Overview

This unit is about using a variety of conventional and non-conventional dressing techniques to produce innovative, fashionable, creative and personalised looks for long hair. The ability to combine and adapt a variety of dressing techniques incorporating accessories and/or added hair is required in this unit.

The main outcomes of this unit are:
1. maintain effective and safe methods of working when dressing long hair
2. creatively dress long 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 dressing long hair by

P1.1. ensuring your client's clothing is effectively protected throughout the service
P1.2. positioning your client to meet the needs of the service without causing them discomfort
P1.3. ensuring your own posture and position whilst working minimises fatigue and the risk of injury
P1.4. keeping your work area clean and tidy throughout the service
P1.5. using working methods that
  - minimise the wastage of products
  - minimise the risk of damage to tools and equipment
  - 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
P1.6. ensuring your personal standards of health and hygiene minimise the risk of cross-infection, infestation and offence to your clients and colleagues
P1.7. using finishing products, methods and equipment identified as a result of consultation with your client
P1.8. using equipment that is safe and fit for purpose
P1.9. completing the service within a commercially viable time

P2 creatively dress long hair by

P2.1. confirming with your client the look agreed at consultation prior to and during dressing the hair
P2.2. preparing your client's hair in a way which is suitable for the look agreed
P2.3. effectively incorporating and securing added hair, when used, into the desired look
P2.4. blending the client's own hair and added hair effectively, when required
P2.5. ensuring the availability of assistance, when required
P2.6. combining and adapting your dressing techniques and effects in an innovative way to achieve the desired look
P2.7. securing the hair so that any pins, grips or bands are hidden unless part of the style requirements
P2.8. personalising your dressing techniques and effects to take account of the factors which influence the achievement of the desired look
P2.9. using dressing techniques and effects in a way that avoids
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- damage to the hair, skin and scalp
- P2.10. effectively incorporating and securing accessories, when used, to complement and enhance the desired look
- P2.11. ensuring the finished look meets the intended shape, direction, balance and volume agreed with your client
- P2.12. applying suitable finishing products that complement and enhance the desired look
- P2.13. ensuring the finished look complements your client's features and enhances their personal image and that of the salon
- P2.14. confirming your client's satisfaction with the finished look

Provide aftercare advice

P3.1. giving advice and recommendations accurately and constructively
P3.2. giving your client suitable advice on the maintenance of their style
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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 salon’s expected service times for dressing hair
- K3 your own responsibilities under the current Control of Substances Hazardous to Health Regulations in relation to the use of finishing products
- K4 your responsibilities under the current Electricity at Work Regulations
- K5 your salon’s image and expected standards of service

You need to know and understand:

**How to work safely, effectively and hygienically when dressing long hair**
- 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 safety considerations which must be taken into account when dressing long hair
- K9 the importance of positioning equipment for ease of use
- K10 why it is important to keep your work area clean and tidy
- K11 methods of working safely and hygienically and which minimise the risk of cross-infection and cross-infestation
- K12 the importance of personal hygiene
- K13 why it is important to check electrical equipment used to aid the dressing process
- K14 methods of cleaning, disinfection and/or sterilisation used in salons
- K15 the importance of using products economically
- K16 the health and safety factors to consider when making choices of ornamentation
- K17 the reasons why tools and heated styling equipment should be kept free from product build up

You need to know and understand:

**Hairdressing science**
- K18 the effects of humidity on hair
- K19 how the incorrect application of heat can affect the hair and scalp
- K20 why hair should be allowed to cool prior to dressing out
- K21 the effects of backcombing and back brushing on the hair structure
- K22 the physical effects of finishing products on the hair and how they work to maintain the style
- K23 the potential effects on the hair structure of using and securing added hair and accessories
- K24 the potential consequences of excessive tension on the hair and scalp
- K25 how to identify the first signs of traction alopecia
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You need to know and understand:

Products, equipment and their use
K26 the range of products, tools and equipment available for dressing long hair and how to use them
K27 the suitability of specific products and equipment for use with different hair types and for achieving different effects
K28 the types of non-conventional items that may be used as accessories when dressing long hair
K29 the manufacturers’ instructions on the use of the finishing products in your salon

You need to know and understand:

Preparation activities
K30 the importance of preparing the hair correctly prior to dressing
K31 the preparation procedures required for the different dressing techniques in the range

You need to know and understand:

Dressing techniques and methods
K32 current fashion long hair looks
K33 sources of creative information and inspiration (eg historical, cultural and fashion)
K34 when, why and how to use the different types of securing equipment
K34.1 securing equipment
K34.2 accessories
K34.3 added hair
K35 how the factors in the range affect the dressing process and the finished look
K36 the sequence of working necessary to create the dressing techniques and effects listed in the range (ie rolls, pleats, knots, twists, plaits, curls, woven effects)
K37 methods of handling, controlling and securing long hair during the dressing process
K38 the type of checks needed during long hair dressing services to ensure the intended shape, direction, balance and volume is achieved
K39 the importance of maintaining correct tension when dressing up long hair

You need to know and understand:

Aftercare advice for clients
K40 products for home use that will benefit the client and those to avoid and why
K41 how to maintain their style
K42 how to remove pins, accessories, any added hair and any backcombing and or back brushing

You need to know and understand:

Communication
K43 how to give effective advice and recommendations to clients
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Additional Information

Scope/range related to performance criteria

1. **Dressing techniques and effects** are
   1.1. rolls
   1.2. pleats
   1.3. knots
   1.4. twists
   1.5. plaits
   1.6. curls
   1.7. woven effects
   1.8. backcombing
   1.9. back brushing

2. **Factors** are
   2.1. desired look
   2.2. the occasion for which the style is required
   2.3. hair growth patterns
   2.4. hair elasticity
   2.5. head and face shape and features
   2.6. hair texture
   2.7. hair length
   2.8. hair density

3. **Advice** covers
   3.1. suitable aftercare products and their use
   3.2. maintenance of the style
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