



# Health, safety and hygiene for hair and beauty environments

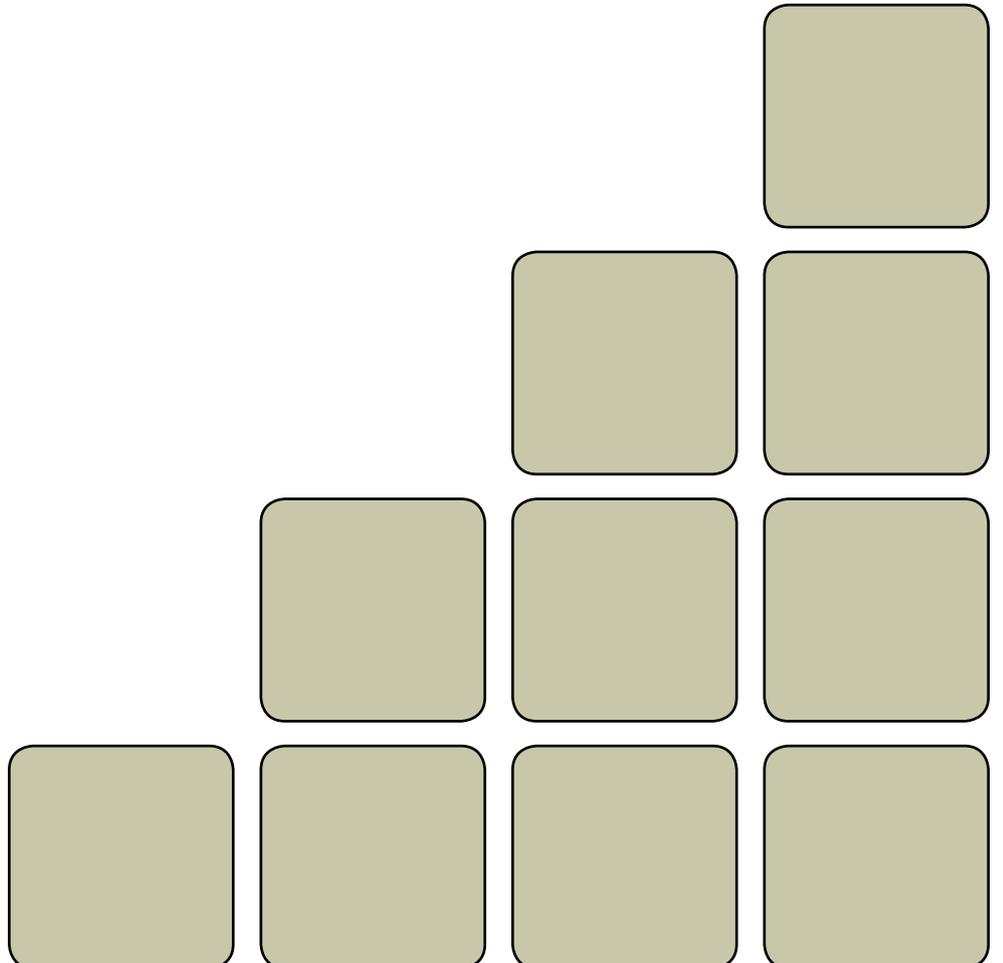
UV21507

J/504/8781

Learner name:

Learner number:

VRQ





# UV21507

## Health, safety and hygiene for hair and beauty environments

The aim of this unit is to update the existing health and safety knowledge that you currently use within your role in the hair and beauty industry. Whether you are a therapist, hairdresser, barber, salon worker, manager, owner, college lecturer or assessor, having up-to-date information on health and safety is key to staying compliant with current legislation.

Level

**2**

Credit value

**1**

GLH

**8**

Observation(s)

**0**

External paper(s)

**0**



# Health, safety and hygiene for hair and beauty environments

## Learning outcomes

On completion of this unit you will:

1. Know health and safety legislation, policies and procedures for hair and beauty environments
2. Know how to maintain personal safety and hygiene and prevent cross-infection in salon environments

## Evidence requirements

1. *Knowledge outcomes*  
There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.
2. *Tutor/Assessor guidance*  
You will be guided by your tutor/assessor on how to achieve learning outcomes in this unit. All outcomes must be achieved.
3. *External paper*  
There is no external paper requirement for this unit. However, the Knowledge questions section provides a list of proposed multiple choice examination questions as an example of how this unit can be assessed.  
**This is not a compulsory paper.**

# Developing knowledge

## Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below\*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

*\*This is not an exhaustive list.*

# Knowledge



## Learning outcome 1

### Know health and safety legislation, policies and procedures for hair and beauty environments

You can:	Portfolio reference
a. State the legislation, codes of practice and best practice guidance used in a hair and beauty environment	
b. Describe the health and safety duties of employer, employees and the self-employed	
c. Describe what is meant by a health and safety policy and specifically the three main components	
d. Define what an enforcement body is and the possible actions and consequences of non-compliance	
e. Describe the benefits of good health and safety practices	
f. Define the common causes of accidents in hair and beauty environments, requirements for first aid and how these should be recorded	
g. Describe the risk assessment process and the chain of command principle for the control measures	
h. Describe the fire precaution measures for hair and beauty salons	
i. State the colour coding system for safety signage	
j. Describe the procedures for ensuring electrical safety when working in salon environments	
k. Define the control of substances hazardous to health (COSHH) assessment process and control measures for both the employee and client	



Habia®

## Learning outcome 2

### Know how to maintain personal safety and hygiene and prevent cross-infection in salon environments

You can:	Portfolio reference
a. Define dermatitis, recognise causal factors and preventative measures in hair and beauty environments	
b. Describe the risks and preventative measures associated with manual handling in hair and beauty environments	
c. Outline the principles of infection control in hair and beauty environments and the importance of cleaning schedules and personal hygiene	

# Knowledge questions



This section provides proposed multiple choice examination questions as an example of how this unit can be assessed. **This is not a compulsory paper.** You are required to answer 30 of the multiple choice questions from the 60 provided. Your tutor will direct you to the questions that you will need to answer on the day, for example 1-30.

## Multiple choice example questions

**1. HASAW stands for:**

- A Health and safety at workstations
- B Health and safety at work
- C Healthy and safe actions work
- D Healthy and safe arrangements work

**2. MHSW stands for:**

- A Management of health and safety at work
- B Manual handling safety at work
- C Make health and safety work
- D Management of human safety at work

**3. The Health and Safety at Work Act places duties on:**

- A The employer
- B The employer and self employed
- C The public
- D The employer, employee and self employed persons

**4. What type of salon is required to produce and implement a health and safety policy:**

- A Everyone
- B A salon with 5+ employees
- C A salon with 20+ employees
- D A salon with 50+ employees

**5. The three key elements of a health and safety policy are:**

- A Statement, organisation, arrangements
- B Statement, flow chart, procedures
- C Index, procedures, templates
- D Flow chart, staff photos, job descriptions



Habia®

**6. Which of the following is a benefit of good health and safety practices:**

- A More inspections from the enforcing body
- B More accidents
- C High insurance costs
- D Good reputation

**7. The benefits of good health and safety practice are:**

- A Good reputation, retain staff, cost effective
- B Good reputation, fewer accidents, free advertising
- C Low insurance costs, free advertising, no absenteeism
- D No accidents, no absenteeism, no complaints

**8. A health and safety enforcement officer has the ability to:**

- A Have a free treatment
- B Cancel client appointments
- C Take legal proceedings against an employer/employee
- D Arrest an employer/employee

**9. Health and safety enforcement officers are employed by:**

- A The employer
- B The landlord
- C HSE or Local authority
- D ACAS

**10. Which of the following is not legally required to be provided by the employer:**

- A A smoking area
- B Drinking water
- C Adequate lighting
- D Adequate toilet facilities

**11. The employer has a duty to provide:**

- A Drinking water, adequate toilet facilities and a smoking shelter
- B Adequate lighting, adequate ventilation and a canteen
- C Comfortable working temperature, drinking water and a changing room
- D Drinking water, adequate lighting and access to toilet facilities



Habia®

**12. The most common types of accident injury/ill health in the salon environment are:**

- A Slips, falls from height, and electrocution
- B Manual handling, falls from height, electrocution
- C Slips, electrocution, dermatitis
- D Dermatitis, manual handling, slips

**13. The legal requirement for accident reporting is known as:**

- A RIDDOR
- B RIBBOB
- C DIRROD
- D RIDROD

**14. Incidents which are reportable under RIDDOR include:**

- A 7 day injuries, major injuries and headaches
- B Major injuries, stomach upsets and headaches
- C Dermatitis, 7 day injuries and major injuries
- D Headaches, sickness and dermatitis

**15. What must be provided in a first aid kit:**

- A Headache tablets, cough medicine, plasters
- B Bandages, safety pins, headache tablets
- C Antiseptic cream, bandages, plasters
- D Bandages, safety pins, sterile dressings

**16. The employer is required to provide a trained first aider in the salon when:**

- A There are more than 5 employees
- B The hospital is more than 3 miles away
- C Risk assessments determine the need for a trained first aider
- D An employee asks to do the training

**17. A hazard is defined as:**

- A Something with the potential to cause harm
- B Something which has caused an accident
- C Something which has caused a death
- D something with the potential to prevent harm



Habia®

**18. A risk assessment is designed to:**

- A Assist the employer to control risks in the salon
- B Make the employer spend money
- C Impress the enforcement officer
- D Ensure the employee is responsible for any risks

**19. The first principal of risk control is to:**

- A Eliminate the risk altogether
- B Provide the staff with personal protective equipment (PPE)
- C Substitute the hazard for something less harmful
- D Train the staff

**20. Residual Circuit Devices (RCD) protect against electric shock by:**

- A A warning light indicating a defective appliance
- B Stopping the appliance from overheating
- C Cutting off the electrical supply
- D An audible signal indicating a fault

**21. What should you do if an electrical appliance overheats:**

- A Continue to use it until it cuts out
- B Try to repair it
- C Turn it off at the wall socket
- D Wrap a wet towel around it to cool it down

**22. A fire extinguisher with a blue band around the cylinder contains:**

- A Water
- B Wet chemicals
- C Carbon Dioxide
- D Dry powder

**23. Fire doors should remain closed to ensure:**

- A Any draughts are reduced
- B Keep the salon warm
- C For privacy
- D To prevent a potential fire from spreading



Habia®

**24. Which of the following is not a fire precaution measure:**

- A Fire safety signage
- B Fire drill
- C Fire extinguisher
- D A ladder

**25. Fire regulations specify that:**

- A Fire doors must be kept locked
- B Lifts must be used in the event of a fire
- C Fire doors must be propped open
- D Emergency escape routes must be kept clear at all times

**26. Which of the following is most appropriate to use on an electrical fire:**

- A A fire blanket
- B Water
- C Foam
- D Carbon Dioxide

**27. The colour associated with a warning safety sign is:**

- A Red
- B Yellow
- C Blue
- D Green

**28. A mandatory safety sign denotes that you must do something and is:**

- A Red
- B Green
- C Blue
- C Yellow

**29. COSHH stands for:**

- A Control of safety, health and hazards
- B Control of substances hazardous to health
- C Control of safety and harm to health
- D Corporate organisation for safety health hazards



Habia®

**30. The purpose of undertaking a skin sensitivity test prior to a chemical treatment is:**

- A To ensure the colour is what the client desires
- B To prevent the client suffering an allergic skin reaction
- C To reduce the time taken during the treatment
- D To increase the cost of the treatment

**31. If a client reacts to a skin sensitivity test you should:**

- A Ensure you wear gloves
- B Ask them to come back tomorrow
- C Avoid any sore areas when applying the treatment
- D Refuse treatment

**32. When should a skin sensitivity test be undertaken:**

- A Only on new clients
- B 48 hours prior to chemical treatments
- C If the client asks for one
- D If the client is suffering from a skin complaint

**33. Which control measure should be considered first to protect staff from hazardous substances:**

- A Providing staff training
- B Carrying out health surveillance
- C Providing first aid facilities
- D Replacing the chemical substances with a less harmful alternative

**34. A hazardous substance is identified by:**

- A It's smell
- B It's colour
- C The label and product information
- D The shape of the container/packaging

**35. The most effective way of reducing occupational dermatitis in the hair and beauty sector is:**

- A To wear suitable gloves for wet work and chemical treatments
- B To ensure you do not use more than one chemical treatment at any one time
- C To only permit specified staff to clean the salon
- D To provide everyone with an expensive hand cream



Habia®

**36. What type of glove is recommended for use in the salon:**

- A Latex longer length gloves
- B Vinyl or Nitrile longer length gloves
- C Latex short gloves
- D Vinyl or Nitrile short length gloves

**37. After washing your hands you should dry them on:**

- A Your uniform
- B A used client towel
- C With a hairdryer
- D A soft disposable paper towel

**38. A poorly designed work station is likely to cause:**

- A Asthma
- B Blindness
- C Stomach cramps
- D Back disorders

**39. How often should you change your cleansing fluid for disinfecting equipment (e.g. barbicide):**

- A When it turns green
- B After every use
- C Once a day
- D It does not need changing

**40. Prior to disinfecting/sterilisation of equipment, it is essential to:**

- A Wash the item first to remove visible contamination
- B Wait until you have enough items to fill the container
- C Wear a protective apron and safety glasses
- D Wash your hands

**41. What is the main function of a disinfectant:**

- A Destroy all pathogens
- B Remove grease, dust and dirt
- C Reduce pathogens to a safe level
- D Make the equipment shiny



Habia®

**42. Any used sharps in the salon must be disposed of in:**

- A A sharps bin
- B An empty drinks can
- C A double tied bin bag
- D A clinical waste bag

**43. A plan which details who, what, where, when, how and why cleaning should be done in the salon is known as:**

- A A staff rota
- B A cleaning schedule
- C A safety policy
- D A sterilisation procedure

**44. Personal hygiene is a priority in a salon because:**

- A It prevents cross-contamination
- B Staff smell nice
- C Staff look more attractive
- D It prevents accidents

**45. Which of the following should always be treated as clinical waste:**

- A Anything contaminated with bodily fluids
- B Dirty towels
- C Equipment which has been dropped on the floor
- D Products past their use-by date

**46. Which factor is most likely to result in an accident in the salon?**

- A Dirty windows
- B Damp walls
- C Uneven floors
- D Shiny doors

**47. The main purpose of an internal fire door is to:**

- A Keep draughts to a minimum
- B Provide privacy between treatment rooms
- C Stop smoke and flames from spreading
- D Prevent people running in the salon



Habia®

**48. A poorly designed workstation is likely to cause:**

- A Asthma
- B Earache
- C Eye infections
- D Back disorders

**49. When lifting/handling stock always:**

- A Bend the knees, lift at arms length, move slowly
- B Check the weight, ensure the route is clear, bend the knees
- C Bend from the waist, hold the load close to the body, walk quickly
- D Bend the knees, check the weight, shout to ensure people know you are coming

**50. Slips and trips in the salon can be more effectively managed by:**

- A Good housekeeping
- B Putting out warning signs
- C Maintaining equipment
- D Keeping the door closed when it is raining

**51. The purpose of a risk assessment is to:**

- A Identify and reduce hazards in the workplace
- B Make cost savings
- C Have something to show the health and safety inspector
- D Keep reports for insurance claims

**52. Manual handling operations must be assessed to:**

- A Prevent breakages or damage to stock
- B Ensure the load is moved safely
- C Ensure you employ staff strong enough to do the job
- D Always provide a hoist for lifting stock

**53. A Code of Practice is:**

- A A list of regulations which apply to the salon
- B A secure code to gain entry to the salon
- C Written guidelines produced by an official body or professional association
- D A practice treatment on a client



Habia®

**54. Health and safety inspectors may visit the salon to make:**

- A A routine inspection
- B To investigate an accident
- C To act upon a complaint
- D All the above

**55. The main purpose of first aid is to:**

- A Avoid anyone having to have time off work
- B Supply pain killers to anyone needing them
- C Ensure first aid box is available for inspection
- D Prevent injuries getting worse until further treatment can be given

**56. The risk of exposing staff to chemicals in the salon can be best controlled by:**

- A Replacing them with less harmful alternatives
- B Provide first aid facilities
- C Provide staff training
- D Carry out health surveillance

**57. What should you do if you suffer discomfort whilst working at your workstation?**

- A Take more breaks
- B Carry on working
- C Report concerns to your manager and seek advise
- D Send a report to your local inspector

**58. What can you do to prevent a fire from starting?**

- A Hold regular fire drills
- B Learn how to use an extinguisher
- C Keep exits free from obstruction
- D Keep materials that burn away from sources of ignition

**59. Salon chairs should be designed to be:**

- A A fixed height, stable and comfortable
- B Adjustable, stable and easy to clean
- C Made from leather, stable and comfortable
- D Modern design, stable and easy to clean



Habia®

**60. Which statement best describes an Improvement Notice issued by the health and safety inspector?**

- A A document that closes the company down
- B A document providing advice and guidance
- C A document warning that legal proceedings are about to start
- D A document which requires things to be done in a certain time

# Notes

Use this area for notes and diagrams



---

---

---

---

---

---

---

---

---

---