

ITEC FLT Unit 307 Plaiting and Twisting Hair

Recommended guided learning hours – 30

Learning Outcome	Assessment Criteria	Taught Content
1. Be able to prepare for plaiting and twisting hair	<p>1.1 Identify a range of finished looks that use basic plaiting and twisting techniques</p> <p>1.2 Prepare for basic plaiting and twisting techniques</p> <p>1.3 State the importance of the preparation procedures for basic plaiting and twisting techniques</p> <p>1.4 State the factors that influence the choice of basic plaiting and twisting techniques</p>	<p>1.1.1 To include:</p> <ul style="list-style-type: none">• On scalp plaits• Off scalp plaits• Twists <p>1.1.2 To include:</p> <ul style="list-style-type: none">• Pleating / French roll• French plait• Corn rowing• Hair threading• Hair twists• Hair wrapping• Hair weaving <p>1.2.1 To include:</p> <ul style="list-style-type: none">• Preparing self• Preparing working area• Preparing/sterilising tools and equipment• Preparing environment <p>1.3.1 To include:</p> <ul style="list-style-type: none">• Preparing work area• Preparing tools and equipment• Visually inspecting the scalp and hair• Assisting the client into a comfortable and relaxed position for the treatment• Protecting the client's clothing appropriately for the treatment – gowns and towel• Discussing the treatment procedure with the client• Examining the condition of the hair and select correct product choice• Preparing the hair ready for treatment• Ensuring that the preparation meets with the senior therapist's satisfaction• Consulting with client throughout <p>1.4.1 To include:</p> <ul style="list-style-type: none">• Head, face and body shape• Lifestyle

	<p>1.5 Select products and tools for basic plaiting and twisting techniques</p>	<ul style="list-style-type: none"> • Adverse skin, scalp and hair conditions • Hair growth patterns • Hair growth cycle • Hair length • Hair loss • Hair type • Hair condition • Hair texture • Hair density • Degree of curl • Elasticity • Fashion trends • Cultural trends • Gender • Personality • Occasion <p>1.5.1 To include:</p> <p>Products</p> <ul style="list-style-type: none"> • Gel • Oil • Lotion • Spray • Moisturisers <p>Tools</p> <ul style="list-style-type: none"> • Added hair • Pipe cleaners • Fabric • Ribbons • Threads • Combs • Brushes • Sectioning clips • Professional purpose-made securing bands • Securing pins • Decorations • Added hair • Pipe cleaners • Electrical equipment • Mirror
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	<p>1.6 State when and how to use products, tools and equipment</p>	<p>1.6.1 To include:</p> <p>Products</p> <ul style="list-style-type: none"> • Gel • Oil • Lotion • Spray • Moisturisers <p>Tools</p> <ul style="list-style-type: none"> • Added hair • Pipe cleaners • Fabric • Ribbons • Threads • Combs • Brushes • Sectioning clips • Decorations • Added hair • Pipe cleaners • Professional purpose-made securing bands • Securing pins • Electrical equipment • Mirror
<p>2. Be able to carry out hair plaiting and twisting techniques</p>	<p>2.1 Carry out basic plaiting and twisting techniques with and without decoration</p> <p>2.2 Provide home care advice</p>	<p>2.1.1 To include:</p> <ul style="list-style-type: none"> • Protecting and caring for client throughout treatment • Combing or detangling hair • Checking client comfort • Plaiting or twisting hair using appropriate techniques and products • Showing client finished results • Checking that the finished result meets with client's satisfaction • Checking that the finished result meets with senior stylist's satisfaction • Advising the client on suitable basic homecare • Ensuring that the treatment is cost effective and carried out in a commercially acceptable time • Leaving the work place in a suitable condition for further treatments <p>2.2.1 To include:</p> <ul style="list-style-type: none"> • Maintenance of plait/twist • Removal of plait/twist • Potential effects of excessive tension on the hair

	<p>2.3 Follow safe and hygienic working practices</p> <p>2.4 Communicate and behave in a professional manner</p> <p>2.5 State the purpose of home care advice</p>	<p>2.3.1 To include:</p> <ul style="list-style-type: none"> • Sanitising / sterilising tools and equipment using the correct hygiene procedures • Storing sterilised tools appropriately • Salon rules and regulations • Code of Ethics • Disposing of waste • Environmental conditions • PPE • COSHH • Health and safety policy • Demonstrating correct posture – prevention of fatigue and injury • Current legislation <p>2.4.1 To include:</p> <ul style="list-style-type: none"> • Being polite at all times • Being honest • Showing a positive attitude when asked to help • Offering help without having to be asked • Showing enthusiasm for the job • Demonstrating positive facial expressions • Demonstrating positive body language • Demonstrating good eye contact • Listening • Speaking clearly • Knowing what to say and how to say it • Knowing a range of related terminology linked to plaiting and twisting • Demonstrating how to follow instructions • Demonstrating how to work as a team • Following salon requirements <p>2.5.1 To include:</p> <p>Purpose</p> <ul style="list-style-type: none"> • Maintaining plait/twist • Removing plait/twist • Potential effects of excessive tension on the hair
<p>Assessment</p>	<p>Assessed task – Introduction to basic hair plaiting and twisting techniques</p>	<p>To be internally assessed and externally verified by ITEC</p>