

# Scheme of work

For each VTCT (ITEC) qualification, the lecturer/centre must complete a scheme of work for each unit indicating how the Lecturer is planning to cover the unit content throughout the course. Set out the planned sessions in terms of learning outcomes to be achieved. These should match those stated within the VTCT (ITEC) unit specification. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the unit specification.

**Unit title:** iUBT385 - Apply light cured polish

**Total contact tuition hours proposed:** 10

**Lecturer(s) responsible:**

Learning objectives	Lecture content	Suggested resources	Approx. hours
Introductory session	<ul style="list-style-type: none"> <li>College rules and regulations</li> <li>College mission statement</li> <li>VTCT (ITEC) rules and regulations</li> <li>Health &amp; safety</li> <li>Timetable</li> <li>Dates – holidays etc.</li> <li>Syllabus</li> <li>Recommended books</li> <li>Uniform</li> </ul>	<ul style="list-style-type: none"> <li>Lecture</li> <li>Q&amp;A</li> <li>Using all the documents listed to ensure the students understand the college expectations and their commitment to the course</li> </ul>	
<b>1. Be able to prepare for light cured polish treatments</b>			
Describe salon requirements for preparing self, the client and the work area for light cured polish treatment	<ul style="list-style-type: none"> <li>Preparation of working area</li> <li>Equipment</li> <li>Products</li> <li>Work wear</li> <li>Personal appearance and behaviour</li> <li>Hygiene e.g., sterilising/sanitising tools and equipment</li> <li>Procedures used to prepare client for treatment</li> <li>Client care and modesty</li> </ul>	<ul style="list-style-type: none"> <li>OHP/Whiteboard</li> <li>Lecture</li> <li>Q&amp;A</li> <li>Homework</li> <li>Test</li> </ul>	3
Describe different consultation techniques	<ul style="list-style-type: none"> <li>Positive body language</li> <li>Positioning of the client (no barriers between self and client)</li> </ul>		

used to identify treatment objectives	<ul style="list-style-type: none"> <li>• Good communication skills (asking open and/or closed questions where appropriate)</li> <li>• Verbal and non-verbal communication</li> </ul>		
Explain the importance of carrying out a detailed nail and skin analysis	<ul style="list-style-type: none"> <li>• Skin type and condition</li> <li>• Nail type, shape and condition</li> <li>• Cuticle condition</li> <li>• Contra-indications</li> <li>• Scope of treatment(s)</li> <li>• Identification of nail with gel polish system suitability</li> <li>• Home care advice</li> <li>• Aftercare advice including removal procedures and contra-actions arising from incorrect removal procedures</li> </ul>		
Describe how to select products, tools and equipment to suit client treatment needs, skin and nail conditions	<ul style="list-style-type: none"> <li>• The importance of selecting the correct products, tools and equipment based upon client consultation, client requirements and skin and nail analysis</li> <li>• Couch or chair</li> <li>• Trolley or manicure table</li> <li>• Stool</li> <li>• Magnifying lamp</li> <li>• Towels</li> <li>• Additional support if appropriate</li> <li>• Bedroll</li> <li>• Disinfecting fluid</li> <li>• Tissues</li> <li>• Lint free pads</li> <li>• Sterilising solution</li> <li>• UV cabinet</li> <li>• Autoclave</li> <li>• Hot bead steriliser</li> <li>• Chemical immersion equipment</li> <li>• Waste disposal</li> <li>• Hand sanitiser</li> <li>• Files</li> <li>• Buffers</li> <li>• Orange wood stick</li> <li>• Cuticle tools</li> <li>• Clippers</li> <li>• Scissors</li> <li>• Light source appropriate to system and manufacturer's instructions i.e. UV or LED</li> </ul>		

	<ul style="list-style-type: none"> <li>• Natural nail cleanser/preparation products appropriate to the system and manufacturer's instructions</li> <li>• Cuticle oil</li> <li>• Acetone free nail polish remover</li> <li>• Acetone</li> <li>• Products for light cured polish system specific to the system and in accordance with manufacturer's instructions: <ul style="list-style-type: none"> <li>- Gel oligomers</li> <li>- Liquid monomers</li> <li>- Gel cleanser</li> <li>- Gel primer or base coat</li> <li>- Gel/light cure polishes</li> <li>- Gel top coat/sealer</li> <li>- Solvents/removal products appropriate to the system</li> </ul> </li> </ul>		
Describe the contra-indications which prevent or restrict light cured polish treatments	<ul style="list-style-type: none"> <li>• 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"> <li>- Haemophilia</li> <li>- Any condition already being treated by a GP, dermatologist or another practitioner</li> <li>- Medical oedema</li> <li>- Arthritis</li> <li>- Nervous or psychotic conditions</li> <li>- Recent operations on the hands and feet</li> <li>- Diabetes</li> <li>- Inflamed nerve</li> <li>- Undiagnosed pain</li> <li>- Acute rheumatism</li> </ul> </li> <li>• Contra-indications that restrict treatment <ul style="list-style-type: none"> <li>- Fever</li> <li>- Infectious or contagious diseases</li> <li>- Under the influence of recreational drugs or alcohol</li> <li>- Diarrhoea and/or vomiting</li> <li>- Any known allergies</li> <li>- Undiagnosed lumps and bumps</li> <li>- Inflammation</li> <li>- Cuts</li> <li>- Bruises</li> <li>- Abrasions</li> <li>- Scar tissue (2 years for major operations and 6 months for a small scar)</li> <li>- Recent fractures (minimum 3 months)</li> <li>- Sunburn</li> </ul> </li> </ul>		

	<ul style="list-style-type: none"> <li>- Repetitive strain injury</li> <li>- Carpal tunnel syndrome</li> <li>- Loss of skin sensation</li> <li>- Severely bitten/damaged nails</li> <li>- Nail separation</li> <li>- Thinning nails</li> <li>- Eczema</li> <li>- Psoriasis</li> <li>- Dermatitis</li> <li>- Broken bones</li> <li>- Verrucae</li> <li>- Warts</li> </ul>		
Explain the different types of light curing polish equipment	<ul style="list-style-type: none"> <li>• Light emittance i.e. UV or LED</li> <li>• Type of bulb</li> <li>• Power usage</li> <li>• Weight</li> <li>• Bulb life</li> <li>• Gel curing strength</li> <li>• Curing process timings</li> </ul>		
Explain the chemical processes that occur during light curing polish treatments	<ul style="list-style-type: none"> <li>• Exothermic effect</li> <li>• Shrinkage</li> <li>• Light curing</li> <li>• Light sources</li> <li>• Appropriate timings</li> <li>• Lamp wattage, positioning and safety</li> <li>• Photoinitiators</li> <li>• Gel oligomers</li> <li>• Liquid monomers</li> <li>• Primers</li> <li>• Solvents</li> </ul>		
Explain the importance of following manufacturers' instructions	<ul style="list-style-type: none"> <li>• The importance of performing a dry manicure</li> <li>• Preparation of nail surface/removal of surface shine</li> <li>• Light cured polish application and curing techniques</li> <li>• Recommended treatment timings</li> <li>• Aftercare</li> <li>• Removal recommendations</li> </ul>		
State the contra-actions that may occur during and	<ul style="list-style-type: none"> <li>• Excessive erythema</li> <li>• Skin irritation</li> </ul>		

following treatment and how to respond	<ul style="list-style-type: none"> <li>• Exothermic reaction</li> <li>• Allergic reaction</li> <li>• Itching</li> <li>• Inflammation</li> <li>• Lifting</li> <li>• Premature loss</li> <li>• Ridging</li> <li>• Shedding</li> <li>• Separation</li> <li>• Infection</li> <li>• Hang nail</li> <li>• Overexposure</li> <li>• Client abuse; biting/picking</li> <li>• Damaged cuticle</li> <li>• Bacterial infection of the nail plate</li> <li>• Dehydration</li> <li>• Discolouration</li> <li>• Sepsis</li> <li>• Discolouration of product</li> <li>• Immediate removal of product</li> <li>• Cold purified water</li> <li>• Referral procedures</li> </ul>		
Describe how to maintain and remove light cured polish	<ul style="list-style-type: none"> <li>• Appropriate aftercare care and home care advice</li> <li>• Returning to the salon/technician for professional removal</li> <li>• The importance of following manufacturers' instructions for removal including advice on possible contra-actions arising from incorrect removal procedures</li> </ul>		

2. Be able to provide light cured polish treatments			
Prepare self, the client and the work area for light cured polish treatment in accordance with health and safety working practices and industry code of practice	<ul style="list-style-type: none"> <li>• Preparation of working area</li> <li>• Equipment</li> <li>• Products</li> <li>• Work wear</li> <li>• Personal appearance and behaviour</li> <li>• Hygiene e.g., sterilising/sanitising tools and equipment</li> <li>• Procedures used to prepare client for treatment</li> <li>• Client care and modesty</li> <li>• Fire Precautions Act</li> <li>• Health &amp; Safety at Work Act</li> </ul>	<ul style="list-style-type: none"> <li>• OHP/Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Handout</li> <li>• Homework</li> <li>• Test</li> <li>• Demonstration</li> <li>• An example of a consultation form can be</li> </ul>	7

	<ul style="list-style-type: none"> <li>• Health and Safety (First Aid) Regulations</li> <li>• The Management of Health &amp; Safety at Work Regulations</li> <li>• The Workplace (Health, Safety &amp; Welfare) Regulations</li> <li>• The Manual Handling Operations Regulations</li> <li>• The Personal Protective Equipment at Work Regulations</li> <li>• The Provision and Use of Work Equipment Regulations</li> <li>• The Control of Substances Hazardous to Health Regulations (COSHH)</li> <li>• The Electricity at Work Regulations</li> <li>• Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)</li> <li>• Disability Discrimination Act</li> <li>• Data Protection Act/GDPR</li> <li>• Adhere to all product safety precautions and manufacturers' instructions</li> <li>• Legislation which relates to the work being carried out, the environment and the client with whom the nail technician is working</li> <li>• Industry Code of Practice for nail services</li> </ul>	downloaded from <a href="http://www.itecworld.co.uk">www.itecworld.co.uk</a>	
Communicate and behave in a professional manner	<ul style="list-style-type: none"> <li>• Explanation of treatment</li> <li>• Benefits, limitations and co-operation required</li> <li>• Client care, modesty and support</li> <li>• Communication</li> <li>• Correct working posture, hygiene and a professional approach to the client throughout treatment</li> </ul>		
Use suitable consultation techniques to identify treatment objectives	<ul style="list-style-type: none"> <li>• Consulting in a suitable area</li> <li>• Positive body language</li> <li>• Positioning of the client</li> <li>• Good communication skills (asking open and/or closed questions where appropriate)</li> <li>• Verbal and non-verbal communication</li> <li>• Professionalism</li> <li>• Contra-indications and contra-actions</li> <li>• Treatment plan</li> <li>• Products used</li> <li>• Consent</li> <li>• Confidentiality</li> <li>• Client's signature</li> </ul>		
Perform client nail and skin analysis	<ul style="list-style-type: none"> <li>• Skin type and condition</li> <li>• Nail type, shape and condition</li> <li>• Cuticle condition</li> <li>• Contra-indications</li> <li>• Scope of treatment(s)</li> </ul>		

	<ul style="list-style-type: none"> <li>• Identification of nail gel polish system suitability</li> <li>• Home care advice</li> <li>• Aftercare advice including removal procedures and possible contra-actions from incorrect removal procedures</li> </ul>		
Position self and client correctly throughout the treatment	<ul style="list-style-type: none"> <li>• Ensuring the client is comfortable and correctly supported</li> <li>• Nail technician maintaining correct working posture throughout treatment</li> <li>• Nail technician self-care</li> </ul>		
Select products, tools, equipment and techniques to suit client's treatment needs, nail and skin conditions	<ul style="list-style-type: none"> <li>• The importance of selecting the correct products, tools equipment and techniques based upon client consultation, client requirements and skin and nail analysis</li> <li>• Couch or chair</li> <li>• Trolley or manicure table</li> <li>• Stool</li> <li>• Magnifying lamp</li> <li>• Towels</li> <li>• Additional support if appropriate</li> <li>• Bedroll</li> <li>• Disinfecting fluid</li> <li>• Tissues</li> <li>• Lint free pads</li> <li>• Sterilising solution</li> <li>• UV cabinet</li> <li>• Autoclave</li> <li>• Hot bead steriliser</li> <li>• Chemical immersion equipment</li> <li>• Waste disposal</li> <li>• Hand sanitiser</li> <li>• Files</li> <li>• Buffers</li> <li>• Orange wood stick</li> <li>• Cuticle tools</li> <li>• Clippers</li> <li>• Scissors</li> <li>• Light source appropriate to system and manufacturer's instructions i.e. UV or LED</li> <li>• Natural nail cleanser/preparation products appropriate to the system and manufacturer's instructions</li> <li>• Cuticle oil</li> <li>• Acetone free nail polish remover</li> <li>• Acetone</li> </ul>		

	<ul style="list-style-type: none"> <li>• Products for light cured polish system specific to the system and in accordance with manufacturer's instructions: <ul style="list-style-type: none"> <li>- Gel oligomers</li> <li>- Liquid monomers</li> <li>- Gel cleanser</li> <li>- Gel primer or base coat</li> <li>- Gel/light cure polishes</li> <li>- Gel top coat/sealer</li> <li>- Solvents/removal products appropriate to the system</li> </ul> </li> <li>• Gel polish techniques: <ul style="list-style-type: none"> <li>- Dark colour</li> <li>- Light colour</li> <li>- French</li> <li>- Nail art design</li> <li>- Removal</li> </ul> </li> </ul>		
Prepare client's nails and apply light cured polish products according to manufacturers' instructions	<ul style="list-style-type: none"> <li>• The importance of performing a dry manicure</li> <li>• Sanitise client's hands and technicians hands</li> <li>• Wipe nails with lint free wipes soaked in oil free polish remover or acetone</li> <li>• Apply a cuticle remover</li> <li>• Use a sanitised cuticle push or eponychium remover</li> <li>• Shape nail</li> <li>• Remove shine from natural nail with a white block</li> <li>• Remove dust with a manicure brush</li> <li>• Apply nail prep/dehydrator according to manufacturers' instructions</li> </ul>		
Complete the treatment to the satisfaction of the client	<ul style="list-style-type: none"> <li>• Conclusion of service in appropriate manner to meet client's needs, manufacturers' instructions and light cured polish system specification</li> <li>• Check service results with client</li> </ul>		
Provide suitable aftercare and maintenance advice	<ul style="list-style-type: none"> <li>• Recommendations for immediate aftercare and treatment maintenance</li> <li>• Home care advice</li> <li>• Product recommendations</li> <li>• Lifestyle</li> <li>• Recommendation of further salon treatments including removal and advice on possible contra-actions arising from incorrect removal procedures</li> </ul>		
Record the results of the treatment	<ul style="list-style-type: none"> <li>• Client response to service and feedback</li> <li>• Note details of the service provided including products and colour(s) used</li> <li>• Note benefits of the service</li> <li>• Product advice</li> <li>• Aftercare and home care advice including advice on removal</li> <li>• Store records in line with current data protection legislation</li> </ul>		



Document History

Version	Issue Date	Changes	Role
v1	29/10/2019	First published	Qualifications Administrator