

Provide UV tanning services

Overview

This standard is about providing and monitoring UV tanning services. The ability to provide tanning advice relevant to the client's skin type and ensure usage to current industry guidelines is a critical element of this standard.

To carry out this standard you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance and demonstrate effective communication and consultation skills.

The main outcomes of this standard are:

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1. maintain safe and effective methods of working when providing UV tanning services
2. consult, plan and prepare for UV tanning services
3. monitor UV tanning services

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Performance criteria

You must be able to:

****Maintain safe and effective methods of working when providing UV tanning services**

1. maintain your responsibilities for health and safety throughout the service
2. prepare the client and the service area to meet legal and organisational requirements
3. maintain the client's modesty and privacy at all times
4. ensure equipment is cleaned and maintained at time intervals
5. provide equipment cleaning products for safety and ease of use by the client
6. promote environmental and sustainable working practices
7. follow workplace and suppliers' or manufacturers' instructions for the safe use of equipment, materials and products
8. dispose of waste materials to meet legal requirements
9. complete the service within a commercially viable time

Consult, plan and prepare for UV tanning services

10. use **consultation techniques** to determine the client's service plan
11. obtain signed, informed consent from the client prior to carrying out the service
12. ensure that the client's age meets with legal requirements
13. ask your client questions to identify if they have any contra-indications to UV tanning services
14. establish, agree and record the client's skin type and colouring
15. take the **necessary action** in response to any identified contra-

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indications

and recommend alternative tanning services

16. provide the client with advice on how to clean and prepare their skin prior to UV tanning services
17. explain to the client how to use the equipment and provide them with personal protective equipment

Monitor UV tanning services

18. carry out and record UV tanning equipment safety and function tests at the specified intervals
19. ensure that portable appliance testing and tube replacement is carried out at the manufacturer's specified intervals and recorded on the maintenance log
20. report any equipment problems to the relevant person
21. ensure that the timing of the session is suitable for the client's skin type and colouring
22. follow current guidelines for repeat UV tanning sessions
23. check the well-being of your client at the end of each session
24. give your client **advice and recommendations** on the service provided
25. ensure the client's records are completed and signed by you and the client

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Knowledge and understanding

You need to know and understand:

Maintain safe and effective methods of working when providing UV tanning services

1. your responsibilities under current **health and safety** legislation, standards and guidance relevant to UV tanning services
2. the legal and organisational requirements for preparation of the client and the service area
3. the type of personal protective equipment that should be worn by the client for UV tanning services and why
4. the reasons for maintaining the client's modesty and privacy at all times
5. the necessary environmental conditions for services such as heating and ventilation and why these are important
6. methods of cleaning, disinfection and sterilisation
7. methods of working safely and hygienically and which minimise the risk of cross-infection
8. the different types of working methods that promote **environmental and sustainable working practices**
9. the hazards and risks which exist in your workplace and the safe working practices which you must follow
10. suppliers' and manufacturers' instructions for the safe use of equipment, materials and products which you must follow
11. the legal requirements for waste disposal
12. the reasons for completing a service in a commercially viable time

Consult, plan and prepare for UV tanning services

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13. the importance of communicating with clients in a professional manner
14. how to complete a consultation taking into account the client's **diverse needs**
15. the legal significance of gaining signed, informed client consent to carry out the service
16. the legal requirements for providing UV tanning to clients under 18 years of age
17. the **contra-indications** that would prevent or restrict UV tanning
18. the contra-indications requiring medical referral and why
19. the types of self-tanning services which could be recommended in the event of contra-indications to UV tanning
20. the reasons for not naming specific contra-indications when referring clients
21. the legislative requirements for storing and protecting client data
22. the importance of thoroughly cleaning the skin prior to the UV session
23. the client's understanding of UV tanning guidance and the operation of UV equipment, particularly the emergency stop button

Monitor UV tanning services

24. the UV tanning equipment safety tests and maintenance requirements
25. the different types of UV tanning equipment and products available
26. the range of pre-skin preparation products and their effects
27. the criteria to calculate the length of session to the skin tone and type
28. how to recognise the effects of overexposure and the four degrees of erythema
29. the principles of the electromagnetic spectrum
30. why some pressure point areas do not tan

31. the **structure and functions of the skin**
32. the different skin types and characteristics
33. how to use the Fitzpatrick Classification Scale to determine skin tone
34. the Sunbed Code of Practice, skin classifications and how to interpret and use them
35. the effect and changes that UVA, UVB and UVC rays can have on the skin
36. why clients should not exceed the recommended total number of annual sessions
37. the reasons why client session times should be adjusted after UV tube replacement
38. the current skin cancer guidance, information and support materials available
39. the **contra-actions** that can occur as a result of UV tanning and why
40. how to recognise visible **adverse reactions**
41. why it is important to check the client's well-being at the end of a UV tanning session
42. the post-treatment restrictions applicable to UV tanning
43. the advice and recommendations on products and service

Scope/range related to performance criteria

Consultation techniques

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1. questioning
2. listening
3. visual
4. written

Necessary action

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1. refuse treatment
2. modification of treatment
3. explaining why the treatment cannot be carried out
4. encouraging the client to seek medical advice

Advice and recommendations

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1. suitable aftercare products and their uses
2. the need to drink water following the service
3. avoidance of activities which may cause contra-actions
4. time intervals between services
5. advice on alternative tanning services

Scope/range related to knowledge and understanding

**Health and safety

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1. Health and Safety at Work Act
2. The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)
3. The Health and Safety (First Aid) Regulations
4. The Regulatory Reform (Fire Safety) Order
5. The Manual Handling Operations Regulations
6. The Control of Substances Hazardous to Health Regulations (COSHH)
7. The Electricity at Work Regulations
8. The Environmental Protection Act
9. The Management of Health and Safety at Work Regulations
10. The Health and Safety (Information for Employees) Regulations

Environmental and sustainable working practices

1. reducing waste and managing waste (recycle, reuse, safe disposal)
2. reducing energy usage (energy efficient equipment, low energy lighting, utilising solar panels)
3. reducing water usage and other resources
4. preventing pollution
5. using disposable items
6. using recycled, eco-friendly furniture
7. using low chemical paint
8. using environmentally friendly product packaging

9. choosing responsible domestic products (Fairtrade tea and coffee)

10. encouraging carbon reducing journeys to work

Diverse needs

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1. cultural

2. religious

3. age

4. disability

5. gender

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Contra-indications which prevent

1. history of skin cancer

2. excessive number of moles and/or freckles

3. moles that have changed colour, itch and/or bleed

4. history of sunburn

5. under the age of 18

6. skin that does not tan in sunlight

7. medication causing skin photosensitivity

Contra-indications which restrict

1. sunburn

2. recent heat treatments

3. use of perfumed products

4. recent laser and IPL treatments
5. recent microdermabrasion
6. recent chemical peels
7. current use of steroids
8. products containing photosensitive ingredients

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Structure and functions of the skin

Structure:

1. layers of the epidermis
2. dermis
3. subcutaneous layer
4. hair follicle
5. hair shaft
6. sebaceous gland
7. arrector pili muscle
8. sweat gland
9. blood and lymph vessels
10. sensory nerve endings

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Functions:

1. sensitivity
2. heat regulation

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3. absorption
4. protection
5. excretion
6. secretion
7. vitamin D production

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Contra-actions

1. burning
2. blistering
3. skin cancer
4. uneven pigmentation
5. feeling faint
6. nausea
7. claustrophobia
8. premature ageing

Adverse reactions

1. damage to the eyes
2. premature ageing of the skin
3. an immunosuppressive response and increased risk of developing non melanoma skin cancers

Values

The following key values underpin the delivery of services in the beauty, nails and spa sectors

1. a willingness to learn
2. a flexible working attitude
3. a team worker
4. a positive attitude
5. personal and professional ethics

Behaviours

The following behaviours underpin the delivery of services in the beauty, nails and spa sectors. These behaviours ensure that clients receive a positive impression of both the organisation and the individual

1. meeting the organisation's standards of behaviour
2. greeting the client respectfully and in a friendly manner
3. communicating with the client in a way that makes them feel valued and respected
4. treating the client courteously and helpfully at all times
5. adapting behaviour to respond effectively to different client behaviour
6. checking with the client that you have fully understood their expectations
7. responding promptly and positively to the client's questions and comments
8. recognising information that the client might find complicated and checking whether they fully understood
9. meeting both organisational and industry standards of appearance.

Skills

The following key skills underpin the delivery of services in the beauty, nails and spa sectors

1. the ability to self-manage
2. excellent verbal and non-verbal communication
3. using the most appropriate ways of communicating with a client
4. responding promptly to a client seeking assistance
5. quickly locating information that will help the client
6. providing the client with information they need about services and products offered by the organisation

Glossary

Electromagnetic spectrum

The electromagnetic spectrum is made up of two main forms of radiation; ultraviolet, which is used mainly for its skin tanning effects and infrared which is used as a method of warming the tissues for therapeutic purposes.

Erythema

Redness to the skin caused by irritation, or injury to the tissue.

Fitzpatrick Classification Scale

Devised in 1975 at Harvard University, this is a skin classification system, measured on a scale of 1 to 6 based on photosensitivity reaction to ultra violet radiation.

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