

Level 3 Hairdressing African Type Hair

Unit AH30 Style African Type Hair using Thermal Styling Techniques

Unit Overview

This unit is about styling hair using a wide variety of thermal techniques. The ability to thermally style both chemically treated and natural hair is required.

The main outcomes of this unit are:

1. Maintain effective and safe methods of working when using thermal styling techniques
2. Prepare hair and equipment for thermal styling
3. Straighten hair using pressing techniques
4. Create a variety of fashion looks using thermal styling techniques
5. Provide aftercare advice

Please note that the Habia Assessment Strategy and Evidence Requirements for these standards are available from the Habia website <http://www.habia.org>

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Performance Criteria

In order to perform this unit successfully you must:

1. **Maintain effective and safe methods of working when using thermal styling techniques by**
 - a) ensuring your client's clothing is effectively protected throughout the thermal styling service
 - b) positioning your client to meet the needs of the service without causing them discomfort
 - c) ensuring your own posture and position whilst working minimises fatigue and the risk of injury
 - d) keeping your work area clean and tidy throughout the thermal styling service
 - e) removing waste immediately at the end of the service
 - f) using working methods that
 - minimise the wastage of products
 - minimise the risk of damage to **thermal styling 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
 - g) ensuring your personal standards of health and hygiene minimise the risk of cross-infection, infestation and offence to your clients and colleagues
 - h) taking suitable action to ensure the necessary products are available in time for the service
 - i) using styling products, methods and tools identified as a result of consultation with the client
 - j) using **thermal styling tools** and **equipment** that are safe and fit for purpose
 - k) testing the temperature of **thermal styling tools** prior to use and continually throughout the service
 - l) keeping your **thermal styling tools** at the temperature needed for the hair
 - m) keeping your **thermal styling tools** free of product build up
 - n) completing the thermal styling service within a commercially viable time
 - o) completing client records so that they are accurate, easy to read and up-to-date.
2. **Prepare hair and equipment for thermal styling by**
 - a) confirming with your client the **look** agreed at consultation prior to starting the service
 - b) choosing products, **thermal styling tools** and **equipment** suitable for achieving the **look** agreed with your client
 - c) ensuring **thermal styling tools** and oven are at the required temperature in time for the service
 - d) advising your client of the possible discomforts associated with thermal styling.

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3. Straighten hair using pressing techniques by

- a) shampooing, conditioning and drying your client's hair prior to pressing
- b) parting the sections cleanly to enable a consistent and even straightening of the hair from root to point
- c) effectively securing any hair to keep your section clearly visible and accessible
- d) applying suitable protective oils to each section prior to pressing
- e) effectively controlling the pressure and angle of the pressing comb along the length of the **hair**
- f) repeating the pressing process, when necessary, throughout the service
- g) checking your client's comfort at regular intervals throughout the service
- h) taking suitable remedial action to resolve any problems arising during the service
- i) confirming your client's satisfaction with the degree of straightening achieved
- j) giving your client suitable aftercare advice.

4. Create a variety of fashion looks using thermal styling techniques by

- a) controlling your **thermal styling tools** to minimise the risk of damage to the hair, client discomfort and to achieve the desired **look**
- b) parting the sections cleanly and evenly to achieve the direction of the style required
- c) taking meshes of hair which suit the size of thermal irons
- d) applying suitable styling products following manufacturers' instructions
- e) effectively controlling your client's hair during the thermal styling process taking account of **factors** influencing the service
- f) using **styling techniques** in a way that achieves a smooth, firm finish and the **shape** of curl required
- g) forming curls from root to point
- h) ensuring any straightened hair is even and without indentations from root to point
- i) combining and adapting your **styling techniques** in an innovative way to achieve the desired **look** and style
- j) taking suitable remedial action to resolve any problems arising during the service
- k) ensuring the finished **look** meets the intended shape, direction, balance and volume agreed with your client
- l) confirming your client's satisfaction with the finished style

5. Provide aftercare advice by

- a) giving **advice** and recommendations accurately and constructively
- b) giving your client suitable **advice** on the maintenance of their style and hair condition

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Range

Your performance must cover

1. Thermal styling tools are:

- a) flat irons
- b) c-irons
- c) barrel curl irons
- d) pencil irons
- e) pressing comb

2. Equipment is:

- a) oven
- b) heat testing materials

3. Looks are:

- a) short graduation
- b) one length
- c) layered

4. Hair is:

- a) chemically treated.
- b) natural

5. Factors are:

- a) hair cut
- b) hair regrowth
- c) hair elasticity
- d) hair density
- e) hair texture
- f) hair length
- g) head and face shape
- h) presence of white hair

6. Styling techniques are:

- a) curling
- b) waving
- c) straightening
- d) blending in

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7. Shapes are:

- a) barrel curl
- b) half curl
- c) spiral curl

8. Advice covers:

- a) hair care
- b) products for use at home
- c) maintenance of their style
- d) potential for style change

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Knowledge and Understanding

To perform this unit successfully, you will need to know and understand:

Salon and legal requirements

1. your salon's requirements for client preparation
2. your salon's expected service times for thermal styling
3. your own responsibilities under the current Control of Substances Hazardous to Health Regulations in relation to the use of thermal styling and finishing products
4. your responsibilities under the current Electricity at Work Regulations

How to work safely, effectively and hygienically when thermal styling

5. the types of protective clothing that should be available for clients
6. how the position of your client and yourself can affect the desired outcome and reduce fatigue and the risk of injury
7. the safety considerations which must be taken into account when thermal styling
8. the importance of positioning equipment for ease of use
9. why it is important to keep your work area clean and tidy
10. methods of working safely and hygienically and which minimise the risk of cross-infection and cross-infestation
11. the importance of personal hygiene
12. why it is important to check electrical equipment used to aid the thermal styling process
13. methods of sterilisation used in hairdressing salons
14. the importance of using products economically
15. the reasons why thermal styling tools should be kept free from excess oils and product build up

Hairdressing science

16. the physical effects of thermal styling and pressing on hair structure
17. why white hair needs to be treated differently when thermal styling
18. how the factors in the range can influence the thermal styling process
19. the effects of humidity on hair
20. how protective and styling products work on the hair
21. why hair should be allowed to cool prior to dressing out
22. how the thermal styling process affects previously permed hair

Products, tools and equipment and their use

23. how and when to use the different types of thermal styling tools and equipment in the range
24. the different types of styling products available for thermal styling and how and when to use them

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25. why it is important to continually test the temperature of thermal styling equipment
26. methods of testing the temperature of thermal styling equipment

Pressing, thermal styling techniques and problems

27. the importance of cleansing and conditioning the hair prior to pressing
28. why hair needs to be sectioned for thermal styling
29. the circumstances when repeated pressing and added pressure is necessary
30. how and why temperatures should vary for different hair types
31. how the size of the section and the angle at which the hair is curled influences the volume and direction of hair movement
32. the effects that can be achieved by the use of the thermal styling techniques in the range
33. the effects that can be achieved by curling on and off base
34. the types of problems that can arise when pressing and thermal styling and how to correct them
35. the problems caused by the excessive use of protective and styling products and how to resolve them
36. the advice to give to clients prior to the start of the service (eg, effect of heat, the need to avoid sudden movement)

Information to give to clients on hair maintenance and management

37. how often to shampoo and cleanse the hair according to hairstyle, hair and scalp condition and lifestyle
38. the products to use for home care and those to avoid and why
39. how to protect the hair whilst sleeping and why
40. how to protect the hair from reversion caused by moisture (e.g. environmental, sports related, steamy conditions)
41. how to maintain their agreed style
42. the importance of knowing when and why they need to have their hair cut
43. how lifestyle can influence their choice of style (eg. active sports, career and job requirements)
44. how their hair texture affects their styling possibilities
45. how the continual use of heat can damage the hair

Communication

46. how to give effective advice and recommendations to clients.