This unit is about using a range of setting and dressing techniques to achieve a variety of different looks. The ability to work with a wide range of products and tools is required. A high degree of manual dexterity will be necessary.

The main outcome so this unit are:
1. maintain effective and safe methods of working when setting and dressing hair
2. set hair
3. dress hair
4. provide aftercare advice
Performance criteria

You must be able to:  

P1 maintain effective and safe methods of working when setting and dressing hair 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 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
P1.7. ensuring your personal standards of health and hygiene minimise the risk of cross-infection, infestation and offence to your clients and colleagues
P1.8. using tools and equipment, techniques and products identified as a result of consultation with your client
P1.9. using tools and equipment that are safe and fit for purpose
P1.10. testing the temperature of heated equipment prior to use and continually throughout the service
P1.11. keeping your tools and equipment free of product build up
P1.12. completing your setting services within a commercially viable time

P2 set hair by

P2.1. confirming and agreeing with your client the setting techniques and look required
P2.2. controlling your tools and equipment to minimise the risk of damage to the hair, client discomfort and to achieve the desired look
P2.3. taking meshes of hair which suit the size of the tools and equipment
P2.4. sectioning and winding the hair cleanly and evenly to achieve the desired look
P2.5. ensuring all wound rollers, when used, are secure and sit on or off base to meet the style requirements
P2.6. maintaining the correct tension throughout the setting process
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P2.7. keeping the hair damp throughout the setting process, when necessary
P2.8. applying suitable products following manufacturers' instructions
P2.9. effectively controlling your client's hair throughout the setting process taking account of factors influencing the service
P2.10. removing any items used for setting, avoiding discomfort to your client
P2.11. ensuring your setting techniques achieve the desired look

P3 dress hair by
P3.1. leaving your client's hair free of all section marks
P3.2. using heated equipment, when necessary, at the correct temperature for your client's hair and the desired look
P3.3. controlling your tools and equipment to minimise the risk of damage to the hair and scalp, client discomfort and to achieve the desired look
P3.4. securing the hair so that pins and grips, when used, are invisible
P3.5. effectively applying and using suitable products to meet manufacturers' instructions
P3.6. ensuring the finished look takes into account relevant factors influencing the service
P3.7. ensuring your dressing techniques and effects achieve the intended shape, direction and volume agreed with your client
P3.8. confirming your client's satisfaction with the finished look

P4 provide aftercare advice by
P4.1. giving advice and recommendations accurately and constructively
P4.2. 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 salon’s expected service times for setting services
K3 your own responsibilities under the current Control of Substances Hazardous to Health Regulations in relation to the use of setting and dressing products
K4 your responsibilities under the current Electricity at Work Regulations

You need to know and understand:

How to work safely, effectively and hygienically when setting and dressing hair
K5 what is contact dermatitis and how to avoid developing it whilst carrying out setting and dressing services
K6 the range of protective clothing that should be available for clients
K7 why it is important to use personal protective equipment
K8 the type of personal protective equipment available
K9 how the position of your client and yourself can affect the desired outcome and reduce fatigue and the risk of injury
K10 the safety considerations which must be taken into account when setting and dressing hair
K11 the importance of positioning equipment for ease of use
K12 why it is important to keep your work area clean and tidy
K13 methods of working safely and hygienically and which minimise the risk of cross-infection and cross-infestation
K14 the importance of personal hygiene
K15 why it is important to check electrical equipment used to aid the setting and dressing processes
K16 methods of cleaning, disinfecting and/or sterilisation used in salons
K17 the importance of using products economically
K18 the reasons why tools and equipment should be kept free from excess oils, product build up and hair

You need to know and understand:

Basic science
K19 the effects of humidity on hair
K20 the physical effects of setting on the hair structure
K21 how the incorrect application of heat can affect the hair and scalp
K22 why hair should be allowed to cool prior to dressing
K23 why hair should be kept damp during the setting process
K24 how heat protectors act to protect the hair

You need to know and understand:

Products, equipment and their use
K25 the range of tools and equipment available for setting and dressing
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You need to know and understand:

**Setting and dressing techniques and effects**

K26  the range of products available for setting and dressing
K27  the manufacturers’ instructions on the use of the specific setting and
dressing products in your salon
K28  why and how to use the different types of
K28.1 tools and equipment for setting and dressing
K28.2 products for setting and dressing and when to apply them

You need to know and understand:

**Aftercare advice for clients**

K37  products for home use that will benefit the client and those to avoid and
why
K38  how the continual use of heated equipment can affect the hair
K39  how to recreate and maintain the agreed style
K40  how lifestyle can influence their choice of style (eg active sports, career
and job requirements)
K41  the removal and/or take-down requirements for the hairstyle

You need to know and understand:

**Communication**

K42  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. setting lotions
   - 1.2. gel
   - 1.3. mousse
   - 1.4. serums
   - 1.5. creams
   - 1.6. sprays
   - 1.7. wax

2. **Tools and equipment** are
   - 2.1. rollers
   - 2.2. combs
   - 2.3. pin curl clips
   - 2.4. brushes
   - 2.5. grips and pins
   - 2.6. heated rollers
   - 2.7. tongs
   - 2.8. straighteners

3. **Setting techniques** are
   - 3.1. rollering
   - 3.2. spiral curling
   - 3.3. pin curling to give volume
   - 3.4. pin curling to give flat movement

4. **Hair** is
   - 4.1. above shoulder length
   - 4.2. below shoulder length

5. **Sectioning and winding techniques** are
   - 5.1. point to root
   - 5.2. root to point
   - 5.3. on base
   - 5.4. off base
   - 5.5. directional
   - 5.6. brick

6. **Factors** are
   - 6.1. hair cut
   - 6.2. hair growth pattern
   - 6.3. hair length
   - 6.4. hair density
   - 6.5. head and face shape
   - 6.6. hair texture
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6.7. hair elasticity
6.8. the occasion for which the style is required

7. **Dressing techniques and effects** are
   7.1. curls
   7.2. rolls
   7.3. smoothing
   7.4. back-combing
   7.5. back-brushing

8. **Advice** covers
   8.1. suitable aftercare products and their use
   8.2. use of heated styling equipment
   8.3. how to recreate and maintain the style
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