

iUBT397 – Provide pedicure treatments

URN – F/617/4342

Guided Learning Hours: 48

Learning outcome	Assessment criteria	Taught content to include
LO1 Be able to prepare for pedicure treatments	1.1. Prepare self, client and work area for pedicure treatment	<ul style="list-style-type: none"> • Preparation of working area • Equipment • Tools • Products • Work wear • Personal appearance and behaviour • Hygiene e.g. sterilising/sanitising tools and equipment • Procedures used to prepare client for treatment • Client care and modesty
	1.2. Use suitable consultation techniques to identify treatment objectives	<ul style="list-style-type: none"> • An example of a consultation form can be downloaded from www.itecworld.co.uk • Consulting in a suitable area • Positive body language • Positioning of the client • Good communication skills (asking open and/or closed questions where appropriate) • Professionalism • Contra-indications and contra-actions • Treatment plan • Products used • Consent • Confidentiality • Client's signature
	1.3. Carry out a nail and skin analysis	<ul style="list-style-type: none"> • Skin type and condition • Nail type and condition • Natural nail shape e.g. oval, square, spoon, fan

		<ul style="list-style-type: none"> • Factors affecting nail growth <ul style="list-style-type: none"> - Health - Age - Diet - Medication - Climate - Damage - Lifestyle
	1.4. Provide clear recommendations to the client	<ul style="list-style-type: none"> • Taking into account the following: <ul style="list-style-type: none"> - The outcome of the skin and nail analysis - Diet - Stress - Exercise - Fresh air - Occupation - Lifestyle - Footwear - Current regime
	1.5. Select products, tools and equipment to suit client treatment needs, skin types and nail conditions	<ul style="list-style-type: none"> • Couch or pedicure chair • Trolley • Stool • Magnifying lamp • Towels • Additional support if appropriate • Bedroll • Disinfecting fluid • Hot towels/cabinet • Paraffin wax heater • Thermal boots • Tissues • Cotton wool • Pedicure bowls • Brushes • Gauze • Protective film • Sterilising solution • UV cabinet

		<ul style="list-style-type: none"> • Autoclave • Hot bead steriliser • Chemical immersion equipment • Waste disposal • Spatulas • Emery boards • Hoof stick/tipped orange wood stick • Cuticle knife/tool • Cuticle nippers • Nail brush • Nail scissors • Nail clippers • Nail enamel remover • Pedicure rasp • Products for the following treatments: <ul style="list-style-type: none"> - Pedicure - Specialised pedicure treatments, i.e. Paraffin wax, thermal boot pedicure
	1.6. Describe salon requirements for preparing self, the client and the work area	<ul style="list-style-type: none"> • Any particular rights, restrictions and acts applicable to pedicure treatment • Record keeping • Code of practice/ethics • Insurance and professional association membership • Professional appearance
	1.7. Describe the environmental conditions suitable for pedicure treatments	<ul style="list-style-type: none"> • Lighting • Heating • Ventilation • Noise levels • Available space • Music • General hygiene • Waste disposal • Décor • Equipment • Privacy • Reception areas • General use/treatment areas

	1.8. Describe different consultation techniques used to identify treatment objectives	<ul style="list-style-type: none"> • The importance of positive body language • Positioning of the client (no barriers between self and client) • Good communication skills (asking open and/or closed questions where appropriate) • Verbal and non-verbal communication
	1.9. Explain the importance of carrying out a nail and skin analysis	<ul style="list-style-type: none"> • Skin type and condition • Nail type and condition • Natural nail shape • Contra-indications • Scope of treatment(s) • Home care advice • Aftercare advice
	1.10. Describe how to select products, tools and equipment to suit client treatment needs, skin and nail conditions	<ul style="list-style-type: none"> • The importance of selecting the correct products, tools and equipment based upon client consultation and skin and nail analysis • Couch or pedicure chair • Trolley • Stool • Magnifying lamp • Towels • Additional support if appropriate • Bedroll • Disinfecting fluid • Hot towels/cabinet • Paraffin wax heater • Thermal boots • Tissues • Cotton wool • Pedicure bowls • Brushes • Gauze • Protective film • Sterilising solution • UV cabinet • Autoclave • Hot bead steriliser • Chemical immersion equipment

		<ul style="list-style-type: none"> • Waste disposal • Spatulas • Emery boards • Hoof stick/tipped orange wood stick • Cuticle knife/tool • Cuticle nippers • Nail brush • Nail scissors • Nail clippers • Pedicure rasp • Nail enamel remover • Cuticle massage cream/oil • Cuticle remover • Exfoliation products • Foot masks • Paraffin wax • Massage mediums • Nail strengtheners • Base coat • Nail enamels <ul style="list-style-type: none"> - Frosted/pearl - Cream - Light - Dark - French manicure • Top coat • Quick driers • Pedicure techniques to include: <ul style="list-style-type: none"> - Filing - Cuticle work - Exfoliation - Hard skin removal – rasp - Use of foot and nail treatments i.e. foot masks - Massage <ul style="list-style-type: none"> ▪ Effleurage ▪ Petrissage ▪ Tapotement ▪ Passive movements
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		<ul style="list-style-type: none"> - Enamelling the nails - The methods, hygiene and safety precautions, effects and benefits of all treatment techniques
	1.11. Identify nail and skin conditions	<ul style="list-style-type: none"> • Beau's lines • Blue nail • Brittle nails • Bruised nails • Discoloured nails • Dry nails • Flaking nails • Hang nails • Koilonychia • Lamella dystrophy • Leuconychia • Loss of skin sensation • Onychatrophia • Onychauxis • Onychia • Onychocryptosis • Onychogryphosis • Onycholysis • Onychomycosis (tinea unguium) • Onychophagy • Onychoptosis • Onychorrhaxis • Paronychia (whitlow) • Pitting • Pterygium • Sepsis • Transverse ridges • Vertical ridges • Weak nails • Mature skin • Young skin • Sensitive skin • Dehydrated skin • Dry skin

		<ul style="list-style-type: none"> • Dermatitis • Eczema • Psoriasis • Chilblains
	1.12. Describe the contra-indications which prevent or restrict pedicure treatments	<ul style="list-style-type: none"> • Contra-indications requiring medical permission – in circumstances where medical permission cannot be obtained clients must sign an informed consent form stating that the treatment and its effects have been fully explained to them and confirm that they are willing to proceed without permission from their GP <ul style="list-style-type: none"> - Haemophilia - Any condition already being treated by a GP, dermatologist or another practitioner - Medical oedema - Arthritis - Nervous or psychotic conditions - Recent operations on the feet - Diabetes - Inflamed nerve - Undiagnosed pain - Acute rheumatism • Contra-indications that restrict treatment <ul style="list-style-type: none"> - Fever - Infectious or contagious diseases - Under the influence of recreational drugs or alcohol - Diarrhoea and vomiting - Any known allergies - Undiagnosed lumps and bumps - Inflammation - Cuts - Bruises - Abrasions - Scar tissue (2 years for major operations and 6 months for a small scar) - Recent fractures (minimum 3 months) - Sunburn - Severely bitten/damaged nails - Nail separation

		<ul style="list-style-type: none"> - Eczema - Psoriasis - Dermatitis - Warts - Verrucae - Corns - Broken bones - Chilblains
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LO2 Be able to provide pedicure treatments	2.1. Communicate and behave in a professional manner	<ul style="list-style-type: none"> • Explanation of treatment • Benefits, limitations and co-operation required • Client care, modesty and support • Communication • Correct posture, hygiene and a professional approach to the client throughout treatment
	2.2. Follow health and safety working practices	<ul style="list-style-type: none"> • Fire Precautions Act • Health & Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health & Safety at Work Regulations • The Workplace (Health, Safety & Welfare) Regulations • The Manual Handling Operations Regulations • The Personal Protective Equipment at Work Regulations • The Provision and Use of Work Equipment Regulations • The Control of Substances Hazardous to Health Regulations (COSHH) • The Electricity at Work Regulations • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) • Disability Discrimination Act • Data Protection Act/GDPR • Adhere to all product safety precautions and manufacturers' instructions • Legislation which relates to the treatment being carried out, the environment and the client with whom the pedicurist is working
	2.3. Position self and client correctly throughout the treatment	<ul style="list-style-type: none"> • Ensuring the client is comfortable and correctly supported • Pedicurist maintaining correct working posture throughout treatment

		<ul style="list-style-type: none"> • Pedicurist self-care
	<p>2.4. Use products, tools, equipment and techniques to suit client's treatment needs, nail and skin conditions</p>	<ul style="list-style-type: none"> • Equipment <ul style="list-style-type: none"> - Full pedicure treatment approximately 40 minutes - Couch or pedicure chair - Trolley - Stool - Magnifying lamp - Towels - Additional support if appropriate - Bedroll - Disinfecting fluid - Hot towels/cabinet - Paraffin wax heater - Thermal boots - Tissues - Cotton wool - Pedicure bowls - Brushes - Gauze - Protective film - Sterilising solution - UV cabinet - Autoclave - Hot bead steriliser - Chemical immersion equipment - Waste disposal - Spatulas - Emery boards - Hoof stick/tipped orange wood stick - Cuticle knife/tool - Cuticle nippers - Nail brush - Nail scissors - Nail clippers - Pedicure rasp • Products <ul style="list-style-type: none"> - Nail enamel remover - Cuticle massage cream/oil - Cuticle remover

		<ul style="list-style-type: none"> - Exfoliation products - Foot masks - Paraffin wax - Massage mediums - Nail strengtheners - Base coat - Nail enamels <ul style="list-style-type: none"> ▪ Frosted/pearl ▪ Cream ▪ Light ▪ Dark ▪ French pedicure - Top coat - Quick driers • Techniques <ul style="list-style-type: none"> - Filing - Cuticle work - Exfoliation - Hard skin removal – rasp - Use of foot and nail treatments i.e. foot masks - Massage <ul style="list-style-type: none"> ▪ Effleurage ▪ Petrissage ▪ Tapotement ▪ Passive movements - Nail enamelling
	2.5. Complete the treatment to the satisfaction of the client	<ul style="list-style-type: none"> • Conclusion of treatment in appropriate manner to meet client's needs and manufacturers' instructions • Check treatment results with client
	2.6. Record the results of the treatment	<ul style="list-style-type: none"> • List and detail all products used • Client response to treatment and feedback • Note benefits of the treatment • Product advice • Home care advice • Store records demonstrating knowledge of confidentiality requirements
	2.7. Provide suitable aftercare advice	<ul style="list-style-type: none"> • Recommendations for immediate aftercare and treatment maintenance

		<ul style="list-style-type: none"> • Product recommendations • Lifestyle • Recommendation of specialist treatments • Recommendation of further salon treatments
	2.8. State how to communicate and behave in a professional manner	<ul style="list-style-type: none"> • Consultation • Treatment explanation • Client care • Hygiene • Good communication skills
	2.9. Describe health and safety working practices	<ul style="list-style-type: none"> • Fire Precautions Act • Health & Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health & Safety at Work Regulations • The Workplace (Health, Safety & Welfare) Regulations • The Manual Handling Operations Regulations • The Personal Protective Equipment at Work Regulations • The Provision and Use of Work Equipment Regulations • The Control of Substances Hazardous to Health Regulations (COSHH) • The Electricity at Work Regulations • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) • Disability Discrimination Act • Data Protection Act/GDPR
	2.10. Explain the importance of positioning self and the client correctly throughout the treatment	<ul style="list-style-type: none"> • Ensuring the client is comfortable and correctly supported • Pedicurist maintaining correct posture throughout treatment
	2.11. Explain the importance of using products, tools, equipment and techniques to suit client's treatment needs, nail and skin conditions	<ul style="list-style-type: none"> • Couch or pedicure chair • Trolley • Stool • Magnifying lamp • Towels • Additional support if appropriate • Bedroll • Disinfecting fluid • Hot towels/cabinet • Paraffin wax heater

		<ul style="list-style-type: none"> • Thermal boots • Tissues • Cotton wool • Pedicure bowls • Brushes • Gauze • Protective film • Sterilising solution • UV cabinet • Autoclave • Hot bead steriliser • Chemical immersion equipment • Waste disposal • Spatulas • Emery boards • Hoof stick/tipped orange wood stick • Cuticle knife/tool • Cuticle nippers • Nail brush • Nail scissors • Nail clippers • Nail enamel remover • Cuticle massage cream/oil • Cuticle remover • Pedicure rasp • Exfoliation products • Foot masks • Paraffin wax • Massage mediums • Nail strengtheners • Base coat • Nail enamels <ul style="list-style-type: none"> - Frosted/pearl - Cream - Light - Dark - French • Top coat
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		<ul style="list-style-type: none"> • Quick driers • Products for the following treatments: <ul style="list-style-type: none"> - Pedicure - Specialised pedicure treatments, i.e. Paraffin wax, thermal boot pedicure
	2.12. Describe how treatments can be adapted to suit client treatment needs, nail and skin conditions	<ul style="list-style-type: none"> • Restrictions – contra-indications and contra-actions • Nail shapes, types and conditions • Skin condition • Client preferences and commitment • Product availability and suitability • Time scales • Costs • Adapting the treatment to suit the needs of the client
	2.13. Describe the different massage techniques and their benefits	<ul style="list-style-type: none"> • Effleurage • Petrissage • Tapotement • Passive movements • Physiological effects • Psychological effects
	2.14. State the contra-actions that may occur during and following treatments and how to respond	<ul style="list-style-type: none"> • Excessive erythema • Skin irritation • Allergic reaction • Application of cool compress • Referral procedures
	2.15. State the importance of completing the treatment to the satisfaction of the client	<ul style="list-style-type: none"> • Concluding the treatment in appropriate manner to meet client's needs and manufacturers' instructions • Check treatment results with client
	2.16. State the importance of completing treatment records	<ul style="list-style-type: none"> • List and detail all products used • Maintaining records • Aftercare • Home care • Product advice • Compliance with current data protection legislation
	2.17. State the aftercare advice that should be provided	<ul style="list-style-type: none"> • Recommendations for immediate aftercare • Recommendations for treatment maintenance

		<ul style="list-style-type: none"> • Recommendations for nail and skin care products for the clients skin and nail type • Recommendations for use of specialised treatment products if applicable • Lifestyle • Recommendation of specialist salon treatments if applicable • Recommendation of further salon treatments
	2.18. Describe diseases and disorders of the nail and skin	<ul style="list-style-type: none"> • Allergies • Beau's lines • Blue nail • Brittle nails • Bruised nails • Discoloured nails • Dry nails • Flaking nails • Hang nails • Koilonychia • Lamella dystrophy • Leuconychia • Loss of skin sensation • Nail separation • Onychatrophia • Onychauxis • Onychia • Onychocryptosis • Onychogryphosis • Onycholysis • Onychomycosis (tinea unguium) • Onychophagy • Onychoptosis • Onychorrhaxis • Paronychia (whitlow) • Pitting • Pterygium • Sepsis • Transverse ridges • Vertical ridges

		<ul style="list-style-type: none"> • Verrucae • Warts • Weak nails • Sensitive skin • Dehydrated skin • Dry skin • Dermatitis • Eczema • Psoriasis • Cuts • Chilblains • Corns • Bruises • Abrasions
	2.19. Describe the structure and functions of the nail and skin	<ul style="list-style-type: none"> • The nail <ul style="list-style-type: none"> - Free edge - Hyponychium - Eponychium - Peronychium - Lunula - Mantle - Cuticle - Nail plate - Nail bed - Nail fold - Matrix - Nail wall - Nail growth - Protection • The skin <ul style="list-style-type: none"> - Epidermis <ul style="list-style-type: none"> ▪ Stratum corneum ▪ Stratum lucidum ▪ Stratum granulosum ▪ Stratum spinosum/malpighian ▪ Stratum germinativum/basal layer - Dermis <ul style="list-style-type: none"> ▪ Blood supply

		<ul style="list-style-type: none"> ▪ Lymphatic supply ▪ Hair follicle ▪ Hair ▪ Sebaceous gland ▪ Sweat gland – eccrine and apocrine ▪ Sensory nerve endings ▪ Dermal papilla ▪ Collagen ▪ Elastin ▪ Histiocytes ▪ Mast cells ▪ Fibroblasts ▪ Erector pili muscle ▪ Melanocytes - Subcutaneous/adipose layer <ul style="list-style-type: none"> ▪ The fatty layer underneath the dermis - Functions <ul style="list-style-type: none"> ▪ Secretion ▪ Heat regulation ▪ Absorption ▪ Protection/acid mantle (composition and formation) ▪ Elimination/excretion ▪ Sensation ▪ Vitamin D formation (7-dehydro-cholesterol)
	2.20. Describe the structure and function of the muscles of the lower leg and foot	<ul style="list-style-type: none"> • Voluntary • Involuntary • Gastrocnemius • Soleus • Tibialis anterior • Peroneus longus • Flexor digitorum longus • Extensor digitorum longus • Tendon of Achilles • Movement • Support
	2.21. Describe the structure and function of the bones of the lower leg and foot	<ul style="list-style-type: none"> • Compact • Cancellous

		<ul style="list-style-type: none"> • Long bones • Short bones • Tibia • Fibula • Tarsals • Metatarsals • Phalanges • Support framework • Provides attachments for muscles • Forms joints to provide movement • Forms erythrocytes in the bone marrow • Stores calcium • Protection
	2.22. Describe the structure and function of the arteries and veins of the lower leg and foot	<ul style="list-style-type: none"> • Arteries <ul style="list-style-type: none"> - Walls - Lumen • Veins <ul style="list-style-type: none"> - Walls - Lumen - Valves • Arteries <ul style="list-style-type: none"> - Anterior tibial - Posterior tibial • Veins <ul style="list-style-type: none"> - Anterior tibial - Posterior tibial • Control of blood flow and circulation
	2.23. Describe the structure and function of the lymphatic vessels of the lower leg and foot	<ul style="list-style-type: none"> • Lymphatic capillaries • Lymphatic vessels • Lymph node • Popliteal • Transportation • Detoxification • Antibodies, antitoxins and lymphocytes • Immune system • Secondary circulation

Assessment	
<p>Portfolio of evidence containing:</p> <ul style="list-style-type: none"> • 5 treatment evidence to include <ul style="list-style-type: none"> - 5 full pedicure treatments - 1 French polish finish and 1 specialised treatment pedicure <p>Practical examination</p> <p>MCQ</p>	<p>These treatment evidence are internally assessed by the college lecturer and verified by the external examiner to include:</p> <ul style="list-style-type: none"> • Consultation • Medical history • Nail and skin analysis • Treatment details including specific details of products used and client's reactions • Client feedback • Aftercare and home care advice including retail recommendations and advice for further treatments • Learner and client signatures • Treatment date

Guide to taught content
<p>The content contained within the unit specification is not prescriptive or exhaustive but is intended to provide helpful guidance to teachers and learners with the key areas that will be covered within the unit, and, relating to the kinds of evidence that should be provided for each assessment objective specific to the unit learning outcomes.</p>

Document History

Version	Issue Date	Changes	Role
v1	23/08/2019	First published	Qualifications and Regulation Co-ordinator