

# SKAGH11 (SQA Unit Code - F7FF 04)

## Set and dress hair



---

### Overview

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

# SKAGH11 (SQA Unit Code - F7FF 04)

## Set and dress hair

---

### 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

# SKAGH11 (SQA Unit Code - F7FF 04)

## Set and dress hair

---

- 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

# SKAGH11 (SQA Unit Code - F7FF 04)

## Set and dress hair

---

### 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

# SKAGH11 (SQA Unit Code - F7FF 04)

## Set and dress hair

---

- 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:*

### **Setting and dressing techniques and effects**

- K29 current techniques for setting and dressing hair
- K30 how the factors in the range affect the setting and dressing processes and the finished look
- K31 the types of setting techniques and why and when they are used
- K32 why and how to use the different types of sectioning and winding techniques in the range
- K33 why and how to use smoothing, back-combing and back-brushing techniques
- K34 how the angle of winding on and off base influences the volume and direction of the hair movement
- K35 why set hair sections need to be brushed out thoroughly
- K36 methods of handling, controlling and securing hair to achieve curls and rolls

*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

# SKAGH11 (SQA Unit Code - F7FF 04)

## Set and dress hair

---

### 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

# SKAGH11 (SQA Unit Code - F7FF 04)

## Set and dress hair

---

- 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

# SKAGH11 (SQA Unit Code - F7FF 04)

## Set and dress hair

---

**Developed by** SkillsActive

---

**Version number** 1

---

**Date approved** September 2008

---

**Indicative review date** September 2010

---

**Validity** Current

---

**Status** Original

---

**Originating organisation** Habia

---

**Original URN** HD 2008

---

**Relevant occupations** Retail and commercial enterprise; Service enterprises; Personal Service Occupations; Hairdressers and Related Occupations

---

**Suite** Hairdressing 2008

---

**Key words** setting, dressing hair