

## 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 about a hair professional carrying out braid, twists and thread wrapping services. 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. Carry out a variety of 2 and 3 strand braids
2. Carry out a variety of 1 and 2 strand twists
3. Carry out a thread wrapping service

## 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 and desired outcomes to inform the braid, twists or thread wrapping service plan, to include:
  - 3.1 treatment history
  - 3.2 alternative treatment options
4. carry out a hair and scalp analysis, to include:
  - 4.1 **hair curl classification**
  - 4.2 **hair condition**
  - 4.3 **state of hair**
  - 4.4 scalp condition
5. carry out **tests** to determine suitability for service, to include:
  - 5.1 record the outcome and store in accordance with data legislation
6. discuss the type of **braid, twists or thread wrapping techniques** to be used in accordance with the service plan
7. confirm and agree with the individual, they have understood the proposed braid, twists or thread wrapping service, to include:
  - 7.1 contra-actions
  - 7.2 adverse reactions
8. obtain the individual's informed consent for the braid, twists or thread wrapping service

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9. prepare the individual and shampoo the hair and scalp in accordance with the **braid, twists or thread wrap service protocol**
10. comb and blow dry the hair in the hair growth direction in accordance with the braid, twists or thread wrap service protocol
11. section the hair in accordance with the braid, twists or thread wrap service protocol
12. secure any hair not being styled to keep each section clearly visible

**Braiding**

13. divide the section of hair equally into the amount of strands required to create the braid
14. braid the hair methodically, ensuring even tension is maintained, to include:
  - 14.1 using techniques to avoid damage to the hair and scalp

**Twisting**

15. divide the section of hair equally into the amount of strands required to create the twist
16. liberally apply a pre-treatment product on the hair
17. twist the hair using a comb or fingers, ensuring even tension is maintained, to include:
  - 17.1 using techniques to avoid damage to the hair and scalp
18. dry the twists in accordance with the braid, twists or thread wrap service protocol
19. apply a post-treatment product on the twists for shine
20. twist out the hair twists to avoid damage to the hair and scalp

**Wrapping with thread**

21. select thread to wrap hair sections

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22. section the hair to achieve the desired look
23. wrap thread around selected sections of hair
24. ensure the wrapped sections are smooth, firm, cylindrical and completely cover the hair with an even tension throughout
25. conclude the service in accordance with the braid, twists or thread wrap service protocol, to include:
  - 25.1 application of **styling and finishing products**
26. confirm with the individual they are satisfied with the final result
27. monitor the individual's health and wellbeing throughout the braid, twists and thread wrapping
28. implement the correct course of action in the event of an adverse reaction
29. complete the individual's service records and store in accordance with data legislation
30. use reflective practice to evaluate the braid, twists and thread wrapping service and take appropriate action
31. provide **instructions** and advice to the individual, pre and post the service
32. record the outcome and evaluation of the braid, twists and thread wrapping

## Knowledge and understanding

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

1. your role and responsibilities in providing braid, twists and thread wrapping 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 hair 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 scalp lesions, and referring to a relevant healthcare professional
7. the types and limitations of braid, twists and thread wrapping techniques, to include adaptations required, in relation to:
  - 7.1 hair curl classification
  - 7.2 hair condition
  - 7.3 state of hair
  - 7.4 scalp condition
  - 7.5 treatment history/chemical build up
8. the importance of carrying out a hair and scalp analysis and how it effects the choice of braid, twists and thread wrapping services and techniques to be used, to include:
  - 8.1 adaptations required
9. the importance of carrying out tests and how the test outcomes can affect the braid, twists and thread wrapping service
10. how to recognise over processed hair, the associated risks and action to take
11. how to recognise trichorrhhexis nodosa, the associated risks and action to take
12. how to carry out and adapt braid, twist and thread wrapping techniques for each hair curl classification
13. how excessive tension during a braid, twists and thread wrapping can damage

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the hair and scalp

14. how to identify first signs of traction alopecia
15. the types and causes of hair loss
16. why it is important to select and apply products prior to a twisting service in accordance with the hair curl classification
17. the effects of twisting on wet and dry hair
18. how to carry out braid, twist and thread wrapping techniques that minimise damage to the hair, to include:
  - 18.1 the service time in accordance with your organisational policies and procedures
19. the types of styling and finishing products and tools available for braids, twists or thread wrapping services
20. how to maintain the agreed style and ensure its longevity
21. the importance of consulting with the individual throughout the braid, twists and thread wrapping service
22. the adverse reactions associated with a braid, twists and thread wrapping services and how to respond
23. the health and safety responsibilities in line with legislation before, during and after the service
24. the legal requirements for providing hair services to minors and vulnerable adults
25. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the braid, twists and thread wrapping service plan
26. the fee structures and treatment options
27. the legislative and indemnity requirements of gaining signed, informed consent for the service
28. 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
29. how to unravel braids, twists and thread wraps in accordance with the braid, twists or thread wrap service protocol
30. the importance of minimising damage to the individual's hair during the unravelling process
31. the importance of adhering to the braid, twists or thread wrap service protocol
32. the importance of monitoring the health and wellbeing of the individual during and post the service

- 33. the expected outcomes of braid, twists and thread wrapping services
- 34. the purpose of reflective practice and evaluation and how it informs future services
- 35. the instructions and advice, pre and post the braid, twists and thread wrapping services

## Scope/range

### Hair curl classification

1. straight
2. wavy
3. curly
4. tight curls
5. combination

### Hair characteristics

1. hair density
2. hair texture
3. hair elasticity
4. hair porosity
5. hair growth patterns

### State of hair

1. non - chemically treated hair
2. partially chemically treated hair
3. chemically treated hair

### Tests

1. elasticity

### Braid, twists and thread wrapping techniques

1. 2 and 3 strand braids
2. 1 and 2 strand twists
3. thread wrapping

### Braid, twists and thread wrap service protocol

1. working environment
2. health and safety
3. infection prevention and control
4. service plan
5. informed consent
6. test outcomes
7. data management
8. audit and accountability

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9. instructions and advice
10. waste management
11. evidence-based practice
12. reflective practice

### **Styling and finishing products**

1. heat protectors
2. mousse
3. creams
4. serums
5. gel
6. hair spray
7. oil
8. pomades
9. texture enhancing spray
10. setting lotions
11. wax

### **Instructions**

1. the individual and practitioner's legal rights and responsibilities
2. pre and post procedure instructions and care
3. restrictions and associated risks
4. future procedures

### **Anatomy and physiology**

1. the structure and function of the hair and the hair growth cycle
2. the structure and function of the skin
3. basic anatomical structure of the head, neck and shoulders
4. relative and absolute contraindications and related pathologies

## 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.

### **Hair curl classification**

Hair curl classification can be referred to as Type 1 – 4.

### **Protocol**

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

### **Relative contraindication**

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

### **Strand**

1, 2, 3 or 4 strand refers to the amount of sections the hair is divided to create a braid or twist into a style.

### **Thread wrapping**

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Thread wrapping can be referred to as binding.

**[Links to other NOS](#)**