

UBT13 Care for your own feet

Unit reference number	L/507/0491
Level	E3
GLH	30
Credits	3
Observation	1

Unit aim

The purpose of this unit is to teach learners how to care for their own feet. They will learn about the different products used during the treatment as well as how to use the tools and equipment needed to improve the condition of their own skin and nails. They will learn about the basic structure of the nail and how to apply products to achieve a professional finish. Learners will also learn how to identify the reasons why the application may be stopped or changed.

Specific unit requirements

Trainers and assessors must be familiar with the qualification specification when delivering this unit, to ensure:

- Delivery is in a suitable environment with correct resources available
- An appropriate portfolio of evidence is produced using the unit content for guidance

	Learning outcomes	Assessment criteria
1	Know how to care for your own feet	a. Identify any conditions that may stop or change how you care for your feet
		b. State the correct action to be taken for possible reactions that may happen during or after a foot care treatment
		c. Identify the suggested nail shape for toe nails and state the reason for this
		d. Identify the structure of the skin
		e. Identify the structure of the nail
		f. Identify the products used to care for your own feet
2	Be able to care for your own feet	a. Prepare to clean, shape your toe nails and moisturise your own feet
		b. Carry out a visual study of your feet and toe nails
		c. Use hygienic and safe methods of working
		d. Clean and shape your toe nails, and moisturise your feet and nails

Version	Details of amendments	Date
V4	New brand logo.	17/05/2017