

## ITEC Unit 666 Plait and Twist Hair using Basic Techniques

<p><b>What this unit is about:</b></p>	<p>This unit is about using basic plaiting and twisting techniques following the instructions of the stylist. A good degree of manual dexterity will be necessary.</p> <p>To carry out this unit, you will need to maintain health, safety and hygiene throughout your work. You will also need to maintain a professional personal appearance and demonstrate good communication skills.</p> <p>The main outcomes of this unit are:</p> <ol style="list-style-type: none"> <li>1. maintain effective and safe methods of working when plaiting and twisting hair</li> </ol>
<p><b>Evidence Requirements:</b></p>	<ol style="list-style-type: none"> <li>1. Simulation is not allowed for any performance evidence within this unit</li> <li>2. You must practically demonstrate in your everyday work that you have met the standard for plaiting and twisting hair using basic techniques</li> <li>3. Your Assessor will observe your performance on <b>at least 3 occasions</b> which must include observation of: <ul style="list-style-type: none"> <li>- a minimum of 5 cornrows</li> <li>- a single French plait</li> <li>- a series of small two strand twists covering a minimum of 25% of the head</li> </ul> </li> <li>4. From the range, you must show that you have: <ul style="list-style-type: none"> <li>- used <b>all</b> the types of products</li> <li>- created <b>all</b> the types of plaits and twists</li> </ul> </li> <li>5. If the range <b>requirement</b> has not been fully covered by these observations you may be able to provide additional <b>observed</b> evidence</li> </ol>
<p><b>What you must do: (Performance Criteria)</b></p>	<p><b>Maintain Effective and Safe Methods of Working when Plaiting and Twisting</b></p> <p>P1 maintain your responsibilities for health and safety throughout the service</p> <p>P2 prepare your client to meet salon's requirements</p> <p>P3 protect your client's clothing throughout the service</p> <p>P4 position your client to meet the needs of the service without causing them discomfort</p> <p>P5 ensure your own posture and position whilst working minimises fatigue and the risk of injury</p> <p>P6 keep your work area clean and tidy throughout the service</p> <p>P7 use working methods that:</p> <p>P7.1 minimise the risk of damage to tools</p> <p>P7.2 minimise the wastage of <b>products</b></p> <p>P7.3 minimise the risk of cross-infection</p> <p>P7.4 make effective use of your working time</p> <p>P7.5 ensure the use of clean resources</p> <p>P7.6 minimise the risk of harm or injury to yourself and others</p> <p>P8 ensure your personal standards of hygiene, protection and appearance</p>

	<p>meets accepted industry and organisational requirements</p> <p>P9 follow stylist's instructions throughout the service</p> <p>P10 follow workplace and suppliers' or manufacturers' instructions for the safe use of equipment, materials and <b>products</b></p> <p>P11 dispose of waste materials</p> <p>P12 complete the plaiting and twisting service within a commercially viable time</p>		
	<p><b>Plait and Twist Hair</b></p> <p>P13 prepare your client's hair following instructions from the stylist</p> <p>P14 control your tools to minimise the risk of damage to the hair and scalp, client discomfort and to achieve the desired look</p> <p>P15 part the sections cleanly and evenly to achieve the direction of the <b>plaits and twists</b></p> <p>P16 secure any hair not being plaited or twisted to keep each section clearly visible</p> <p>P17 maintain a suitable and even tension throughout the plaiting and twisting process</p> <p>P18 control and secure your client's hair, when necessary</p> <p>P19 apply suitable <b>products</b>, when used, to meet manufacturers' and stylist's instructions</p> <p>P20 consult with your client during the plaiting and twisting process to ensure the tension is comfortable</p> <p>P21 adjust the tension of <b>plaits</b>, when necessary, avoiding damage to the hair and minimising discomfort to your client</p> <p>P22 ensure the direction and balance of the finished <b>plait(s) and twists</b> meets your stylist's instructions</p> <p>P23 confirm your client's satisfaction with the finished look</p>		
<b>You must complete a minimum of 2 performances</b>	<p>Practical performance</p> <p>Date and Assessor Initials:</p>	<p>1</p> <div></div>	<p>2</p> <div></div>
<p><b>You must complete a minimum of 2 performances</b></p> <p><b>You must complete a minimum of 2 performances</b></p>	<p>1 <b>Products</b></p> <p>1.1 sprays</p> <p>1.2 oils</p> <p>1.3 moisturisers</p> <p>1.4 gels</p> <p>2 <b>Plaits and Twists</b></p> <p>2.1 multiple cornrows</p> <p>2.2 French plait</p> <p>2.3 two strand twists</p>	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	

**What you must know:**

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

**Maintain Effective and Safe Methods of Working when Plaiting and Twisting Hair**

- K1 your responsibilities for **health and safety** as defined by any specific legislation covering your job role
- K2 your salon's requirements for client preparation
- K3 the range of protective clothing that should be available for clients
- K4 how the position of your client and yourself can affect the desired outcome and reduce fatigue and the risk of injury
- K5 why it is important to keep your work area clean and tidy
- K6 why it is important to avoid cross-infection and infestation
- K7 methods of working safely and hygienically and which minimise the risk of cross-infection and cross-infestation
- K8 why it is important to position your tools for ease of use
- K9 methods of cleaning, disinfecting and/or sterilisation used in salons
- K10 the hazards and risks which exist in your workplace and the safe working practices which you must follow
- K11 the importance of personal hygiene and presentation in maintaining **health and safety** in your workplace
- K12 suppliers' and manufacturers' instructions for the safe use of equipment, materials and products which you must follow
- K13 the correct methods of waste disposal
- K14 your salon's expected service times for plaiting and twisting hair

**Plait and Twist Hair**

- K15 the importance of following your stylist's instructions
- K16 the importance of checking you have understood the instructions given by the stylist
- K17 the importance of controlling your tools to minimise damage to the hair and scalp and prevent client discomfort
- K18 the importance of sectioning hair accurately when plaiting and twisting
- K19 the potential consequences of excessive tension on the hair
- K20 how to identify the signs of traction alopecia
- K21 how hair texture affects the plaiting process and styling possibilities
- K22 how to create cornrows, a French plait and two strand twists
- K23 how to handle the hair when plaiting and twisting to maintain a correct and even tension
- K24 how to adjust the tension of plaits
- K25 methods of securing the completed plait and twists
- K26 the types of products available for use with plaits and twists and when you would use them
- K27 the importance of using products economically

	K28 the importance of checking client comfort throughout the Process
	<p>Assignment: Date..... MCQ: Date.....</p> <p>Learner signature..... Assessor signature.....</p> <p>Internal verifier signature (if sampled) .....</p>