SKABT26 - SQA Unit Code HF9C 04

# Provide electrical epilation

## Overview

This standard is about the skills involved in carrying out electrical needle epilation treatments to remove hair, using alternating current and blend techniques. You will need to carry out a thorough consultation with the client, formulate an individual treatment plan, provide treatment and aftercare advice.

To carry out this standard you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance and demonstrate effective communication and consultation skills.

The main outcomes of this standard are:

1. maintain safe and effective methods of working when providing electrical epilation treatments
2. consult, plan and prepare for treatments
3. carry out electrical epilation

## Performance criteria

You must be able to:

**Maintain safe and effective methods of working when providing electrical epilation treatments**

1. maintain your responsibilities for health and safety throughout the treatment
2. prepare and protect your client and yourself with personal protective equipment within the controlled area
3. maintain your client's modesty, privacy and comfort at all times
4. position your client to meet the needs of the treatment without causing them discomfort
5. ensure your own posture and working methods minimises fatigue and the risk of injury to yourself and others
6. ensure environmental conditions are suitable for the client and the treatment
7. use working methods that minimise the risk of cross-infection
8. ensure the use of clean equipment and materials
9. promote environmental and sustainable working practices
10. follow workplace and suppliers' or manufacturers' instructions for the safe use of equipment, materials and products
11. dispose of waste materials to meet legal requirements
12. complete the treatment within a commercially viable time

**Consult, plan and prepare for treatments**

13. use **consultation techniques** to determine the client's **treatment plan**
14. ensure that informed and signed parent or guardian consent is obtained for minors prior to any treatment
15. ensure that a parent or guardian is present throughout the service for minors under the age of 16
16. recognise any contra-indications and take the **necessary action**
17. agree the treatment and outcomes that meet the client's needs
18. obtain signed, informed consent from the client prior to carrying out the treatment
19. identify the client's **hair type, skin type and condition,** the area to be treated and the treatment objectives
20. take photographs of the area to be treated, following organisational practices
21. explain the physical sensation created by the treatment
22. carry out a test patch prior to treatment following organisational requirements
23. select and prepare equipment and products to meet the treatment

objectives

**Carry out electrical epilation**

24. ensure the **area to be treated** is clean, oil free and dry
25. select **electrical epilation treatments** to suit the client's **hair type, skin type and condition**
26. use the size and **type of needle** to treat the client's **hair type, skin type and condition**
27. load and use needles avoiding damage and contamination throughout the treatment
28. illuminate the treatment area and use magnification to ensure maximum visibility during treatment
29. manipulate the skin, to meet the needs of the **area to be treated**
30. ensure the needle holder and needle is used at the correct angle, direction and depth for the hair follicle and the **area to be treated**
31. adapt the intensity and duration of current flow to suit client tolerance and skin reaction
32. work systematically to remove the hair from the treated follicle without traction
33. apply aftercare products to the treatment area
34. give your client **advice and recommendations** on the treatment provided
35. ensure the client's records are completed and signed by you and the client

## Knowledge and understanding

You need to know and understand:

**Maintain safe and effective methods of working when providing electrical epilation treatments**

1. your responsibilities for **health and safety** as defined by any specific legislation covering your job role
2. the reasons for checking current insurance guidelines for the delivery of electrical epilation treatments
3. the responsibilities under local authority licensing regulations for yourself and your premises
4. why it is important to maintain client's modesty, privacy and comfort
5. how the position of your client and yourself can affect the desired outcome and reduce fatigue and the risk of injury
6. the importance of personal hygiene, protection and presentation in maintaining health and safety in your workplace
7. the different types of work related injuries associated with the delivery of electrical epilation and how they can be avoided
8. the necessary environmental conditions for services, such as heating and ventilation and why these are important
9. methods of cleaning, disinfection and sterilisation
10. why it is important to avoid direct and indirect cross-infection by working safely and hygienically
11. the hazards and risks associated with the delivery of advanced epilation treatments and how these can be minimised
12. the different types of working methods that promote **environmental and sustainable working practices**
13. suppliers' and manufacturers' instructions for the safe use of equipment, materials and products which you must follow
14. the legal requirements for waste disposal
15. the reasons for completing the service in a commercially viable time

**Consult, plan and prepare for treatments**

16. why it is important to communicate with clients in a professional manner
17. how to complete a consultation taking into account client's **diverse needs**
18. the legal requirements for providing treatments to minors under 16 years of age
19. the age at which an individual is classed as a minor and how this differs nationally

20. the importance of agreeing the treatment that meets the client's needs
21. the legal significance of gaining signed, informed client consent to carry out the treatment
22. the legislative requirements for storing and protecting client data
23. how to recognise **contra-indications** that would prevent or restrict the treatment and why
24. the contra-indications requiring medical referral and why
25. the necessary action to take in relation to specific contra-indications when referring clients
26. the reasons for not naming specific contra-indications when referring clients
27. how to recognise **different types of hair growth**, hair types, skin types and conditions
28. why it is advisable to take photographs of the treatment area pre and post-treatments and how they should be taken
29. how to describe the physical sensation of the treatment to the client and what can impact on client pain threshold
30. the reasons why it advisable to carry out a test patch prior to the treatment and provide aftercare instructions
31. the importance of giving information including the use of visual aids to assist the client's understanding of hair growth cycle
32. the constraints surrounding electrical epilation treatments such as cost, time, number of treatments, healing rate and client commitment
33. how skin sensitivity is affected by other skincare treatments which may inhibit electrical epilation
34. how to prepare the equipment, products and materials for electrical epilation treatments

**Carry out electrical epilation**

35. the different types and use of equipment, products and materials available for electrical epilation
36. how to load and use needles to avoid damage and contamination
37. why it is important to use magnification and illuminate the treatment area
38. the type and size of needle to suit the hair type, diameter, skin type and treatment area
39. why and how you stretch and manipulate the skin during treatment
40. the reasons for working systematically with correct spacing across the area to be treated
41. how to insert the needle into the hair follicle with regard to depth, angle and direction and the consequences of inaccurate needle insertion
42. how to adapt the intensity and duration of current flow to suit client

tolerance and skin sensitivity

43. how to release hairs from different types of follicles without traction

44. the principles, uses and benefit of the alternating current such as short wave, radio frequency and high frequency

45. possible **contra-actions** which may occur, how to deal with them and what advice to give to clients

46. the **anatomy and physiology** of the hair and skin

47. the **hair growth cycle**, the **causes of hair growth** and how this impacts on the treatment

48. the **advice and recommendations** on products and services

## Scope/range related to performance criteria

**Consultation techniques**

1. questioning
2. listening
3. visual
4. manual
5. written

**Treatment plan**

1. medical history
2. causes of hair growth
3. past and present hair management
4. current skin care

**Necessary action**

1. encouraging the client to seek medical advice
2. explaining why treatment cannot be carried out
3. modification of treatment

**Hair type**

1. fine
2. coarse
3. curly

**Skin type and condition**

1. dry
2. oily
3. sensitive
4. dehydrated

**Area to be treated**

1. upper lip
2. chin

3. bikini line
4. eyebrows
5. underarms
6. neck
7. abdomen
8. breast

**Electrical epilation treatments**

1. alternating current
2. blend

**Type of needle**

1. one piece
2. two piece
3. insulated
4. gold
5. stainless

**Advice and recommendations**

1. suitable aftercare products and their uses
2. avoidance of activities which may cause contra-actions
3. time intervals between treatments
4. present and future products and treatments
5. dealing with regrowth between treatments

## Scope/range related to knowledge and understanding

**Health and safety**

1. Health and Safety at Work Act
2. The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)
3. The Health and Safety (First Aid) Regulations
4. The Regulatory Reform (Fire Safety) Order
5. The Manual Handling Operations Regulations
6. The Control of Substances Hazardous to Health Regulations (COSHH)
7. The Electricity at Work Regulations
8. The Environmental Protection Act
9. The Management of Health and Safety at Work Regulations
10. The Health and Safety (Information for Employees) Regulations

**Environmental and sustainable working practices**

1. reducing waste and managing waste (recycle, reuse, safe disposal)
2. reducing energy usage (energy efficient equipment, low energy lighting, utilising solar panels)
3. reducing water usage and other resources
4. preventing pollution
5. using disposable items
6. using recycled, eco-friendly furniture
7. using low chemical paint
8. using environmentally friendly product packaging
9. choosing responsible domestic products (Fairtrade tea and coffee)
10. encouraging carbon reducing journeys to work

**Diverse needs**

1. cultural
2. religious
3. age
4. disability
5. gender

**Contra-indications** which prevent

1. pacemakers
2. haemophilia
3. cochlear implants

**Contra-indications** which restrict

1. psoriasis
2. eczema
3. acne
4. epilepsy
5. diabetes
6. metal pins and plates
7. infectious and contagious disease

**Different types of hair growth**

1. terminal
2. vellus
3. ingrown hairs

**Contra-actions**

1. erythema
2. oedema
3. blanching
4. bleeding
5. bruising

**Anatomy and physiology**

1. the structure and function of the skin
2. the principles of skin healing
3. the structure of the hair and its follicle
4. the structure and function of the endocrine system
5. the effect of malfunctions of the endocrine system on hair growth
6. the principles of the circulatory and lymphatic system

**Hair growth cycle**

1. anagen
2. catagen
3. telogen

**Causes of hair growth**

1. topical
2. congenital
3. systemic

**Advice and recommendations**

1. additional services
2. additional products
3. the normal reactions which occur after treatment and how to deal with any abnormal reactions
4. post treatment restrictions and future treatment needs
5. the reasons for avoiding the following activities post electrical epilation: heat treatments, touching the treated area, use of perfumed and chemical based products, wearing of restrictive clothing on the treated areas
6. products for home use that will benefit and protect the client and those to avoid and why
7. suitable methods of dealing with regrowth between treatments

## Values

The following key values underpin the delivery of services in the beauty, nails and spa sectors

1. a willingness to learn
2. a flexible working attitude
3. a team worker
4. a positive attitude
5. personal and professional ethics

## Behaviours

The following behaviours underpin the delivery of services in the beauty, nails and spa sectors. These behaviours ensure that clients receive a positive impression of both the organisation and the individual

1. meeting the organisation's standards of behaviour
2. greeting the client respectfully and in a friendly manner
3. communicating with the client in a way that makes them feel valued and respected
4. treating the client courteously and helpfully at all times
5. adapting behaviour to respond effectively to different client behaviour
6. checking with the client that you have fully understood their expectations
7. responding promptly and positively to the client's questions and comments
8. recognising information that the client might find complicated and checking whether they fully understood
9. explaining clearly to the client any reasons why their needs or expectations cannot be met
10. maintaining effective, hygienic and safe working methods
11. adhering to workplace, suppliers and manufacturer's instructions for the safe use of equipment, materials and products
12. meeting both organisational and industry standards of appearance.

## Skills

The following key skills underpin the delivery of services in the beauty, nails and spa sectors

1. the ability to self-manage
2. excellent verbal and non-verbal communication
3. using the most appropriate ways of communicating with a client
4. responding promptly to a client seeking assistance
5. quickly locating information that will help the client
6. providing the client with information they need about services and products offered by the organisation

## Glossary

**Alternating current (electrical epilation treatment)**
An oscillating alternating current is commonly known as Diathermy and destroys hair growth cells by heat.

**Blend (electrical epilation treatment)**
The application of direct current and high frequency to the hair follicle simultaneously.

**Gold Needle**
A needle plated with gold.

**Test Patch**
Tests to determine the degree of skin reaction and sensitivity. Test patches can be used to test the degree of heat sensitivity and pain response plus skin reaction. Test patch can incorporate patch test, thermal test or tactile test.

**Two-piece needle**
A needle constructed from two separate pieces of metal crimped together.

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