ginaconway
ACADEMY
centre for educational excellence

Knowledge Study Pack

Blow-dry and Styling



Handout 1: COSHH when styling and dressing women's hair

Discuss the handout with your tutor and make notes.

Control of Substances Hazardous to Health (COSHH) Regulations, when setting, styling, drying and finishing hair
COSHH controls the use of chemicals used in the salon. When styling a client's hair, setting lotions, gels, sprays etc are used.

Chemicals used for styling hair are not normally harmful like bleach or cleansing agents, but the client needs to be protected from the setting lotions etc.

Make a note of any risks from using setting lotions, mousses, activators, gels and moisturisers

If there are risks involved how is the risk minimised?

Think about dermatitis or skin irritation

Make notes of how the client's skin and clothing are protected.

Make a note of how the stylist protects their skin and clothing from the chemicals used when styling and dressing hair.

When using any chemicals in the workplace the employer must provide training on the correct method for using the setting lotions, mousses etc.

You also need to follow the manufacturer's instructions for storing, handling, using and disposing of the chemicals.

Make notes on what procedures should be followed when using sprays (aerosols), and setting lotions etc.

S……..

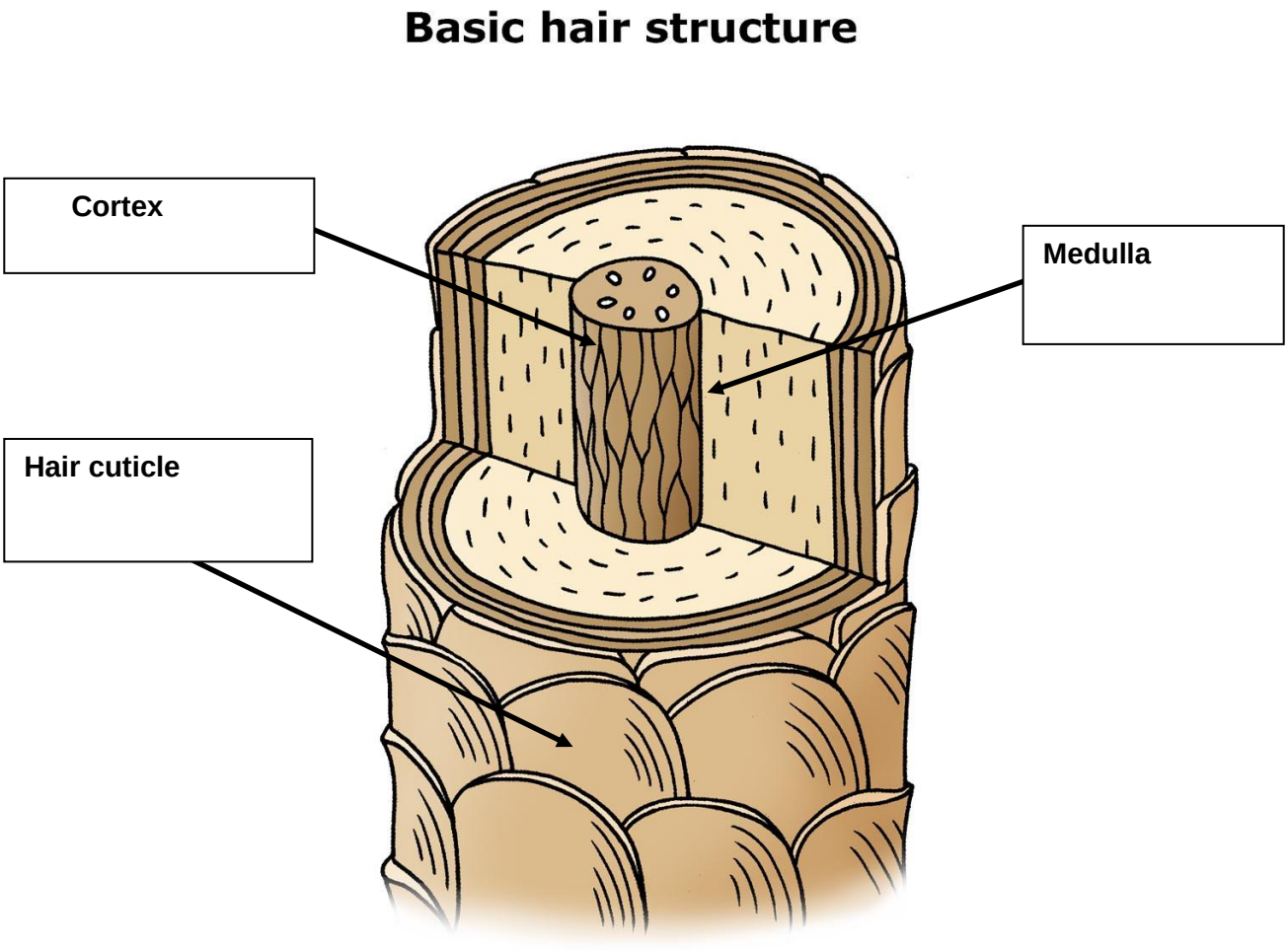
H……..

U……..

D……..

Discuss your notes with your tutor and group.

Handout 2: Diagram of the hair structure



Handout 3: Client consultation and factors to consider

Discuss with your tutor client consultation for styling, dressing and finishing hair.

Factors	What will this affect
Hair-wet, dry, curly or straight	
Client requirements	
Texture, length and density	
Head and face shape and facial features	
Client life style	
Contra-indications	
Clients body shape	
Growth patterns	
Hair type, texture, density	
Hair length and cut	
Hair condition and elasticity	
Fashion trends	

Before you start to carry out the service all the above information has to be obtained and analysed for a successful services and happy client.

How will this information be obtained?

Ask questions: discuss with your tutor the types of questions you may need to ask and write them down as a checklist for yourself.

Visual: discuss with your tutor what information can be obtained from looking at the head, face, hair and scalp.

Touch: discuss with your tutor what information can be obtained from feeling the hair.

Effective and safe methods of working

Health and safety when blow-drying

1 During the blow-drying process there are some health and safety points to consider whilst you are working. Identify the health and safety points by matching up the statements below. Draw arrows between the statements that match.

1 When the hair has been dried it feels very sticky.	**a** Remove all hair and any product from the plates. Clean carefully with a cleansing solution and sterilise with chemical wipes.
2 The completed style appears to be very dry and fluffy.	**b** Remove all hair. Cleanse in warm water and solution and then sterilise.
3 The finished look appears wavy or curly in some sections.	**c** The hair has not been dried properly when styling.
4 The scalp looks red.	**d** Too much styling product has been applied to the hair.
5 The style has not held very well and is starting to drop.	**e** The dryer has been directed onto the scalp.
6 Clean the rollers properly after the client has left.	**f** The dryer has been directed up the hair length towards the roots.
7 Clean the straightening irons properly after the client has left.	**g** There has been incorrect or no tension on the hair when drying.

2 Identify **three** safety considerations that you need to consider when using electrical equipment in the salon:

1 .....

2 .....

3 .....

Effective and safe methods of working

Direction of the air flow

The direction of the air flow when drying hair is important in order to achieve the desired look. You must take care when using a hairdryer that the flow of air is directed from the roots to the points of the hair.

It is important to direct the air flow correctly:

- to ensure the hair is directed according to the style requirements
- to make sure that the cuticle remains flat
- to smooth the cuticle and increase the hair's sheen
- to achieve lift where required
- to keep the hair close to the head where required
- to prevent frizz.

Notes:
....

1 What might happen if the air flow is directed towards the roots?

.....

2 What might happen if the dryer is held close to the hair shaft?

.....

3 True or false? Directing the airflow in the same direction as the hair growth will achieve maximum lift.

Blow-drying Changes in hair structure

During a physical process (such as blow-drying) changes occur in the structure of the hair.

Select the correct words to complete the gaps in the passage below.

Physical processes are ...... During blow-drying, hair is wet and then ..... into a new shape using a variety of ..... to create different effects.
When using ....., hair is ..... and reshaped around a ..... and allowed to cool.
Hair in its natural, ... state is known as ...... When the hair is stretched and dried into a new shape, it is known as .....
Hair will return to its ....., unstretched state either when ..... or due to ..... moisture.
You can make hair last longer in its new shape by applying ..... or ..... products, such as ....., lotions and .....

Select the correct words from the list below:

alpha keratin
atmospheric
barrel
beta keratin
brushes
dried
finishing
hair spray
mousse
natural
styling
temporary
tongs
unstretched
wet
wound

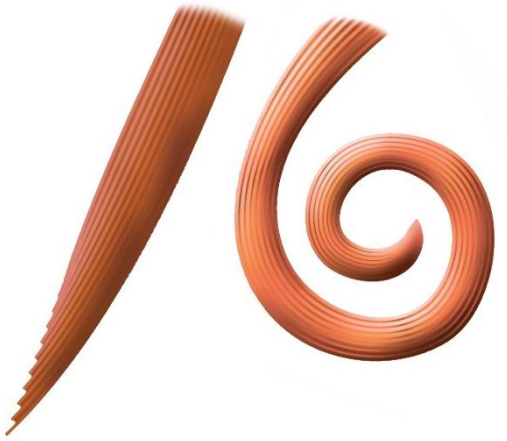






Alpha and beta keratin

Look at the diagrams of alpha and beta keratin below. Now add your own explanation of what happens to naturally straight and naturally curly hair during changes from alpha to beta keratin.



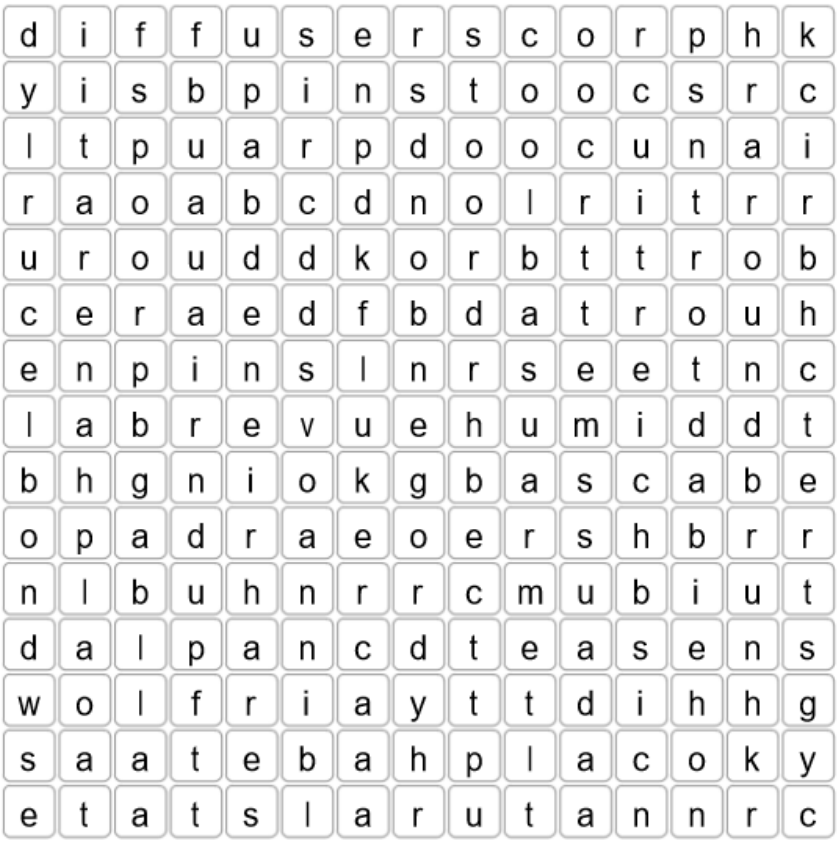


Vocabulary Check

AK	Hair in its natural state	
H	The amount of water vapour in the air	
BK	To reform a temporary stretched state	
A	The layer of gases around the earth	
H	The ability to absorb moisture	
HB	Broken down by water	
C	You allow the hair to do this after setting	

word search

styling



How many words can you find?

Worksheet 1: Cleaning tools and equipment

Research the most suitable method of cleaning and/or sterilising tools and equipment for styling and dressing hair and complete the table below:

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Tools and equipment	Suitable methods of cleaning and sterilising
Brushes	
Combs	
Rollers	
Straighteners	
Hand held hairdryers	
Hood dryers	
Curling tongs	
Heated rollers	
Diffusers	
Pin curl clips	

Worksheet 2: Physical effects on the hair structure when styling

1. When styling hair there are physical changes that take place in the hair structure. See if you can list the process of the changes that take place, starting with the wet hair in its Alpha keratin state.

2. Hair is hygroscopic, this means it absorbs moisture from the atmosphere – discuss the affects that this will have on the newly shaped hairstyles form the different methods of styling with your tutor and group.

   What happens when the hair is shampooed, or wet again?

When the hair is dampened again – by shampooing or moisture in the atmosphere – then the temporary bonds will go back to the hair's natural state of **alpha keratin**.

3. All hair is elastic and stretchy. When hair is wet it becomes more elastic, when it can stretch.

   up to ---------- of it's natural length

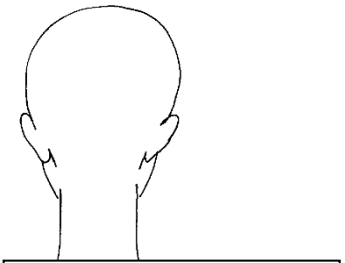
4. Draw a diagram of the hair structure showing the changes that take place in the hair structure.
   Diagram of the hair structure

Check your results

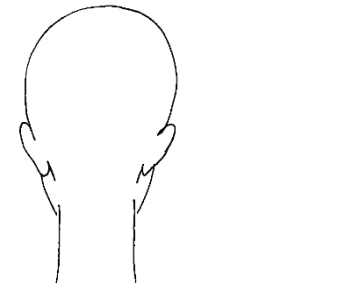
Worksheet 3: Blow-drying

Process

1. Apply styling lotion to cleansed wet hair and comb into the hair into the direction of the style required.
2. Section the hair out of the way leaving a small section across the nape area of the head (show on diagram).
3. Begin the blow-drying at the nape, wrapping small sections of hair around the brush, keeping the hair tension firm and even from the head to the brush.
4. Hold the hair dryer a few centimetres (inches) away from the hair (to ensure the hair is not burnt) and direct onto the hair in the direction of the hair points (ends), this will keep the cuticle lying flat (draw a small diagram of the hairdryer directed onto the cuticle).
5. Ensure the direction of the heat from the dryer is not pointing towards the scale, as this would cause discomfort to the client and may burn the scalp.
6. Make sure the section of hair is dry before moving on to the next section.
7. Work your way up and around the head. Remember the hair will dry in the position it is placed, so always work in the direction of the required style.
8. On completion of drying check the hair is fully dry and in the direction you require. Check the shape through the mirror throughout the drying and at the end.
9. Finish off the style by combing or brushing to join the sections and smooth as required. Using the back mirror show the client the finished result, if satisfied and holding products as required.



Sectioning



Direction of dryer

Potential problems

Consider the following potential problems and complete the table below:

Problem	Cause
The dried hair feels sticky.	
The finished style looks fluffy.	
The finished style has kinks in it.	
The scalp feels hot and is sore.	
The finished style is dropped and will not hold.	

Check your results

Worksheet 4: Tools and equipment available for styling hair

Research the different tools and equipment available when styling hair by different methods ie blow drying, setting, hair dressed up. Complete the table below.

Tools	Styling method used for	Example of affect created
Vent brush	Blow dry short hair	Root lift Movement Texture with finished style
Flat irons	For straightening dried hair	Sleek straight style for client on shorter or longer length hair
Hand held dryer and defuser		
Large round brush		
Setting rollers		
Spring clips		

Discuss your results with your tutor and group.

Worksheet 5: Products available for drying, styling and finishing hair

Research the different types of products available when drying, styling and finishing hair. Complete the table below.

Product (type)	**Use and benefit**	**Affect achieved**
Styling gel	Wet hair when finger drying to control and maximise effect. Helps lengthen the life of the style Dry hair to define and shape the dressed style	Creates volume, texture Texture and movement to finished look

Discuss your findings with your tutor.

Style and finish hair

Sample questions

Candidate name:..... Date:.....

These questions are to check learners understanding of knowledge for Unit 209. Learners should select the **best** possible answer from the options.

1. **Which one of the following is the expected requirement for client protection when styling hair?**
   a. Cutting collar.
   b. Gown.
   c. Overall.
   d. Apron.

2. **Which one of the following is a potential consequence of the filter of a hand held dryer not being cleaned regularly?**
   a. It may not dry the hair.
   b. It may blow cold air.
   c. It may set on fire.
   d. It may be easier to use.

3. **Which one of the following is the employee's responsibility under the current Electricity at Work Regulations?**
   a. To remove all equipment from the work area.
   b. To dispose of all faulty equipment immediately.
   c. To check all equipment after use for faults.
   d. To report, label and remove any faulty equipment.

4. **Why is it important to cool hair prior to dressing out?**
   a. To ensure the set is maintained.
   b. To ensure the hair is not too hot to touch.
   c. To maintain client comfort throughout.
   d. To check the hair is dried properly.

5. **What is the meaning of the term 'hygroscopic'?**
   a. Absorbs light.
   b. Resists moisture.
   c. Reflects light.
   d. Absorbs moisture.

6. **What is the meaning of the term 'beta keratin'?**
   a. Hair in its natural state.
   b. Hair in its newly formed state.
   c. Hair that has absorbed moisture.
   d. The hairs cuticle scales are raised.

7. **Which one of the following states how the hair changes from beta to alpha keratin?**
   a. Heated styling equipment is used.
   b. Moisture enters the hair structure.
   c. Hair is stretched and dried into style.
   d. Moisture enters the epidermis.

8. **Which one of the following is a factor that does <u>not</u> need to be taken into account before the styling process?**
   a. Growth patterns.
   b. Hair density.
   c. Hair colour.
   d. Degree of curl.

9. **Which one of the following is it a benefit of providing aftercare advice to the client?**
   a. Enables the stylist to maintain a professional image and service.
   b. It maintains salon sales and stylist commission.
   c. It ensures customer satisfaction and return visits.
   d. Enables the stylist to finish work on time and achieve sales target.

10. **Which one of the following is a possible cause of the hair feeling sticky after drying?**
   a. Too much product applied.
   b. No product applied.
   c. Dryer temperature to cool.
   d. Dryer temperature to warm.

Now check your results.

Style and finish hair

Revision cards

Health and Safety and use of electrical equipment

- Prior to using electrical equipment carry out a visual check to ensure it is in clean condition and there are no visible signs of faults and the equipment, wiring or plug. Check the filter if accessible.
- Follow manufacturers' instructions for usage.
- If faulty report to manager and take away from use.
- **Remember** never use electrical equipment near water!

Changes in the hair structure when drying and styling the hair

Remember:
Hair in its natural state is called **alpha keratin** this is prior to blow-drying or setting the hair.
When the hair is stretched and dried into its new style it is in **beta keratin**.

Can you remember what happens to the hydrogen bonds and salt links in the cortex?
Do you know what happens to the newly formed style from the effects of humidity?

Blow-drying process

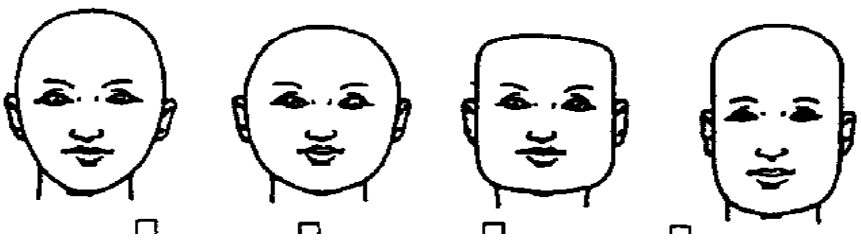
It is important to section the hair in preparation for blow-drying unless the hair is short. This avoids hair that has not been dried wetting the hair that has. It makes it easier and quicker to complete the blow dry and avoids hair tangling.
Each section you are drying must be kept damp prior to starting the section. This helps to produce a smooth finished effect.
You must keep the airflow direction pointing down towards the points of the hair or the cuticle scales will not lie down.
The dryer must be kept moving so as not to cause damage or burn the hair or scalp.
On completion of the blow dry the hair must cool down prior to dressing. This helps the hydrogen bonds to harden into the newly formed shape enabling the style to last longer.

Client consultation

Can you remember the importance of carrying out a thorough consultation prior styling the clients hair?

- Remember to look for adverse hair and scalp conditions.
- Growth patterns, hair length and cut, density, texture, hair type.
- Ask questions to find out client requirements, life style (time and commitments).
- Give advice to client on consultation outcome!

Can you remember the different head and face shapes?



Definitions and vocabulary for Styling

Alpha keratin
Hair in its natural state, before it has been set or blow dried.

Backcombing
A method of teasing the hair together in a controlled manner, to give body, lift and support to hold the style.

Barrel curl
Soft-centred, loose and springy curls that stand away from the head.

Beta keratin
Hair that has been stretched and allowed to cool into a new shape. This occurs after setting or blow drying.

Clock spring curl
A curl that sits flat on the head with a closed middle. It is looser at the roots and gradually gets tighter towards the ends.

Finger waving
A technique that produces flat ‘S’-shaped waves in the hair and no root lift is achieved.

Finishing products
Used during the dressing and finishing of the style to help maintain the finished result.

Humidity
Moisture from the atmosphere, which can cause the style to drop.

Off base
A style of setting hair which provides no volume at the roots.

On base
A style of setting hair that creates volume at the roots.

Ornamentation
Objects used to complement a style, which adds interest and detail to the finished look.

Root drag
The hair is lifted away from the head at an angle less or greater than 90° from the root area.

Root lift
Lifting the hair upwards and away from the root area to give body and height to the style.

Styling products
Used by stylists to manipulate the hair. They give body, support and hold to the hair. They also act as a barrier on the hair, preventing atmospheric moisture from making the style collapse.