
Overview

This unit is about using plaiting and twisting techniques to achieve a variety of different looks. A high degree of manual dexterity will be necessary.

The main outcomes of this unit are:

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

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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. confirming with your client the look agreed at consultation prior to and during the service
 - 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 service
 - P2.6. effectively controlling and securing your client's hair throughout the plaiting and twisting processes, taking account of **factors** influencing the service
 - P2.7. applying suitable **products**, when necessary, at the right time in the process to achieve the style requirements
 - P2.8. consulting with your client during the service to ensure the tension is comfortable
 - P2.9. adjusting the tension of **plaits** and/or **twists**, when necessary,

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- avoiding damage to the hair and minimising discomfort to your client
- P2.10. ensuring the direction and balance of the finished **plait(s)** and/or **twists** achieves the desired look
- P2.11. confirming your client's satisfaction with the finished look
- P3 **provide aftercare advice by**
 - P3.1. giving **advice** and recommendations accurately and constructively
 - P3.2. giving your client suitable **advice** on the maintenance of their style and hair condition

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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 carrying out plaiting and twisting services
- K4 the range of protective clothing that should be available for clients
- K5 why it is important to use personal protective equipment
- K6 the type of personal protective equipment available
- 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

You need to know and understand:

Effects on the hair of plaiting and twisting

- K14 the potential consequences of excessive tension on the hair
- K15 what is traction alopecia
- K16 how to identify the signs of traction alopecia
- K17 the physical effects on the hair structure of plaiting and twisting

You need to know and understand:

Plaiting and twisting techniques

- K18 how hair texture affects the plaiting process and styling possibilities
- K19 how to create cornrows, a French plait, two strand twists, fishtail plaits and flat twists
- K20 the importance of sectioning hair accurately when plaiting and twisting
- K21 methods of securing the completed plaits and twists
- K22 how to handle the hair when plaiting and twisting to maintain a correct and even tension
- K23 how to adjust the tension of plaits and twists
- K24 how the factors in the range influence the choice and direction of plaited or twisted style

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You need to know and understand:

Products and their use

- K25 the types of products available for use with plaits and twists
- K26 when and why you would use the types of products in the range
- K27 the importance of using products economically
- K28 the manufacturers' instructions relating to the use of the products in the range

You need to know and understand:

Aftercare advice for clients

- K29 products for home use that will benefit the client and those to avoid and why
- K30 how lifestyle can influence their choice of style (eg active sports, career and job requirements)
- K31 the removal requirements for plaits and twists

You need to know and understand:

Communication

- K32 how to give effective advice and recommendations to clients

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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. fishtail plait
 - 2.4. two strand twists
 - 2.5. flat twists

3. **Factors** are
 - 3.1. hair density
 - 3.2. hair texture
 - 3.3. face and head shape
 - 3.4. hair elasticity
 - 3.5. hair length
 - 3.6. scalp condition
 - 3.7. desired look

4. **Advice** covers
 - 4.1. suitable home care products and their use
 - 4.2. how to remove plaits and twists

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