

## Set, style and dress hair

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## 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 a wet or dry set, styling and dressing the hair, this incorporates hair up designs. 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. Set wet hair
2. Set dry hair
3. Wrap set the hair
4. Style and dress hair
5. Finish the hair

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### 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 set, style and dress 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 characteristics**
  - 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 **dressing techniques and hair up effects** to be used in accordance with the set, style and dress service plan, to include:
  - 6.1 products, tools and **equipment** required
  - 6.2 anticipated time and cost
7. confirm and agree with the individual, they have understood the proposed setting, styling and dressing service, to include:
  - 7.1 contra-actions
  - 7.2 adverse reactions
8. obtain the individual's informed consent for the setting, styling and dressing service
9. prepare the individual and shampoo the hair and scalp in accordance with the **set, style and dress service protocol**
10. comb the hair in preparation for the service in accordance with set,

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style and dress service protocol, to include:

10.1 applying products in accordance with the set, style and dress service plan

### **Set dry/wet hair**

11. blow dry the hair, minimising the risk of damage to the hair if carrying out a dry set, to include:

11.1 maintaining even tension throughout the drying process when using tools

12. prepare the rollers for the setting service

13. select the rollers and/or pin curl sizes in accordance with the setting service protocol

14. use the agreed **setting techniques** to **section and wind** the hair, minimising the risk of damage to the scalp and hair

14.1 selecting meshes of hair suitable for the size of rollers used

14.2 maintaining even tension throughout the winding process

14.3 all wound rollers, are secure and sit on or off base to meet the style requirements

15. set the duration in accordance with the set, style and dress service protocol, to include:

15.1 allow to manually dry or use of a hood dryer for a wet set service in accordance with the set, style and dress service protocol

16. remove the rollers, minimising the risk of damage to the hair

### **Wrap set the hair**

17. wrap set the hair around the circumference of the head and secure, to include:

17.1 ensure the wrapped sections are smooth, firm, cylindrical and completely cover the hair with an even tension throughout

18. apply a setting net to secure the finished wrap in position

### **Styling**

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19. prepare and select products, thermal styling tools and equipment suitable for achieving the style agreed with the individual, to include:

19.1 set the thermal styling tool at the recommended operating temperature for the hair curl classification and characteristics

20. section and secure hair in accordance with the hair styling service plan

21. carry out **thermal styling techniques** using your thermal styling tools methodically on the hair, minimising the risk of damage to the hair,

21.1 selecting meshes of hair suitable for the size of thermal equipment to be used

### **Dress**

22. carry out dressing techniques and hair up effects in accordance with the set, style and dress service protocol, to include:

23. minimising the risk of damage to the hair

### **Finishing**

24. conclude the service in accordance with the setting, styling and dressing service protocol, to include:

24.1 application of finishing products

25. confirm with the individual they are satisfied with the final result

26. monitor the individual's health and wellbeing throughout the setting, styling and dressing service

27. implement the correct course of action in the event of an adverse reaction

28. complete the individual's service records and store in accordance with data legislation

29. use reflective practice to evaluate the setting, styling and dressing service and take appropriate action

30. provide **instructions** and advice to the individual, pre and post the service

31. record the outcome and evaluation of the setting, styling and dressing or removal

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service

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### Knowledge and understanding

#### You need to know and understand:

1. your role and responsibilities in providing setting, styling and dressing 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 hair services, 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 setting, styling and dressing techniques, to include adaptations required, in relation to:
  - 7.1 hair curl classification
  - 7.2 hair characteristics
  - 7.3 state of hair
  - 7.4 scalp condition
  - 7.5 treatment history
8. the importance of carrying out a hair and scalp analysis and how it effects the choice of setting, styling and dressing services and techniques used, to include:
  - 8.1 adaptations required

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9. the importance of carrying out tests and how the test outcomes can affect the setting, styling and dressing service
10. how to recognise over processed hair, the associated risks and action to take
11. how to recognise trichorrhexis nodosa, the associated risks and action to take
12. when and why shampooing the hair and scalp prior to the setting, styling and dressing service is required
13. why hair should be evenly wet prior to a hair drying service
14. how and why wet and dry setting techniques are carried out
15. how to wrap-set hair to ensure it lays smooth and flat against the scalp and in the direction to achieve the desired style
16. how and when setting and dressing techniques are used within setting, styling and dressing services
17. the service time in accordance with your organisational policies and procedures
18. how to use and customise dressing techniques and hair up effects for a special occasion
19. how excessive tension and incorrect angles when winding can damage the hair and scalp
20. how to identify first signs of traction alopecia
21. the types and causes of hair loss
22. why set hair sections need to be brushed out thoroughly
23. methods of handling, controlling and securing hair to achieve curls and rolls
24. the types of pre-treatment, **styling and finishing products** available for setting, styling and dressing services
25. the effects of humidity on the hair
26. the physiological changes to the hair structure during the setting process

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27. how thermal treatments can accelerate the process time
28. how heat protectors protect the hair prior to thermal services
29. how to maintain the agreed style and ensure its longevity
30. how to remove rollers safely to avoid damage to the hair
31. the importance of consulting with the individual throughout the setting, styling and dressing service
32. the adverse reactions associated with setting, styling and dressing services and how to respond
33. the health and safety responsibilities in line with legislation before, during and after the service
34. the legal requirements for providing hair services to minors and vulnerable adults
35. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the setting, styling and dressing service plan
36. the fee structures and treatment options
37. the legislative and indemnity requirements of gaining signed, informed consent for the service
38. 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
39. the importance of adhering to the setting, styling and dressing service protocol
40. the importance of monitoring the health and wellbeing of the individual during and post the service
41. the expected outcomes of setting, styling and dressing services
42. the purpose of reflective practice and evaluation and how it informs future services
43. the instructions and advice, pre and post the setting, styling and dressing services



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### 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. porosity
2. elasticity

#### **Dressing techniques and hair up effects**

1. curls
2. rolls
3. smoothing
4. back-combing
5. back-brushing
6. braiding

#### **Equipment**

1. rollers
2. pin curl clips
3. thermal equipment

#### **Set, style and dress service protocol**

1. working environment
2. health and safety
3. infection prevention and control
4. service plan
5. manufacturer instructions
6. informed consent
7. test outcomes

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8. data management
9. audit and accountability
10. instructions and advice
11. sustainability
12. waste management
13. evidence-based practice
14. reflective practice

### **Setting techniques**

1. roller placement
2. spiral curling
3. wrap set the hair
4. pin curling to give volume
5. pin curling to give flat movement and reduced volume

### **Section and wind**

1. point to root
2. root to point
3. on base
4. off base
5. directional
6. brick

### **Thermal styling techniques**

1. curling
2. waving
3. straightening

### **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

### **Styling and finishing products**

1. heat protectors
2. mousse
3. creams
4. serums
5. gel
6. hair spray

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- 7. oil
- 8. pomades
- 9. texturising enhancing spray
- 10. setting lotions
- 11. wax

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## 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 instructions.

**Relative contraindication**

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

**Special occasion**

Special occasion can be categorised as bridal, prom, formal and informal events.

**Wrap set**

Wrap setting can be carried out wet or dry hair and mostly used to decrease volume. A dry wrap set can be referred to as silk wrap.

## Links to other NOS

SKAHDBRBNST1, SKAHDBRBNS1, SKAHDBR1, SKAHD2  
SKAHDBR2, SKAHDBR3, SKAHDBR4, SKAHDBR5,  
SKAHDBR6, SKAHDBR7, SKAHDBR8, SKAHDBR9, SKAHDBR10,  
SKAHDBR11, SKAHDBR12, SKAHDBR13, SKAHDBR14, SKAHDBR15,  
SKAHDB16, SKAHDB19, SKAHDB20, SKAHDB21, SKABR5

## Set, style and dress hair

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