

## 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"><li>• On scalp plaits</li><li>• Off scalp plaits</li><li>• Twists</li></ul> <p>1.1.2 To include:</p> <ul style="list-style-type: none"><li>• Pleating / French roll</li><li>• French plait</li><li>• Corn rowing</li><li>• Hair threading</li><li>• Hair twists</li><li>• Hair wrapping</li><li>• Hair weaving</li></ul> <p>1.2.1 To include:</p> <ul style="list-style-type: none"><li>• Preparing self</li><li>• Preparing working area</li><li>• Preparing/sterilising tools and equipment</li><li>• Preparing environment</li></ul> <p>1.3.1 To include:</p> <ul style="list-style-type: none"><li>• Preparing work area</li><li>• Preparing tools and equipment</li><li>• Visually inspecting the scalp and hair</li><li>• Assisting the client into a comfortable and relaxed position for the treatment</li><li>• Protecting the client's clothing appropriately for the treatment – gowns and towel</li><li>• Discussing the treatment procedure with the client</li><li>• Examining the condition of the hair and select correct product choice</li><li>• Preparing the hair ready for treatment</li><li>• Ensuring that the preparation meets with the senior therapist's satisfaction</li><li>• Consulting with client throughout</li></ul> <p>1.4.1 To include:</p> <ul style="list-style-type: none"><li>• Head, face and body shape</li><li>• Lifestyle</li></ul>

	<p>1.5 Select products and tools for basic plaiting and twisting techniques</p>	<ul style="list-style-type: none"> <li>• Adverse skin, scalp and hair conditions</li> <li>• Hair growth patterns</li> <li>• Hair growth cycle</li> <li>• Hair length</li> <li>• Hair loss</li> <li>• Hair type</li> <li>• Hair condition</li> <li>• Hair texture</li> <li>• Hair density</li> <li>• Degree of curl</li> <li>• Elasticity</li> <li>• Fashion trends</li> <li>• Cultural trends</li> <li>• Gender</li> <li>• Personality</li> <li>• Occasion</li> </ul> <p>1.5.1 To include:</p> <p><b>Products</b></p> <ul style="list-style-type: none"> <li>• Gel</li> <li>• Oil</li> <li>• Lotion</li> <li>• Spray</li> <li>• Moisturisers</li> </ul> <p><b>Tools</b></p> <ul style="list-style-type: none"> <li>• Added hair</li> <li>• Pipe cleaners</li> <li>• Fabric</li> <li>• Ribbons</li> <li>• Threads</li> <li>• Combs</li> <li>• Brushes</li> <li>• Sectioning clips</li> <li>• Professional purpose-made securing bands</li> <li>• Securing pins</li> <li>• Decorations</li> <li>• Added hair</li> <li>• Pipe cleaners</li> <li>• Electrical equipment</li> <li>• Mirror</li> </ul>
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	1.6 State when and how to use products, tools and equipment	<p>1.6.1 To include:</p> <p><b>Products</b></p> <ul style="list-style-type: none"> <li>• Gel</li> <li>• Oil</li> <li>• Lotion</li> <li>• Spray</li> <li>• Moisturisers</li> </ul> <p><b>Tools</b></p> <ul style="list-style-type: none"> <li>• Added hair</li> <li>• Pipe cleaners</li> <li>• Fabric</li> <li>• Ribbons</li> <li>• Threads</li> <li>• Combs</li> <li>• Brushes</li> <li>• Sectioning clips</li> <li>• Decorations</li> <li>• Added hair</li> <li>• Pipe cleaners</li> <li>• Professional purpose-made securing bands</li> <li>• Securing pins</li> <li>• Electrical equipment</li> <li>• Mirror</li> </ul>
2. Be able to carry out hair plaiting and twisting techniques	<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"> <li>• Protecting and caring for client throughout treatment</li> <li>• Combing or detangling hair</li> <li>• Checking client comfort</li> <li>• Plaiting or twisting hair using appropriate techniques and products</li> <li>• Showing client finished results</li> <li>• Checking that the finished result meets with client's satisfaction</li> <li>• Checking that the finished result meets with senior stylist's satisfaction</li> <li>• Advising the client on suitable basic homecare</li> <li>• Ensuring that the treatment is cost effective and carried out in a commercially acceptable time</li> <li>• Leaving the work place in a suitable condition for further treatments</li> </ul> <p>2.2.1 To include:</p> <ul style="list-style-type: none"> <li>• Maintenance of plait/twist</li> <li>• Removal of plait/twist</li> <li>• Potential effects of excessive tension on the hair</li> </ul>

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