
Unit Specification

iUHB362 – Set and dress hair using a variety of techniques

Unit reference number: Y/651/0761

Level: 2

Guided Learning Hours (GLH): 62

Overview

The aim of this unit is to develop learners' knowledge, understanding and skills to use a range of setting and dressing techniques to achieve a variety of looks. They will learn how to work with a wide range of products and tools, for which a high degree of manual dexterity will be required.

Learners will need to maintain health, safety and hygiene salon procedures throughout the unit. Additionally, learners must maintain their personal appearance and demonstrate effective communication and consultation skills.

Learning outcomes

On completion of this unit, learners will:

LO1 Be able to set and dress hair

LO2 Know how health and safety policies and procedures affect setting and dressing services

LO3 Know the factors that influence setting and dressing services

LO4 Understand the science of setting and dressing hair

LO5 Understand the tools, equipment, products and techniques used to set and dress hair

Unit content

LO1 Be able to set and dress hair

Prepare for setting and dressing services

Taught content

- Preparation of learners should include:
 - Clean and hygienic appearance
 - Good communication and listening skills
 - Correct posture
- Preparation of the working area to include:
 - Chair and work area to be clean before the client arrives
 - Chair is positioned correctly
 - Adequate work area to allow safe use of electrical equipment for example, if using a mobile hood hairdryer
 - Products on display to be clean of dust and hair
 - Tools and equipment to be clean and sterilised
 - Electrical equipment to be visually checked before use for example, for centres within the United Kingdom portable appliance testing (PAT) may be required when using electrical equipment
 - All tools and equipment to be positioned for ease of use
- Preparation of the client to include:
 - Clean protective garments for the client
 - Visual checks of client's scalp for signs of cuts, sores, abrasions or infections, check the hair for infestations and suitability of service
 - Removal of obstructive jewellery

Apply safe and hygienic methods of working throughout services

Taught content

- Ensure learner maintains good posture throughout the service
- Ensure the client maintains the correct posture and comfort throughout the service treatment to avoid a hazard or a risk
- Ensure the correct storage and handling of all products, tools and equipment
- Ensure manufacturers' instructions are followed and used safely when using products
- Minimise the risk of damage to products, tools and equipment
- Ensure that waste is disposed of hygienically and appropriately
- Ensure there is sufficient stock, which is used appropriately to minimise the wastage of products
- Ensure resources are clean and all hygienic precautions are followed to minimise the risk of cross-infection
- Make effective use of their working time
- Minimise the risk of harm or injury to themselves and others when using electrical equipment
- Ensure hygienic working practices throughout the service including own personal hygiene, for example, eliminating body offensive odour or strong smell of tobacco
- Ensure the client's ears are protected when using hood dryer (if applicable)

Consult with clients to confirm the desired look

Taught content

- Consulting and confirming with the client before styling commences to agree the chosen style and desired look
- The use of visual aids where appropriate for example, style books
- Agreeing products to be used
- Agreeing the tools to be used for example, roller size
- Checking throughout the service to meet the client's needs including:
 - Suitability of the style
 - Wet or dry setting
 - The amount of curl required to achieve the finished result
 - If the finish is an 'up' do
- Carrying out and assessing the hair and scalp for signs of infection, infestation or injury
- Explaining each stage of the process to the client
- Carrying out and assessing the hair and scalp for suitable services to include hair classifications
- Hair characteristics:
 - Elasticity – the hair's ability to stretch and retract to its original size
 - Porosity – the condition of the cuticle
 - Texture – the feel of an individual hair – fine, medium or coarse, examples may include:
 - Caucasian – wavy and straight
 - African type – very curly, fine, medium
 - Asian – straight
 - Density – the number of hairs on the scalp
 - Hair condition – if it's been chemically or physically affected by chemicals or external elements for example, heat damaged, environmentally damaged, product build-up, over processing
 - Hygroscopicity – hair has the ability to absorb moisture; this function gives the hair its elasticity and makes the hair hygroscopic. The properties are changed when hair has been shampooed or becomes wet, weaker hydrogen bonds break down to its natural state, and at this stage hair is known as alpha keratin. This allows the hair to be stretched using heat. Once hair is stretched and dried into a new shape it becomes known as beta keratin state
 - Growth patterns – this relates to the direction the hair grows from the scalp and may influence the products and tools used. Selection of appropriate tools and products may help overcome a difficult growth pattern, for example, a client may have a problem controlling a particular part of their hair and may affect roller application direction or size
 - Hair length – this may affect the general condition, style required or types of setting techniques required of the hair for example, if the hair is long, with very dry porous mid-length and ends due to a chemical process, it may not be suitable for heated roller setting
- Services prior to set and dress hair – other services offered prior to this service may influence the end result, for example, a client who has had a new haircut, may require a different style design
- Scalp conditions to include:
 - Cuts, sores or abrasions
 - Sebaceous cyst – tender or sore raised bump on skin, which if infected or inflamed will contain pus
 - Psoriasis – common skin condition that changes the life cycle of skin cells. Causes a build-up of skin cells which may appear thick silvery and inflamed. May cause itching
 - Contact dermatitis – is a rash caused by the skin reacting to a substance it has come into contact with for example, chemicals. Symptoms can be varied and include:

- Skin redness
- Extreme itching
- Oozing or blisters, may make skin swell
- Skin that appears darkened or hard/leathery to touch that may become dry or flaky
- Sensitive to products and sunlight
- Seborrhoea – over activity of sebaceous glands by excessive secretion of sebum resulting in an oily coating on the skin
- Scalp sensitivity – an inflamed, sore and red scalp, requires careful use of products, tools and equipment
- Recent scar/tissue injury may be tender and sensitive
- Alopecia
 - Total hair loss on the scalp
 - Loss of hair in patches on the scalp
- Traction alopecia – hair loss at the point of tension, possible after the removal of hair extensions, use appropriate products and tools carefully when setting and dressing these hairs
- Hair loss as a result of chemotherapy – usually temporary and hair is lost over scalp and body
- Hair loss as a result of medication or medical conditions, for example, thyroid imbalance
- Hair loss as a result of hormonal changes, for example, after giving birth
- Purpose of set and dress hair examples will include:
 - Special occasion, for example, prom
 - A more lasting style
 - Change of style

Select suitable products, tools and equipment

Taught content

- Products
 - Styling:
 - Mousse, serum, gel, setting lotion/cream, moisturisers, heat protectors
 - Finishing:
 - Serum, gel, gloss, hairspray, wax
- Tools
 - Wide tooth combs, cutting comb, dressing out comb, tail comb, section clips
 - Selection of brushes examples include:
 - Flat, vent, dressing out, and those suitable for back-brushing
 - Pin curl clips
 - Selection of different sized rollers and pins for securing hair
 - Velcro rollers – various sizes
 - Bendy soft rollers (if applicable)
 - Hairnet to keep rollers/pin curls in place whilst drying
 - Section clips for styling the hair
 - Selection of pins, grips or hair adornments for long hair styling
- Equipment
 - Electric equipment to include:
 - Hood dryer
 - Heated rollers
 - Electric tongs, hot brush or conical wand – these may be used to support the chosen style (if required)

Carry out setting and dressing services

Taught content

- Consult with the client to confirm the look agreed at consultation prior to and during setting and dressing hair
- Ensure the client is positioned correctly and at the right height
- Ensure own posture is correct for the service for example, weight evenly balanced
- Sectioning the hair working methodically
- Taking sections of hair which suit the size of the roller/pin curl clip used
- Using correct winding techniques that consider the desired look, degree of curl, movement, volume or smoothing required
- The techniques required to achieve setting:
 - Sectioning – the section of hair to be wound around a roller should be slightly narrower than the roller length and no deeper than the width of the roller
 - Pin curl – the hair is wound with finger and thumb to create volume or flat movement and held in place with a pin curl prong clip. When using pin curl techniques smaller sections are required
 - Tension – even tension will result in a uniform curl result
 - Angle – the angle the hair is held when winding will determine the root length. As an example, a 90° angle from the head, maintained throughout the wind, will provide good root lift; whereas a lesser angle will provide a flatter, smoother end result and is used for fashion setting
 - Increasing volume – if hair is combed forwards at an increased angle away from the root it will give fuller root movement
 - Decreasing volume – if hair is pulled downwards and off the base of the hair then there will be decreased volume at root area
 - Hair must be combed smoothly from root to point to avoid the hair being twisted or distorted
- The difference between wet and dry setting:
 - Wet setting – temporarily reforms hair with added heat into a new shape to produce a variety of different looks
 - Dry setting – temporarily ‘bakes’ hair into new shape – most suited for fashion setting or hair-up techniques
- Setting techniques include:
 - Channel setting – used on wet or dry hair
 - Hair is placed around a roller from points to roots
 - Hair is wound around roller from the front hairline directing the hair backwards towards the nape, then from crown area, finally the front of the hair. All rollers should be seated in channels down the head
 - Brickwork setting – used on wet or dry hair
 - Hair is placed around a roller from points to roots
 - One roller is put in place (usually at front or parting of the hair), the following hair section is taken from the middle point of this first roller and the second roller is then placed behind this first one – like bricks in a wall
 - Directional setting – used on wet or dry hair
 - Hair is placed around a roller from points to roots
 - Hair is wound on the head in the direction that hair is to be dressed using a combination of channel and brickwork techniques
 - Spiral setting – used on wet or dry hair length that is usually below the shoulder using soft bendy rollers to create curls or waves

- Hair is wound from along the length of the roller
- Avoidance of disturbing the hair already that is set or in place
- Controlling the hair to ensure even winding and minimise client discomfort
- Maintenance of an even tension throughout the winding process ensuring the angles are correct and/or allow the hair to be stretched into its new shape to achieve the desired result
- Taking account of influencing factors when using products and tools
- Secure roller in place with hair pin; where clips are used ensure these are placed securely in the curl to hold the hair in place
- Ensuring the tension used when rollers are placed do not cause discomfort to the client
- Dry under a hood dryer
- Allow set hair to cool before removing rollers and/or pins

Provide clients with advice and recommendations on the service(s) provided

Taught content

- Explain the products used to clients including the benefits and effects for the setting and dressing service
- Costs (if appropriate) to maintain the style
- Provide aftercare advice including potential costs of further services or products
- Discussing client's needs and requirements for future services
- Avoidance of humid atmosphere after the setting and dressing service
- Advice and guidance on removing grips, pins or adornments (if used)
- Advice and guidance on applying further back-combing or back-brushing
- Advice and guidance for removing back-combing or back-brushing
- Other services, offers or promotions

LO2 Know how health and safety policies and procedures affect setting and dressing services

The responsibilities for health and safety in own role

Taught content

- Relevant legislation for consultation, client care, confidentiality and consumer/retail, for the country the qualification is taken, which includes: General Data Protection Regulation (GDPR), consumer rights, health and safety, equality. Health and safety regulations for the country where the qualification is taken, examples within the United Kingdom would include:
 - The Health and Safety at Work Act
 - The Management of Health and Safety at Work Regulations
 - Provision and Use of Work Equipment Regulations
 - Personal Protective Equipment at Work Regulations
 - Electricity at Work Regulations
 - Reporting Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)
 - The Consumer Protection Act
 - The Trade Descriptions Act
 - Control of Substances Hazardous to Health Regulations (COSHH)
 - Salon insurance requirements, employers liability, public liability, professional indemnity
- Responsibilities for health and safety to include:
 - The reasons why all staff working in the salon have a responsibility for the health and safety of themselves and others
 - The salon safety regulations to ensure their actions do not put others at risk, which includes all staff, clients and visitors
- Additional factors will include:
 - The reasons why it is important to accurately describe the features and benefits of products and services
 - The reasons and importance for gaining client consent
 - The maintenance of the salon environment including:
 - The comfort of the salon
 - Cleanliness of the salon to prevent cross-infections via direct or indirect contact
 - Provisions and use of workplace equipment – using only products, tools and equipment trained to use
 - Reasons for personal protective equipment (PPE) for example, using protective gloves to prevent contact dermatitis when using certain products
 - Making visual checks on all electrical equipment and reporting faults/isolating power
 - Ensuring manufacturers' instructions are always followed when using products and equipment
 - Responsibilities of reporting certain work-related incidents or accidents, diseases and dangerous occurrences to a senior staff member
 - Ensuring the public are protected from the manufacture of supplied unsafe goods or misleading price indications
 - Prevent a false trade description to any goods that are supplied or offered to supply any goods to which a false trade description has been applied, or false statement about the provision of any service
 - Ensure that all personal client data records remain safe and confidential
 - Update client records following service
 - Hazards associated when setting and dressing hair
 - Risks associated to setting and dressing hair

The potential hazards and possible risks that may occur in the workplace and affect services

Taught content

- Hazards – anything that has the potential to cause harm, for example, spillage of product on the floor
- Risks – a chance, high or low, that harm caused by the hazard may occur, for example, potential for self, client or others to slip on the spillage
- Working safely throughout the service, an example is ensuring there is adequate room around the client and no obstructions
- Ensuring use and maintenance of any equipment is monitored, for example, conduct visual checks such as ensuring hood dryers are checked for loose wires and temperature settings
- Ensuring the client is comfortable and free from harm throughout the service for example, removing jewellery that may obstruct roller setting application
- Disposing of waste appropriately to minimise risk of cross-infection and ensure there is no unnecessary risk to the environment, for example, ensure clean protective garments are freshly laundered for every client
- Correct handling and storage of all products, tools and equipment as applicable to the country the qualification is being taken in
- The course of action to be taken for a minor burn to the skin:
 - Cool the Skin. Apply a cold compress to the affected area immediately
 - Cover if possible
 - Avoid touching the area
 - If burn is severe refer for medical attention
- The importance of ensuring a thorough visual check of the hair and scalp is performed prior to the service to prevent cross infection for example, ensuring the scalp is not tender when combing hair for sectioning prior to setting
- Risk of electric shock when using electrical equipment to enhance the service to include potential hazards of trailing wires
- Fire – the salon's policy in the outcome of a fire and where the assembly point is
- The need to ensure personal protective equipment (PPE) requirements are followed

The safe and hygienic working methods and practices that must be followed throughout the services

Taught content

- Use of clean towels and gowns for all clients
- Use of clean and sterile tools or equipment for all clients
- The importance of the correct personal protective equipment (PPE) for the stylist and client
- Cover open cuts
- Protecting the client's scalp when using electrical equipment
- Apply heat protectors (where required) when using electrical equipment
- Control of heated equipment and air flow temperature
- Organisation of working area
- Avoid trailing wires and spillages from water sprays and products or sprays on the floor

Contact dermatitis and how it can be prevented

Taught content

- Recognising contact dermatitis symptoms
- Contact dermatitis – is a rash caused by the skin reacting to a substance it has come into contact with for example, chemicals. Symptoms can be varied and include:
 - Skin redness
 - Extreme itching
 - Oozing or blisters, may make skin swell
 - Skin that appears darkened or hard/leathery to touch that may become dry or flaky
 - Sensitive to products and sunlight
- How to avoid contracting and preventing measures which may include:
 - Wearing gloves (recommended) when shampooing hair prior to set and dress hair service
 - Rinsing and drying hands thoroughly
 - Use of moisturisers or barrier creams
- Correct handling and storage of all products, tools and equipment

The importance of questioning clients prior to and during services

Taught content

- Understanding their requirements and their expectations of the chosen style
- To ensure the client understand the process
- To gain information on how they maintain their hair, lifestyle and commitment to the style
- To ensure the client's expectations are met
- To provide the client the opportunity to ask questions (where necessary)
- To ensure the client is comfortable
- To check the tension of rollers and pins are not causing unnecessary pressure or discomfort on the scalp
- The legal significance of client questioning and the recording of client's responses to questioning

The importance of preventing cross-infection and cross-infestation

Taught content

- Avoidance of cross-contamination for example, using unclean tools from one client could contaminate the next client's hair or scalp
- Ensure the professional salon image is maintained
- The contra-indications to cutting to include:
 - Adverse skin conditions
 - Bacterial, viral or fungal infections
 - Bacterial infection examples include:
 - Impetigo – begins as blisters that itch, then fill with a yellowish-brown fluid, that once rupture becomes a flat crust
 - Folliculitis – infection of the hair follicle, causes bumps with pus. May be painful, itchy, sore or swollen
 - Viral infection examples include:
 - Herpes simplex, a raised red blister full of fluid. It will usually be painful and tender to the touch
 - Warts, small, fleshy, grainy bumps usually flesh-coloured, white, pink or tan. Rough to the touch and can be sprinkled with black pinpoints, which are small, clotted blood vessels
 - Fungal infection examples include:
 - Ringworm – depends where it appears but may be red, itchy, scaly, or raised patches that develop blisters or begin to ooze. Patches that may be redder on the outside edges creating a 'ring' effect
 - Infestation/parasites examples include:
 - Head lice – are tiny grey/brown insects. Head lice cling to hairs but stay close to the scalp which they feed off. Head lice lay eggs which hatch after 7 to 10 days. It takes about 7 to 10 days for a newly hatched louse to grow into an adult and start to lay eggs known as nits. Nits are the empty yellow-white eggshells which are left when the lice hatch. Nits look like dandruff but stick strongly to hair
 - Scabies – itchy skin condition causing a rash which may cause tiny blisters or sores where mites have burrowed into the skin
 - Hair defects, including:
 - Trichorrhesis nodosa – hair which breaks easily. Symptoms can include patches of hair loss or extremely short hair that appears not to grow. The hair shaft has thickened or thinned areas or has excessively split ends with discolouration
 - Monilethrix – is a condition that affects hair growth. Its most characteristic feature is that individual strands of hair have a beaded appearance that results in short, fragile and broken hair
- The course of action to be taken if contra-indications are suspected to include:
 - The limits and boundaries of duties
 - Not to offer diagnosis
 - Which conditions need reporting and when
 - Who to report to and where to record the findings
 - Referral for medical attention or advice

LO3 Know the factors that influence setting and dressing services

The factors that may influence the services provided

Taught content

- Hair classification

Hair classifications table			
Type 1: Straight hair	1A - Fine/thin	1B - Medium	1C - Coarse
	Straight	Straight with volume	Straight difficult hair
Type 2: Wavy hair	2A - Fine/thin	2B - Medium	2C - Coarse
	'S' pattern	Frizzy 'S' pattern	Very frizzy 'S' pattern
Type 3: Curly hair	3A - Fine/thin	3B - Medium	3C - Coarse
	Soft curl	Loose curl	Tight curl
Type 4: Very curly hair	4A - Fine/thin	4B - Medium	4C - Coarse
	Tight coiled curl pattern	'Z' pattern and spring curl	Tight 'Z' pattern

- Hair characteristics and clients features to include:
 - Density – this is defined as the number of hairs on the scalp and will affect the choice of tools and products used and the time of the service
 - Texture – the circumference of an individual strand of hair. Hair can be fine, medium or coarse. Coarse hair has the largest circumference, and fine hair the smallest. Texture may affect the porosity of the hair
 - Porosity – this relates to the condition of the cuticle. Porosity levels are caused by both chemical and physical damage. Cuticles which are raised and feel rough and may tangle easily. Porous hair will absorb water and products more easily
 - Elasticity – this relates to the condition of the cortex layer of the hair. Elasticity levels are affected by how the hair is treated and its general condition. Hair should stretch and return to its normal size, this indicates the hair is in good condition hair and no damage to the cortex. If hair stretches and snaps or does not return to its original length this indicates internal damage to the cortex
 - Growth patterns – this relates to the direction the hair grows from the scalp and may influence the desired finish
 - Head and face shape and size – this relates to the overall shape and size of the client's head and includes any specific features
 - Lifestyle – this is about the client's everyday activities and working patterns
 - Hair length – this will affect the general condition of the hair
 - The current style hair or haircut for example, adaptations may be required to achieve the client expectations
 - Temperature and humidity of salon – will affect the hair's ability to be dried
 - General external weather conditions – will affect the longevity of the style

The ways of dealing with any influencing factors

Taught content

- How these may influence the setting and dressing methods and techniques
- How these factors may affect the possible desired style
- Density, examples include:
 - Product choice, for example, thick dense hair will not require a product that increases volume when set setting
 - Roller choice, for example, porous, damaged hair will require careful tension and smooth roller application
- Texture, as an example, finer hair will require products that helps give volume
- Porosity – products must be applied evenly and the hair may take longer to dry when setting wet hair
- Elasticity – it is important to ensure that the correct tension is used when setting and dressing hair and not over stretched if in poor condition. May limit the use of back combing or back brushing
- Growth patterns – selection of appropriate products, winding and dressing out techniques may help overcome a difficult growth pattern for example, cowlick, nape whorl or double crown
- Head and face shape and size – it is important to ensure that the client has a style they can manage and which suits their overall appearance and will influence the products and tools used to set and dress the hair
- Lifestyle – the need to adapt the style to suit the clients everyday needs for example, a client who relies on their style lasting for more than a few days may need a traditional method of setting with appropriate products
- Hair length – this will affect the not only the chosen style, but the use of products tools and equipment for example, a client with long hair requiring an 'up' style for an occasion may require the use of additional heated styling equipment (tongs, straighteners etc.) to soften the front hair portions of the style
- Temperature and humidity of salon – as the hair is hygroscopic the need to monitor the salon temperature is important when setting and dressing hair. For example, a salon with high levels of humidity can have an impact when dry setting as the hair will absorb the atmospheric moisture more easily causing the hair to be less receptive to the amount of curl required
- General external weather conditions – will affect the longevity of the style and may require the use of additional products or hair pins (for long hair up styles) to protect the hair once styled

LO4 Understand the science of setting and dressing services

The effects of humidity on hair

Taught content

- Two key properties of hair:
 - Hygroscopicity is the hair's ability to absorb water
 - Elasticity is the hair's ability to stretch and return to its original shape
- Hair in its natural state when wet is known as alpha keratin – water or atmospheric moisture is absorbed into the cortex
- Hair in its stretched and dried state is known as beta keratin, temporarily reforming a new shape
- When it becomes wet again it reverts back to its normal unstretched shape and goes back to alpha keratin state
- Porous hair has greater absorbent qualities of the hair for water and products
- Temperature of inside and outside the salon may affect the setting and dressing service for example, ensure there is adequate ventilation
- The use of products to protect the hair from atmospheric moisture for example, finishing sprays

The physical effects of styling on the hair structure

Taught content

- Hair consists of hardened protein call keratin
 - Made up amino acids and peptide bonds
 - Found in the cortex
 - Together form polypeptide chains or links
 - Polypeptide chains or links are supported by weaker hydrogen bonds and strong disulphide bonds
- Hair once shampooed removes grease and dirt but also changes the properties of the hair breaking temporarily the hydrogen bonds
- The use of products will aid the styling on the hair for example, use of hair spray to hold the finish in place
- The correct hair sections and tension needs to be applied in order to achieve an even result for example, placing rollers at 90° angles when requiring maximum root lift
- Ensure setting techniques used keep cuticles smooth to avoid unnecessary damage to the hair
- The care required when back combing or back brushing hair for example, use a flat bristle brush when back brushing to avoid unnecessary tearing or damage to the hair
- The removal of back combing or back brushing the hair to avoid damaging the hair, for example, advise client on methods of removal; take small sections and comb or brush through from points to roots
- The avoidance of using accessories that may cause damage to the cuticle used to secure hair for example, uncovered grips or elastic/rubber bands

Why hair should be kept damp during setting

Taught content

- Hair stretches more when it is wet than when it is dry
- Keep the hair damp throughout when applying rollers/pin curls to allow the hair to be stretched into its new shape
- Will achieve a smoother effect on the hair
- Hydrogen and salt bonds can be reformed into a new shape and produce a style

LO5 Understand the tools, equipment, products and techniques used to set and dress hair

The tools, equipment and products available and the effects they achieve

Taught content

- Tools
 - Wide tooth combs – used to de-tangle hair or as a multi-purpose comb for managing the hair
 - Dressing out comb – helps style the hair and used for backcombing hair
 - Tail comb – used for sectioning the hair when setting or to aid styling long hair styles
 - Paddle brush or flat type – various sizes, help to remove roller marks after wet setting, produce straighter finishes to style
 - Bristle brush – various sizes, ideal for helping adding shine or back brushing
 - Vent brush/rake type brush – produces a softer free flowing style effect, ideal for shorter hair types
 - Different size round/radial brushes – various diameters, produce movement, curl or volume and may be used to soften the front section of the hair when required
 - Rollers with pins – different sizes and types available to set curl, body or add movement to the hair. Used on wet hair
 - Velcro rollers – gives body, curl, movement, volume and bounce which don't last long. Can be used on dry or wet hair
 - Bendy rollers – used to create specific curly or wavy looks
 - Section clips – used to section and manage the hair when dressing out the style
 - Pin curl clips – used to provide open, upstanding (barrel), flat curls
 - Selection of different sized rollers and pins for securing hair
 - Hair net to keep rollers/pin curls in place whilst drying
 - Selection of pins, grips or hair adornments for long hair styling
- Equipment
 - Hood dryer – used to dry the hair when wet setting. Temperature setting should be adjusted according to hair type
 - Heated rollers – various sized rollers used on dry hair that can create lift, wave or curl. Rollers should be thoroughly cooled before removing to optimise their use
 - Electric tongs, straighteners, hot brush or conical wand – these may be used to support the chosen style to soften the effects for a specific style on dry hair
- Products
 - Heat protectors – coat and add a protective layer to the hair
 - Hair sprays – varying degrees of strength (firm to soft hold) and bonds dressed set in place. Apply sparingly to dry hair at a distance of 20cm, being aware of the client's eyes and anyone who may unintentionally inhale product
 - Finishing sprays/mist/gloss (aerosol) – add a protective layer and gloss to dry hair and may be used after or instead of hair spray for natural soft finish. Apply very sparingly, over-use may weigh down hair. Be aware of client's eyes and anyone who may unintentionally inhale product. Check surrounding area after use and before client moves – any product on floor may cause a hazard and be slippery
 - Mousse – various strengths from 'light' to firm hold and can enhance service when setting. Suitable for most hair lengths. Apply to wet hair
 - Cream – adds a protective layer and gloss to wet hair and smooth's out frizz. Suitable for types 3a, b, c and 4a, b, c hair classification
 - Gel – produces a firm hold and ideal for creating a short textured dressed look. Apply to wet hair

- Serum/oil – adds moisture and shine to hair and ideal for dry, brittle or chemically treated hair. Use sparingly on fine hair. Apply to wet or dry hair according to manufacturers' instructions
- Setting lotion – various strengths from 'light' to firm hold and can smooth and prolong hold. May contain chemicals that protect hair from the heat of equipment or humidity and enhance the dressed finish. Apply to wet hair
- Coloured setting lotions, creams or mousse – methods of application will depend on manufacturer's instructions, used on wet hair to add colour
- Wax – small amounts are applied to dry hair to create a textured look and give a small degree of hold. Some waxes require softening in the hands first to make them malleable before application. Not suitable for very fine hair

The correct use and maintenance of setting and dressing tools

Taught content

- Tools
 - Brushes – de-hair and washed in warm soapy water, depending on materials used to make the brush, they can be immersed in disinfectant solution. Bristle brushes with wooden handles require the bristles only to be immersed as the wood will swell and crack
 - All combs – de-hair and washed in warm soapy water and immersed in disinfectant solution for at least twenty minutes. Clean combs are suggested for each client
 - Sectioning clips or clamps – wash or wipe with disinfectant/sterilising solution
 - Rollers and pins – de-hair and washed in warm soapy water
- Equipment
 - Fixtures and fittings, including chairs, mirror work station area – clean away all loose hairs and wash with warm soapy water or clean with disinfectant/sterilising wipes or sprays
 - Hood dryer, electrical equipment – wipe over to remove debris and check filters to remove excess dust build up. Check all working parts daily. Ensure the maintenance equipment reports are recorded and where appropriate how often any electrical testing is required

The importance of following salon and manufacturers' instructions during setting and dressing services

Taught content

- To prevent hazards
- To minimise risks
- To produce satisfactory results
- To avoid problems or mistakes
- Following and adhering to manufacturers' instructions when using products and equipment to set and dress the hair
- To avoid legal action

The importance of applying correct techniques during setting and dressing services

Taught content

- Curls – rollers, non-conventional items (if used) or pin curls must be removed then dressed into place ensuring that there are no sectioning marks left at the root and the curl is smooth and defined
- Rolls – rollers or pin curls must be removed then hair is back combed or back brushed depending on hair type once the set has dried. Using grips the hair is then smoothed over and rolled into position
 - Chignon – at the nape
 - Bouffant – at the top of the head and crown
 - Vertical/ horizontal roll – anywhere on the head
- Smoothing – rollers must be removed then brushed through to remove any section marks and to smooth the hair together to create one wave rather than lots of individual curls
- Back-combing – rollers and pin curls must be removed then the hair is held at the ends and a comb is inserted into the hair and pushed towards the roots. The shorter hairs are pushed down, resulting in padding/volume at the root area. This can be continued down the length of the hair if more volume is required. Using a wide toothed comb will give loose back combing, and firmer back combing can be achieved using a fine toothed comb
- Back-brushing – rollers, bendy rollers, heated rollers or pin curls must be removed then the hair is held at the ends and a brush is inserted into the hair and pushed towards the roots. The shorter hairs are pushed down, resulting in padding/volume at the root area. This can be continued down the length of the hair if more volume is required. Back brushing will provide a much softer result than back combing
- Reasons for using the correct products, tools and equipment for the hair classification, characteristics and length to include:
 - Ensure products are suitable for the hair classification and characteristics for example, using appropriate styling aid that does not cause hair to become heavy
 - Ensure the tools are suitable for the hair classification and characteristics and characteristics for example, using the correct tools to backcomb or back brush hair
 - Ensuring the equipment is suitable for the hair classification and characteristics for example, using the correct additional electrical aid to soften the style that does not disturb other parts of the setting style used
- Tension to the hair placing rollers or pin curls in the hair – for example, ensuring the pin used to secure the roller is not tight and digging into the clients scalp
- Adapting techniques where required to take into account specific hair growth patterns, for example, placing the rollers directionally to list a 'flat spot' near the back of the clients head
- Choice of products – for example, a mousse styling product may be more suitable for finer hair texture
- Choice of roller diameters for placement in the hair, for example, larger roller diameter will result in a softer curl
- Allowing hair to cool sufficiently prior to removing rollers/pin curls to maximise the curl, wave or movement required

The importance of using products cost-effectively

Taught content

- Applying products in a logical sequence
- Applying products evenly to minimise wastage, for example, sectioning of the hair and using a bowl and brush to ensure even distribution of a coloured setting lotion may be required to produce an even result and prevent waste
- The effect on the hair and/or scalp if excessive products are used, i.e. saturating fine hair could result in difficulty in dressing the style, or the scalp become irritated by the product
- The safe storage of products as some may lose their ability to work or may present a risk or hazard, for example, hairsprays/aerosols should be stored away from direct heat and sunlight
- Follow salon and organisation policy for example, ensuring manufacturers' instructions are adhered to when using products for set and dressing hair
- Calculate costs of the set and dress hair service, include any retail products sold, for example, client with long hair requiring a specific hair 'up' do will require a longer service time

The importance of providing clients with advice and recommendations on the service(s) provided and products available

Taught content

- To provide longevity of the style
- To help clients achieve the required result at home
- The reasons for using specific products at home
- The expected time interval for return services, for example, to have maintenance services for a specific style
- Reputation and walking advertisement for the salon
- Suggesting other services to enhance the style

Unit requirements

Learners are required to complete the assessment requirements related to this unit:

1. Service portfolio
2. Synoptic practical examination

1. Service portfolio

Learners must produce a service portfolio which is required to be completed under the supervision of a lecturer who must monitor the quality of the services performed throughout the learners' training.

The performance of learning outcome 1 must be demonstrated as part of all technical observations and will be recorded on **at least three observations**. This must be conducted on a range of new and existing clients and include the following setting techniques: channel setting, brickwork setting, and directional setting.

A style collection of before and after photographs of each observation must be produced to be sampled by the external examiner.

2. Synoptic practical examination

This unit will form part of the synoptic practical examination which will be externally set by the awarding organisation and examined and marked by an external examiner. The synoptic practical examination will take place at the end of the period of learning.

Document History

Version	Issue Date	Changes	Role
v1.0	20/03/2024	First Published	Qualification Administrator
v2.0	24/06/2026	Rebranding	Development Administrator