

Provide body electrical treatments

Overview

This standard is about improving body and skin condition using different body electrical equipment. It covers the skills involved in providing a thorough consultation with the client to formulate and deliver a specific course of treatment tailored to suit individual client's needs. The ability to provide relevant aftercare advice is also required.

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 body electrical treatments
2. consult, plan and prepare for body electrical treatments
3. carry out body electrical treatments

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Performance criteria

You must be able to:

Maintain safe and effective methods of working when providing body electrical treatments

1. maintain your responsibilities for health and safety throughout the treatment
2. prepare your client and yourself to meet legal and organisational requirements
3. maintain your client's modesty and privacy
4. position your client to meet the needs of the treatment
5. ensure your own posture and working methods minimise fatigue and the risk of injury to yourself and others
6. ensure environmental conditions are suitable for the client and the treatment
7. keep your work area clean and tidy throughout the treatments
8. use working methods that minimise the risk of cross-infection
9. ensure the use of clean equipment and materials
10. promote environmental and sustainable working practices
11. follow workplace and suppliers' or manufacturers' instructions for the safe use of equipment, materials and products
12. dispose of waste materials to meet legal requirements
13. complete the treatment within a commercially viable time

Consult, plan and prepare for body electrical treatments

14. use **consultation techniques** to determine the client's treatment plan
15. ensure that informed and signed parental or guardian consent is obtained for minors prior to any treatment
16. ensure that a parent or guardian is present throughout the treatment for minors under the age of 16
17. recognise any contra-indications and take the **necessary action**
18. agree the treatment and outcomes that meet the client's needs
19. obtain signed, informed consent from the client prior to carrying out the treatment
20. carry out a pre-treatment test/s to determine skin sensitivity
21. identify the client's **body type** and **body condition**
22. ensure the client's skin is prepared to suit the type of equipment to be used
23. select **tools and equipment** and products to suit the **treatment objectives, body type** and **body condition**

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24. provide information about the sensation and noise created by the equipment to the client
25. explain the treatment procedure to the client, at each stage in the process
26. use and adapt the equipment, tools and treatment duration to suit the client's **body type** and **body condition**
27. take remedial action if the client experiences discomfort or contra-actions
28. ensure the finished result is to the client's satisfaction and meets the agreed **treatment objectives**
29. give your client **advice and recommendations** on the treatment provided
30. ensure the client's records are completed and signed by you and the client

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Knowledge and understanding

You need to know and understand:

Maintain safe and effective methods of working when providing body electrical treatments

1. your responsibilities for **health and safety** as defined by any specific legislation covering your job role
2. the legal and organisational requirements for client protection and preparation
3. the legal and organisational requirements for your own personal hygiene, protection and appearance
4. the reasons for maintaining the client's modesty and privacy
5. safe positioning techniques for yourself and your client to prevent discomfort
6. the necessary environmental conditions for services such as heating, sound and ventilation and why these are important
7. why it is important to keep your work area clean and tidy
8. methods of cleaning, disinfection and sterilisation
9. why it is important to avoid direct and indirect cross infection by working safely and hygienically
10. the different types of working methods that promote **environmental and sustainable working practices**
11. the hazards and risks which exist in your workplace and the safe working practices which you must follow
12. suppliers' and manufacturers' instructions for the safe use of equipment, materials and products which you must follow
13. the legal requirements for waste disposal
14. the reasons for completing the treatment in a commercially viable time

Consult, plan and prepare for body electrical treatments

15. why it is important to communicate with clients in a professional manner
16. how to complete a consultation taking into account client's **diverse needs**
17. the legal requirements for providing treatments to minors under 16 years of age
18. the age at which an individual is classed as a minor and how this differs nationally
19. the importance of agreeing the treatment that meets the client's needs
20. the legal significance of gaining signed, informed client consent to carry out the treatment
21. the legislative requirements for storing and protecting client data

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22. how to recognise **contra-indications** that would prevent or restrict the treatment and why
23. the contra-indications requiring medical referral and why
24. the necessary action to take in relation to specific contra-indications when referring clients
25. the reasons for not naming specific contra-indications when referring clients
26. how to carry out and interpret pre-treatment tests
27. how to assess muscle tone, skin type and condition
28. how to assess posture, fluid retention and body fat
29. the characteristics of different body types and body conditions
30. the selection and preparation of tools, equipment and products for body electrical treatments

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31. why it is important to explain the treatment process, equipment sensation and noise to the client
32. how to use and adapt body electrical equipment to suit different body types, body conditions and treatment objectives
33. the benefits and effects of different types of body electrical equipment
34. the benefits of products available for electrical treatments and their effects
35. the type of electrical currents produced by the equipment being used and their effects on the body
36. the types of treatments that could be given in conjunction with, or after, body electrical treatments
37. the risks associated with body electrical treatments and how to deal with them
38. the **anatomy and physiology** of the body
39. the possible **contra-actions** which may occur, how to deal with them and what advice to give to clients
40. the methods used to evaluate the effectiveness of body electrical treatments
41. the **advice and recommendations** on products and treatments

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Scope/range related to performance criteria

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

Necessary action

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

Body type

1. endomorph
2. mesomorph
3. ectomorph

Body condition

1. cellulite
2. poor muscle tone
3. sluggish circulation
4. skin type

Tools and equipment

1. galvanic
2. electro muscle stimulator – EMS
3. microdermabrasion
4. lymphatic drainage equipment

Treatment objectives

1. improved skin and body condition
2. improved contour and muscle condition

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3. improved lymphatic drainage

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

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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

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1. contagious skin diseases
2. dysfunction of the nervous system
3. recent scar tissue
4. undiagnosed lumps and swellings
5. cancer treatment

Contra-indications which restrict

1. undergoing medical treatment
2. uncontrolled diabetes
3. epilepsy
4. high/low blood pressure
5. micropigmentation
6. history of thrombosis or embolism
7. metal pins or plates
8. medication
9. pregnancy
10. piercings
11. anxiety
12. cuts and abrasions
13. bruises
14. IPL or laser and epilation
15. heart disorder/disease
16. pacemaker

Anatomy and physiology

1. structure and function of the skeleton
2. the structure, function and types of muscles
3. the positions and actions of the main muscle groups in the body
4. the definition of 'origin' and 'insertion' of a muscle
5. the causes of muscle fatigue and how to recognise it
6. the structure and functions of the skin
7. the structure, location and the body's utilisation of adipose tissue
8. the function of the endocrine system and its relationship to weight gain and loss
9. the function of the digestive system

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- 10 the structure and function of the heart and arteries, veins and capillaries
11. the structure and function of the lymphatic system in of the body
- 12 the basic principles of the central nervous system, motor points and autonomic system
13. the effect of electrical treatment on the muscles, skin, circulatory, skeletal, lymphatic, endocrine, digestive and nervous systems
14. how ageing affects the body and skin and limits the effectiveness of body electrical treatments

Contra-actions

1. galvanic burn
2. bruising
3. irritation
4. allergic reaction
5. excessive erythema
6. muscle fatigue
7. hyper/hypopigmentation

Advice and recommendations

1. additional services
2. additional products
3. the benefits of a course of treatment
4. the lifestyle factors and changes that may be required to improve the effectiveness of the treatment
5. post-treatment restrictions and future treatment needs
6. products for home use that will benefit and protect the client and those to avoid and why
7. how skin care routines can affect and improve the effectiveness of treatment

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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. 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**Skin sensitivity test**

A test to determine if the client is allergic to a product being applied.

Test patch

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This is a test 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.

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