

SKAGH6 (SQA Unit Code F7BE 04)

Plait and twist hair using basic techniques



Overview

This unit is about using basic plaiting and twisting techniques following the instructions of the stylist. A high degree of manual dexterity will be necessary.

This unit applies to both hairdressing and barbering salons.

The outcomes of this unit are:

1. maintain effective and safe methods of working when plaiting and twisting
2. plait and twist hair

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Performance criteria

You must be able to:

- P1 **maintain effective and safe methods of working when plaiting and twisting by**
- P1.1. ensuring your client's clothing is effectively protected throughout the service
 - P1.2. wearing personal protective equipment, if required
 - P1.3. positioning your client to meet the needs of the service without causing them discomfort
 - P1.4. ensuring your own posture and position whilst working minimises fatigue and the risk of injury
 - P1.5. keeping your work area clean and tidy throughout the service
 - P1.6. using working methods that
 - minimise the risk of damage to tools
 - minimise the wastage of **products**
 - minimise the risk of cross-infection
 - make effective use of your working time
 - ensure the use of clean resources
 - minimise the risk of harm or injury to yourself and others
 - P1.7. ensuring your personal standards of health and hygiene
 - minimise the risk of cross- infection, infestation and offence to your clients and colleagues
 - P1.8. completing the plaiting and twisting service within a commercially viable time
- P2 **plait and twist hair by**
- P2.1. preparing your client's hair following your instructions from the stylist
 - P2.2. controlling your tools to minimise the risk of damage to the hair and scalp, client discomfort and to achieve the desired look
 - P2.3. parting the sections cleanly and evenly to achieve the direction of the **plait(s) and twists**
 - P2.4. effectively securing any hair not being plaited or twisted to keep your section clearly visible
 - P2.5. maintaining a suitable and even tension throughout the plaiting and twisting process
 - P2.6. effectively controlling and securing your client's hair, when necessary
 - P2.7. applying suitable **products**, when used, to meet manufacturers' and stylist's instructions
 - P2.8. consulting with your client during the plaiting and twisting process to ensure the tension is comfortable
 - P2.9. adjusting the tension of plaits, when necessary, avoiding damage to the hair and minimising discomfort to your client

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P2.10. ensuring the direction and balance of the finished **plait(s) and twists** meets your stylist's instructions

P2.11. confirming your client's satisfaction with the finished look

Knowledge and understanding

You need to know and understand:

Salon and legal requirements

K1 your salon's requirements for client preparation

K2 your own responsibilities under the current Control of Substances Hazardous to Health Regulations in relation to the use of products for plaiting and twisting

You need to know and understand:

How to work safely, effectively and hygienically when plaiting

K3 what is contact dermatitis and how to avoid developing it whilst plaiting and twisting hair

K4 why it is important to use personal protective equipment

K5 the type of personal protective equipment available

K6 the range of protective clothing that should be available for clients

K7 how the position of your client and yourself can affect the desired outcome and reduce fatigue and the risk of injury

K8 the importance of positioning equipment for ease of use

K9 why it is important to keep your work area clean and tidy

K10 methods of working safely and hygienically and which minimise the risk of cross- infection and cross-infestation

K11 the importance of personal hygiene

K12 methods of cleaning, disinfecting and/or sterilisation used in salons

K13 the importance of using bands for professional use

K14 the importance of following your stylist's instructions

You need to know and understand:

Effects of plaiting and twisting on the hair

K15 the potential consequences of excessive tension on the hair

K16 what is traction alopecia

K17 how to identify the signs of traction alopecia

You need to know and understand:

Preparation, plaiting and twisting techniques

K18 how to shampoo and cleanse the hair for plaited styles

K19 how hair texture affects the plaiting process and styling possibilities

K20 how to create cornrows, a French plait and two strand twists

K21 the importance of sectioning hair accurately when plaiting and twisting

K22 methods of securing the completed plait and twists

K23 how to handle the hair when plaiting and twisting to maintain a correct and even tension

K24 how to adjust the tension of plaits

Products and their use

You need to know and understand:

K25 the types of products available for use with plaits and twists and when you would use them

K26 the importance of using products economically

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Additional Information

Scope/range related to performance criteria

1. **Products** are
 - 1.1. sprays
 - 1.2. serums
 - 1.3. gels

2. **Plaits and twists** are
 - 2.1. multiple cornrows
 - 2.2. French plait
 - 2.3. two strand twists

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