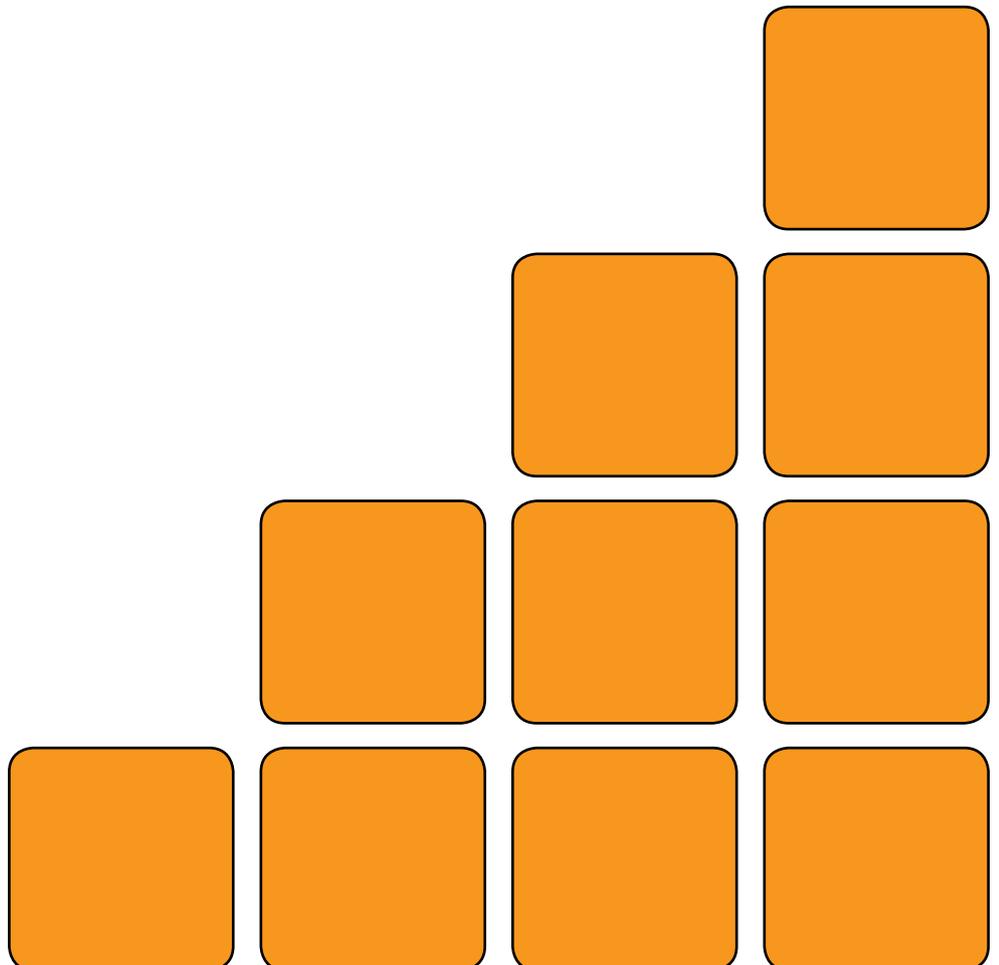
UV30342

Y/502/3805

Learner name:

Learner number:

VRQ



UV30342

Plaiting and twisting hair

Through this unit you will develop the dextrous skill of plaiting and twisting hair that will enable you to create a variety of different looks for your clients. Using these techniques you will produce intricate cornrows and twists or a full head French plait completed with a fishtail.

Being able to identify the capability of your client's hair will allow you to choose from a range of products, tools and equipment to complete the look. Part of this service is to provide your client with good aftercare advice.

This unit is suitable for hairdressers and barbers.

Level

1

Credit value

3

GLH

30

Observation(s)

3

External paper(s)

0



Plaiting and twisting hair

Learning outcomes

On completion of this unit you will:

1. Be able to prepare for basic plaiting and twisting hair
2. Be able to carry out basic hair plaiting and twisting techniques

Evidence requirements

1. *Environment*
Evidence for this unit must be gathered in a real or realistic working environment.
2. *Simulation*
Simulation is allowed for 'Observation' outcomes 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 basic plaiting and twisting hair

You can:

- a. Prepare for plaiting and twisting techniques
- b. Select products and tools for plaiting and twisting techniques

** May be assessed through oral questioning.*

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



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Outcome 2

Be able to carry out basic hair plaiting and twisting techniques

You can:

- a. Carry out plaiting and twisting techniques with and without decoration
- b. Provide home care advice
- c. Follow safe and hygienic working practices
- d. Communicate and behave in a professional manner

**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:

Used a minimum of 4 plaiting techniques	Portfolio reference
On the scalp plaits and twists	
Off the scalp plaits and twists	
French plait	
Braiding	
Cane row	
Corn row	
Fish tail	
Rope plait	

*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

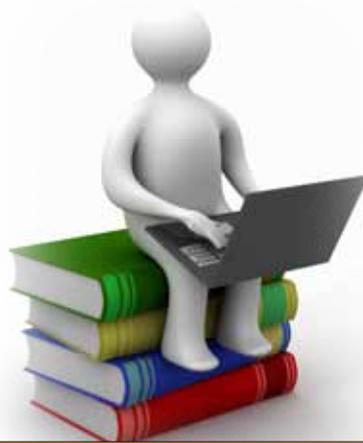
Achieving knowledge outcomes

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 basic plaiting and twisting hair

You can:	Portfolio reference / Assessor initials*
c. Identify a range of finished looks that use plaiting and twisting techniques	
d. State the importance of the preparation procedures for plaiting and twisting techniques	
e. State the factors that influence the choice of plaiting and twisting techniques	
f. State when and how to use products, tools and equipment	

**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 carry out basic hair plaiting and twisting techniques

You can:

Portfolio reference /
Assessor initials*

e. State the purpose of home care advice

**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 basic plaiting and twisting hair

The range of plaiting and twisting looks:

Off scalp/on scalp plaits, on scalp/off scalp twists, 3 stem plait from ponytail, braiding/cane row/corn row, fish tail plait, rope plait, French plait.

Preparation of self: Clothes (salon requirements for uniform, clean/ironed, non-restrictive, closed in low heel 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 relaxed and comfortable (posture, aids service), remove excessive jewellery (to avoid damage to jewellery and skin), gown, towel, plastic cape, barrier cream, ensure client comfort, record card.

Preparation of work area: Chair, trolley, work station, equipment cleaned, 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), heat or chemical methods, use of trolley with full access around trolley, safe professional presentation tools and equipment, visual check of electrical equipment, select height of chair.

Preparation procedures for plaiting and twisting hair:

Consultation, hair length, hair thickness, possibility of added hair, hair wet/dry, pre-shampooed/not pre-shampooed, brushed through, removal of all knots, application of product, sectioning.

Factors that influence the choice of plaiting and twisting techniques:

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.



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Outcome 1: Be able to prepare for basic plaiting and twisting hair (continued)

Existing curl – tight, soft, wave.

Lifestyle – job, family, financial, time.

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

Products and tools for basic plaiting and twisting techniques:

Products – hair spray, dressing cream, oil, wax, gel, moisturiser.

Tools – Denman brush (flat brush), wide tooth comb, tail comb, section clips, bands, pins, ornamentation, water spray.

Application of finishing products:

Follow manufacturers' instructions for each product, defines, adds shine, holds, separates hair, spikes, protects, moisturises.

Range of finishing products:

Wax – removes static/frizz, gives definition, adds moisture, shine/lustre.

Sprays – holds style in place, repels moisture, longevity, adds shine.

Dressing creams – defines style, adds gloss/shine/lustre, tames dry hair.

Gel – wet look effect, spike hair, sleek hair.

Serum – adds shine, reduces frizz/static.

Tools and equipment: Comply with legislation – health and safety, electricity at work, portable appliance testing, visual checks, only use for intended purpose, avoid trailing wires, follow manufacturers' instructions for use, fit for purpose, store correctly.

Range of tools and equipment for plaiting and twisting hair:

Combs (pintail, cutting comb) – to section hair, smooth, flatten, to neaten style.

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

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

Straighteners – smoothes/flattens the cuticles, straightens hair.

Hair bands – secure long hair.

Pins/grips – secure accessories, criss-cross technique.



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Outcome 2: Be able to carry out basic hair plaiting and twisting techniques

Home care advice for plaiting and twisting clients: Avoid excessive tension on scalp and tight bands used to secure plaits/twists, protect during sleep, avoid excessive tugging during removal, conditioning treatments.

How to follow safe and hygienic working practices:

Maintaining a safe salon – clean, tidy, safe standards of working, remove spillages, report slippery surfaces, remove/report obstacles, clear access to trolleys and equipment, clean/sterilise/disinfect tools, equipment and work surfaces, no smoking, eating, drinking or drugs in salon, professional personal hygiene.

Personal protective equipment – wear 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, disposal, replace lids, ventilation for vapour and dust, avoid over exposure to chemicals, follow manufacturer's instructions for use.

Disposal of waste – sharps box, dilute chemicals, contaminated/hazardous waste, closed top bin, empties (recycle).

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

Professional communication in a salon environment: Try to avoid technical language, always respond, consider client confidentiality.

Verbal – speaking (tone of voice, the language you use, how quickly and clearly), questioning (open, closed, probing).

Non-verbal – body language, positive attitude (posture, facial expressions, hand gestures, the distance you stand), listening (be patient, try to understand).

Written – visual aids, magazines, client records.

Behave professionally in a salon environment: Follow health and safety practices and procedures, salon code of conduct, respect others, value client(s), co-operate with others (sympathy, accepting, fair, not aggressive), appropriate language, avoid gossip, maintain confidentiality, polite, cheerful and friendly manner (friendly facial expressions, open body language, positive attitude, eye contact), sensible behaviour, team work, pride in work, punctuality, employer and client loyalty.

The purpose of home care advice: Professional image, walking advert, clients' ability to care for own hair, use of correct products, correct maintenance of style.

Notes

Use this area for notes and diagrams