

Unit ID: 1881

Domain

NAIL TECHNOLOGY

Title:

Apply the knowledge of manicure and pedicure treatment

Level: 3

Credits: 7

Purpose

This unit standard is intended for those who apply the knowledge of manicure and pedicure treatment. People credited with this unit standard are able to explain the anatomy and physiology of hand and foot; explain the chemical properties of manicure and pedicure product; prepare the workstation for a manicure and pedicure service; prepare clients for manicure and pedicure service; perform a manicure and pedicure service and provide after care.

This unit standard is intended for those who work as nail technicians.

Special Notes

1. Entry information:
Prerequisite
 - Unit 1157 - *Demonstrate basic knowledge of workplace health and safety*
2. Assessment evidence may be collected from a real workplace or a stimulated workplace or an appropriate simulated environment in which nail technology services are carried out.
3. All inspection, operation and maintenance procedures associated with the use of tools and equipment shall comply with manufacturers' specifications and/or workplace guidelines and instructions.
4. Glossary of terms:
 - '*Allergen*' refers to a material that will create an adverse reaction in sensitive individuals, such as coughing, sneezing, rashes or other kinds of irritation.
 - '*Allergic Reaction*' refers to hostile reaction in the body usually recognized by blisters, redness, itching, and/or swelling. Misuse of nail products can lead to allergic reactions.
 - '*Breathing Zone*' refers to the area in front of the face where breathing takes place. Nail techs should protect their breathing zone when working with nail products.
 - '*Callus*' refers to Superficial, thickened patches of the skin, caused by friction on the skin from an external force.
5. Regulations and legislation relevant to this unit standard include the following:
 - Labour Act, No. 11, 2007
 - Occupational Health and Safety Regulations No. 18, 1997
And all subsequent amendments
6. Performance of all elements in this unit standard must comply with industry

Standards.

7. This unit standard applies to all nail technician and range of people from different social, cultural or ethnic background.

Quality Assurance Requirements

This unit standard and others within this subfield may be awarded by institutions which meet the accreditation requirements set by the Namibia Qualifications Authority and the Namibia Training Authority and which comply with the national assessment and moderation requirements. Details of specific accreditation requirements and the national assessment arrangements are available from the Namibia Qualifications Authority and the Namibia Training Authority. All approved unit standards, qualifications and national assessment arrangements are available on the Namibia Training Authority website www.nta.com.na.

Elements and Performance Criteria

Element 1: Explain the anatomy and physiology of hand and foot

Range

Anatomical disorder includes but not limited to inflammation, enlargement and fallen arches

Performance criterial

- 1.1 Major muscular and skeletal components of hand and foot are identified and explained within the context of a pedicure and manicure service.
- 1.2 Nail theory is explained in terms of structure, growth, shapes and major components of nails.
- 1.3 Anatomical disorder of the hand and foot are identified and described for referral to a professional health practitioner.

Element 2: Explain the chemical properties of manicure and pedicure product

Range

Main ingredients in nail products may include but not limited to cuticle remover, cuticle softener, hard skin remover, nail strengthens, nail enamel, top coat, base coat, hand cream and nail varnish remover.

Performance Criteria

- 2.1 The main active ingredients in nail products are identified and explained.
- 2.2 Potential chemical reactions when mixing nail product are explained.
- 2.3 Different types of enamel application techniques are explained.

Element 3: Prepare the workstation for a manicure and pedicure service

Performance Criteria

- 3.1 Working area is professionally and hygienically set up before treatment with laundered towels and protective paper where applicable.
- 3.2 Tools and equipment for manicure and pedicure services are identified in terms of their specific use.
- 3.3 Tools, equipment and implements are sanitized, maintained and stored in accordance with workplace requirements.
- 3.4 All required products are cleaned, labeled, prepared and readily available.
- 3.5 Nail Technician are dressed in accordance to standards of professionalism and personal hygiene.
- 3.6 Hygiene standards are met before, during and after treatment.
- 3.7 All procedures used to prepare client for treatment are followed/adhered to in preparation of the treatment.
- 3.8 Client care, modesty and comfort are ensured at all times throughout the treatment.
- 3.9 Waste of previous treatments is be properly disposed of.
- 3.10 Client records are retrieved prior to the treatment, and in the case of a new client, a consultation card should be made available.

Element 4: Prepare Clients for manicure and pedicure service

Performance Criteria

- 4.1 The need to be courteous and helpful towards clients is explained in accordance with workplace procedures.
- 4.2 Principal for assessing nail and skin disorders / diseases is discussed in order to determine abnormalities requiring special treatment.
- 4.3 The client nails and skin are assessed in order to determine contra-indications in terms of skin and nail disorders and diseases for referral purpose.
- 4.4 The service to be performed is determined to ensure that clients' needs are met.

Element 5: Perform a Manicure and Pedicure service

Range

Procedures for performing manicure and pedicure may include but not limited to filing and shaping nails, cleaning clients nail, cuticle care, massage, removing all traces of massage lotion, buffing, coating, painting, drying and specialist treatments.

Performance Criteria

- 5.1 Client is consulted to determine the desired shape and length of nails.
- 5.2 Procedures for performing manicure and pedicure are explained in terms of steps to be followed.
- 5.3 The cuticles are softened and pushed back to minimize discomfort.
- 5.4 Techniques for relaxing hand and forearm massage are demonstrated in accordance with standards practice.
- 5.5 Ways in which nail appearance can be improved and enhanced are identified and explained.

Element 6: Provide after care

Performance Criteria

- 6.1 Client feedback is obtained using effective questioning and active listening skills.
- 6.2 The outcomes of treatment are recorded legibly for future reference.
- 6.3 Future treatment program plan is recommended to meet client's needs
- 6.4 Guideline for hand and nail aftercare are provided to enhance the service provided
- 6.5 Product recommendations are made accordingly to meet client requirement.

Registration Data

Subfield:	Cosmetology
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