

## Overview

This standard coexists alongside, *\*SKAHDBRBNST1 Implement and maintain safe, hygienic and effective working practices* \*and *\*SKAHDBRBNS1 Consult, assess, plan and prepare for Hair, Barbering, Beauty, Nails, Wellbeing and Holistic services*. \*This standard is for a nail professional providing nail services to enhance, maintain, repair light cured nail product enhancements. The light cured nail product service includes preparing the nails, shaping the nails, cuticle work and extending the natural nail through sculpting the nail with light cured nail products or applying nail tips with a light cured nail product overlay. You will also be required to do a post procedure evaluation and reflection for continuous improvement. Users of this standard will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance. It is advisable users of this standard are aware of, and comply with first aid requirements in accordance with legislation and organisational policies and procedures.

### **The main outcomes are:**

1. Enhance the nails through applying sculpted light cured nail products
2. Enhance the nails through applying tips with a light cured nail product overlay
3. Apply a light cured nail product overlay on the natural nail
4. Maintain and repair nail enhancements through infills and rebalance

## Performance criteria

### *You must be able to:*

1. carry out a concise and comprehensive consultation with the individual
2. maintain your responsibilities for health and safety in accordance with legislation, regulations, directives and guidelines
3. discuss and establish the individual's objectives, nail concerns, expectations and desired outcomes to inform the service plan, to include:

#### 3.1 light **cured nail finish**

#### \*\*3.2 lifestyle

#### 3.3 alternative treatment options

4. confirm and agree with the individual, they have understood the proposed service, to include:

#### 4.1 contra-actions

#### 4.2 **adverse reactions**

#### \*\*4.3 physical sensation on the nail bed and surrounding skin

5. obtain and record the individual's informed consent for the service
6. prepare the individual's treatment area in accordance with the **service protocol**, to include:

#### 6.1 remove any existing product from the nail in accordance with the manufacturer's instructions

7. carry out a nail and skin analysis, to include:

#### 7.1 **nail condition**

#### 7.2 skin condition

#### 7.3 **length and shape of the nail**

8. discuss and agree the service in accordance with the service protocol
9. confirm the desired nail length and shape with the individual
10. clip and shape the nails to ensure a smooth free edge in accordance with the service protocol
11. prepare the cuticles in accordance with manufacturer instructions
12. use tools to remove cuticle from the visible nail plate without damaging the surrounding skin
13. prepare the nail plate for the light cured nail finish in accordance with the service protocol
14. prepare the light **equipment** in accordance with manufacturer instructions and legislative requirements

### **Apply a light cured nail product overlay**

15. select the light cured nail product in accordance with the service protocol
16. apply the light cured nail product overlay to the nail plate leaving a free margin from surrounding skin in accordance with the service protocol

### **Sculpt using light cured nail product**

17. customise and fit the sculpting form to ensure correct product placement and shape
18. select the light cured nail product in accordance with the service protocol
19. apply the light cured nail product to the nail plate leaving a free margin from surrounding skin, in accordance with manufacturer instructions, to include:
  - 19.1 create an artificial nail structure in accordance with the light cured nail product service protocol

### **Apply tips and light cured nail product overlays**

20. select and customise nail tips to suit the individual's natural nails

21. adhere the nail tip to the natural nail using nail adhesive in accordance with the service protocol, to include:

21.1 clip and shape the free edge of the tips

21.2 blend the tips so they are undetectable ensuring there is no damage to the natural nail

22. select the light cured nail product in accordance with the service protocol

23. apply the light cured nail product overlay to the nail plate leaving a free margin from surrounding skin, in accordance with manufacturer instructions

### **Curing**

24. cure the light cured nail product using the light equipment for the duration, in accordance with the manufacturer instructions

### **Maintain and repair**

25. identify any maintenance and/or unexpected damage to the nail enhancements to include:

25.1 identify the cause of unexpected damage

25.2 repair or replace the damaged nail enhancement

26. use **nail maintenance techniques** to restore the nail enhancement to its original condition

### **Finishing techniques**

27. remove the inhibition layer of light cured nail product in accordance with the manufacturer instructions

28. use filing techniques to create the required balance, shape and length

29. apply a top coat to protect the nail finish in accordance with the manufacturer instructions

30. monitor the individual's health, wellbeing and skin reaction throughout the service

Enhance and maintain nails using light cured nail products

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31. implement the correct course of action in the event of an adverse reaction
32. conclude the service in accordance with the service protocol, legislative requirements and organisational policies and procedures
33. complete the individual's service records and store in accordance with data legislation
34. use reflective practice to evaluate the service and take appropriate action
35. provide **instructions** and advice to the individual, pre and post the service
36. record the outcome and evaluation of the service

## Knowledge and understanding

### *You need to know and understand:*

1. your role and responsibilities in providing services and the importance of working within your competence
2. why you must comply with ethical practice and work within the legislative requirements, to include:
  - 2.1 the responsibilities under local authority licensing regulations for yourself and your premises
3. the importance to engage in, and document continuous professional development to include, up-to-date information policies, procedures and best practice guidance
4. the **anatomy and physiology** relevant to this standard
5. the relative and absolute contraindications relevant to the nail service, to include:
  - 5.1 the legislative and insurance requirements for obtaining medical diagnosis and referral
6. the importance of recognising suspicious skin irregularities and lesions, and referring to a relevant healthcare professional
7. the purpose, use and limitations of light cured nail product services in relation to:
  - 7.1 past and current medical history
  - 7.2 nail and skin condition
  - 7.3 relevant lifestyle factors
  - 7.4 medication and medical conditions
  - 7.5 individual's expectations
8. the different types of treatable skin and nail conditions
9. how to conduct a nail and skin analysis

11. the importance of carrying out a nail and skin analysis to determine the service plan
12. the importance of adhering to the service protocol
13. the equipment used in light cured nail product applications, to include:
  - 13.1 the maintenance, use and safety requirements in accordance with the manufacturer instructions and legislative requirements
14. the polymerisation process
15. the electromagnetic spectrum and the UV wavelengths
16. how to cure light cured nail product effectively, to include:
  - 16.1 reasons for light cured nail product to undercure and/or overcure
17. the importance of using a UV equipment with the correct wavelength, irradiance and timing for the light cured nail product
18. the manual techniques used to create nail enhancements using light cured nail products, to include:
  - 18.1 how to adapt the light cured nail product service to meet the individual's needs
19. the types of files and buffers and their effects
20. the types of nail tips, application and blending techniques
21. the benefits and limitations of blended and unblended tips
22. the differences and effects of alkaline and acidic bonding agents
23. when and why bonding agents are used
24. how to apply nail enhancements to ensure maximum strength and longevity
25. the different types of sculpting forms available and how to use them
26. the types of light cured nail finishes, to include:

26.1 light cured nail strengthening systems

26.2 light cured hybrid systems

27. the types, benefits and limitations of light cured nail product products to include:

27.1 how to match coloured gel products to the individual's natural skin classification

28. the reasons for leaving a free margin around the surrounding skin

29. the chemical composition and the curing process of light cured nail products, to include:

29.1 how the curing time can vary

30. how light cured nail product nail enhancements differ from other nail enhancement products

31. the types of hygiene products for the skin and the importance of following manufacturer instructions

32. how to prepare, use and maintain products, tools and equipment in accordance with the service protocol

33. why it is important to clean and dry the natural nail prior to applying a nail enhancement system, to include:

33.1 the reasons for using a pre-treatment product to dehydrate the nail plate

34. why the inhibition layer is removed following a light cured nail product application

35. the reasons for applying a **post-treatment product** following a light cured nail product application

36. the techniques for repairing natural nails

37. the techniques for repairing nail enhancements

38. the types of maintenance techniques used to restore nail enhancements, how and when to carry out

39. the reasons for unexpected premature loss or damage to the nail enhancement following a nail enhancement service
40. the adverse reactions associated with light cured nail product services and how to respond
41. the health and safety responsibilities in line with legislation before, during and after the service to include:
  - 41.1 the importance of adequate extraction and ventilation when using nail enhancement products
42. the reasons why a contingency plan for safe removal of the nail enhancement is required, to include:
  - 42.1 the ways in which a contingency plan can be effective and maintain the individual's health and safety
43. the importance of using cosmetically approved products
44. the importance of adhering to manufacturer instructions to prevent product incompatibilities and risks to health
45. the types and associated risks of nail products linked with toxicity
46. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the service plan
47. the legal requirements for providing nail services to minors and vulnerable adults
48. the fee structures and treatment options
49. the legislative and indemnity requirements of gaining signed, informed consent for the service
50. the importance of monitoring the health and wellbeing of the individual during and post the service
51. the reasons for taking consensual visual media of the individual's treatment area and storing in accordance with the service, legislative, insurance and organisational

requirements

52. the legislative and regulatory requirements of completing and storing the individual's service records
53. the expected outcomes of light cured nail product services
54. the purpose of reflective practice and evaluation and how it informs future services
55. the importance to record the outcome and evaluation of the service
56. the instructions and advice pre and post the service

## Scope/range

### UV cured nail product nail finish

1. opaque
2. pink and white
3. colour
4. skin matched opaque

### Adverse reaction

1. allergic reaction
2. discolouration of the product
3. discolouration of the nail plate
4. discolouration of the nail bed
5. thinning of the nail plate
6. cuts and abrasions
7. bruising
8. overexposure
9. exothermic reaction
10. lifting of the product
11. premature loss of enhancement
12. infection
13. over curing

### Service protocol

1. working environment
2. health and safety
3. infection prevention and control
4. service plan
5. informed consent
6. data management
7. manufacturer instructions
8. audit and accountability
9. instructions and advice
10. sustainability
11. waste management
12. evidence-based practice
13. reflective practice

**Nail condition**

1. onychophagy
2. discolouration
3. misshapen
4. split above the hyponychium
5. beau lines
6. ridged longitudinal and horizontal lines
7. dehydrated
8. onychorrhexis
9. onycholysis

**Length and shape of the nail**

1. long
2. mid-length
3. short
4. round
5. oval
6. square
7. squoval
8. coffin
9. almond
10. stiletto

**Equipment**

1. UV CFL
2. UV LED

**Nail maintenance techniques**

1. infill
2. rebalance
3. backfill
4. replacement of overlay
5. repair of overlay

**Instructions**

1. the individual and practitioner's legal rights and responsibilities
2. pre and post service instructions and care

Enhance and maintain nails using light cured nail products

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3. restrictions and associated risks
4. future services

### **Anatomy and physiology**

1. the structure and function of the body systems and their interdependence on each other within the upper and lower extremities
2. the contraindications and pathologies related to the nail unit, nail growth and skin
3. the structure and functions of the nail and nail growth

### **Post-treatment product**

1. creams
2. oils

## Glossary

### **Absolute contraindication**

An absolute contraindication is a condition that prevents the service from being carried out and may require referral.

**Adverse reaction** An adverse reaction is an 'unexpected' reaction or outcome following a service, i.e. fainting

**Contra action** A contra-action is an 'expected' reaction or outcome following a service, i.e. erythema

### **Evidence-based practice**

Evidence-based practice is based on the best available, current, valid and relevant evidence.

### **First aid**

First aid can refer to first aid at work qualifications or equivalent and first aid mental health awareness.

### **Protocol**

A protocol is a standard procedure to ensure best practice and compliance when providing services, i.e. follow manufacturer instructions.

### **Relative contraindication**

A relative contraindication is a condition that requires an assessment of suitability for the service and/or if adaptations are required.

### **Toxicity**

Toxicity is determined by a person's reaction to different dosages of a chemical. Toxicity or adverse reactions can occur from incompatibilities with an incorrect mixture of chemicals.

### **UV cured nails products**

UV cured nails products are forms of hard and soft gel that require curing using calibrated UV equipment.

### **UV equipment**

There are two types of UV emitting equipment. These are recognised as a Compact Fluorescent Lamp (CFL) UV lamp or Light Emitting Diode (LED) UV lamp.

### **Links to other NOS**

SKAHDBRBNST1, SKAHDBRBNS1, SKABN1, SKABN2, SKABN3,  
SKANT1, SKANT2, SKANT3, SKANT4, SKANT5, SKANT7, SKANT9

Enhance and maintain nails using light cured nail products

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