

Barbering

Level – L2

Type of Pack: Taster/Introduction



Name:



**Prison
Education**

 HM Prison &
Probation Service

INTRODUCTION

Hello...

We hope you find this **Taster /Introduction Pack to Barbering** easy to follow and interesting whilst in Lockdown.

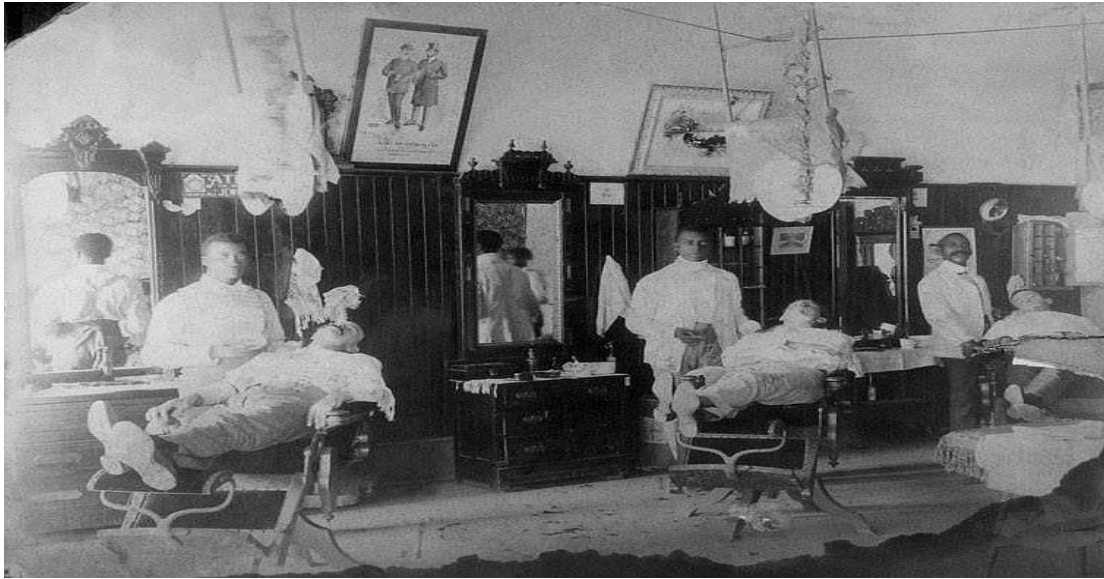
This pack contains a variety of activities that you may see when starting on the course.

These activities should be easy to follow but where there are questions, we would encourage you to have a go without looking at the answers to see how you get on.

CONTENTS

- The history of barbering
- Health and Safety
- Client consultation
- Shampoo and conditioning
- Drying and finishing men's hair
- Activity answers

A Brief History of Barbering



The origins of Barbering:

Barbering is one of the oldest professions in the world. Archaeologists have found simple cutting tools made of flint and bones used for cutting hair, as long ago as 30,000 years BC.

The Egyptians were the first to develop the tools and techniques.

Organised Barbers services were offered as long ago as 1500 BC. They worked outdoors in hot Egyptian climate and they would meet their clients outside in full view of passers-by.

The Barbers Pole



The familiar red, white and blue striped pattern of the traditional Barber's pole originated as a symbol of the Barber surgeons and their bloodletting. The dish at the bottom collected the blood from the blood-soaked bandages, the red stripe represents blood, the blue stripe represents veins and the white stripe represents the bandages. During the thirteenth century the "Barbers Company of London" was established to regulate the Industry.

Health and Safety

As a Barber YOU are responsible for the health and safety of your business, the staff, clients and anyone else who may come into the workplace. The health and safety laws are designed to ensure you are working in a safe environment and that you reduce any risks to anyone involved in your business or attending your premises.

By law **you must** do the following:

- Manage health and safety in the salon (or appoint someone else to oversee it)
- Have a health and safety policy, which must be in written form if you have five or more employees
- Manage and reduce - where possible - the risks in the salon, which must be in written form if you have five or more employees
- Advise, consult, train and inform any staff on health and safety
- Provide appropriate welfare facilities (e.g., toilet, washing facilities, drinking water etc)
- Ensure the working environment is safe and healthy (e.g., good ventilation, temperature etc)
- Ensure you have an accident book, first aid kit, Sharps box for used razor blades and sterilising equipment
- Display the Health and Safety poster
- Ensure everyone is aware of the fire procedures
- Ensure you have suitable insurance cover (get advice from your insurance supplier and make are you are covered for all aspects connected with your business)
- Keep up to date with any changes to the law

Activity 1 - Health and Safety

What do you think the following Legislations are about?

Write down your answers and what you think your responsibilities would be when you are working as a Barber:

The Manual Handling Operations Regulations 1992



The **C**ontrol of **S**ubstances **H**azardous to **H**ealth Regulation 1992 (COSHH)



Electricity at Work Regulations 1989



Data Protection Act 1998



Health and Safety at Work Act 1974 (HASAWA)



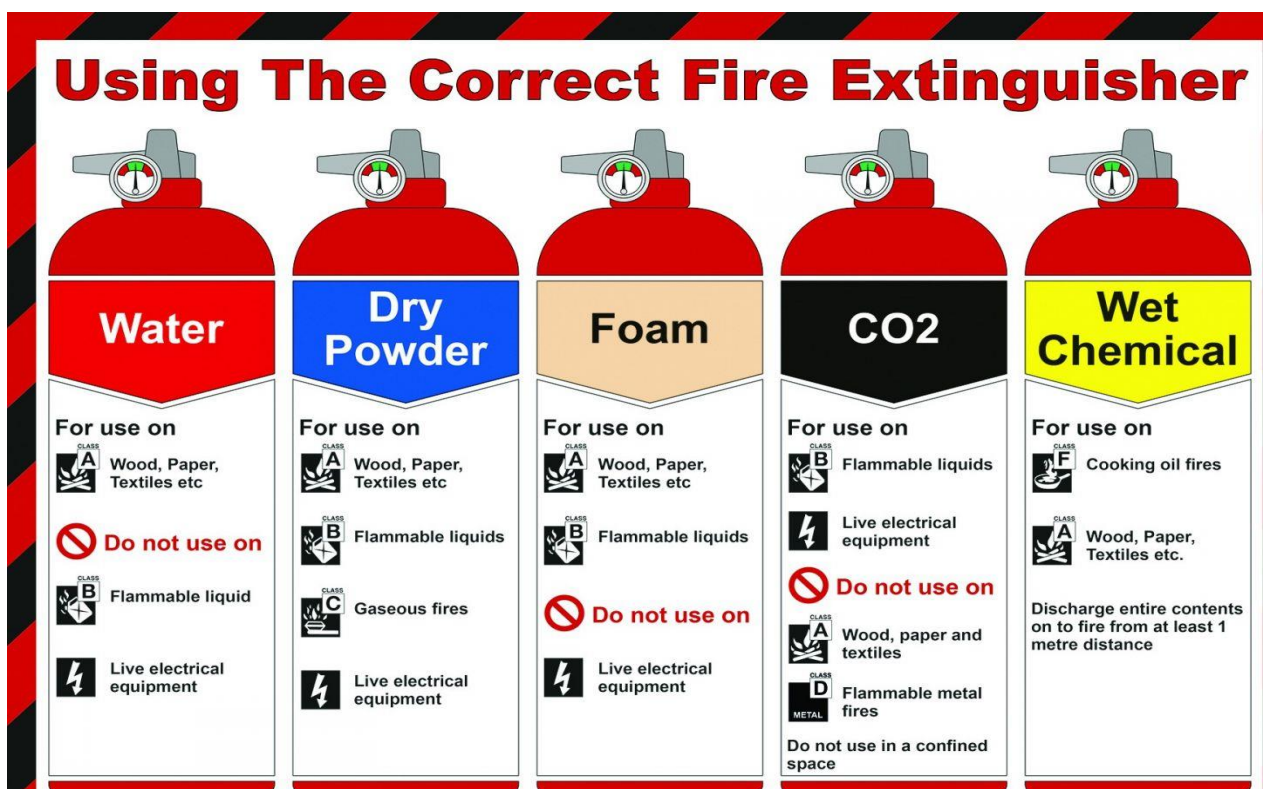
Fire Safety

Whilst working in a Barber shop, it is important to recognise basic fire safety in the event of an emergency, the below act must be followed by the owner/manager of the business:

The Fire Precautions Act 1971

A 'responsible person' should carry out a fire risk assessment and ensure that precautions are implemented based on the results.

As a result of the assessment, there must be a policy in place which aims to minimise the risk of fire, reduce the spread of any fire, provide means of escape and take preventative action.



Activity 2 - Health and Safety

Check your fire extinguisher knowledge using the activity below, fill in the gaps.

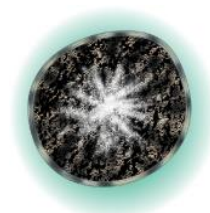
Colour of Label:	Type of Extinguisher:	Type of Fire:
Red		
	Carbon Dioxide (CO ²)	
		Electrical fires
	Foam	
Wet Chemical		

Client Consultation

Hair types and shapes

The images are cross sections of an individual hair under a microscope, these are the three main hair types and shapes:

Asian Hair: Generally, round shaped and very straight.



Afro – Caribbean Hair: Kidney bean shape and very tight curls.






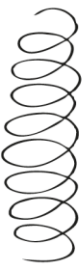





Caucasian Hair: Oval shape, hair may vary in movement and is generally wavy.



Hair Classifications

Hair is a distinguishable part of just about anyone's appearance. No matter how much hair you have, it is something that people notice about you right away and can impact your complete look. Not only can the length and colour of your hair vary, but the type of hair can also be different among different people. Hair is classified in many ways if you are looking to learn more about your hair to make styling and hair care simpler, you need to know exactly how and why hair is classified.

Straight hair	Wavy hair			Wavy-curly hair		Tight-curly hair	Kinky-curly hair	Kinky hair
1	2A	2B	2C	3A	3B	3C	4A	4B
								

Activity - Consultation

When you know exactly what type of hair you have, it is easier to use just the right products and create the right style.

Using the knowledge that you have just learnt, what is your hair type, shape and classification?

Hair type (e.g. Asian)

Hair shape (e.g. Round)

Hair classification (e.g. Type 1)

Hair Growth Cycle

The hair growth cycle consists of three distinct stages: anagen, catagen and telogen.

Anagen Phase

Your hair grows around half an inch a month [about 6 inches a year], and faster in the summer than in winter. The growth phase, or anagen phase, lasts an average of 3-5 years — so a full-length hair averages 18 to 30 inches. The anagen phase is generally longer in people of Asian descent and can last as much as 7 years — meaning your hair may be able to grow up to 3 feet long!

Catagen Phase

At the end of the anagen phase, your hair enters the catagen phase. This short transitional phase lasts approximately 10 days.

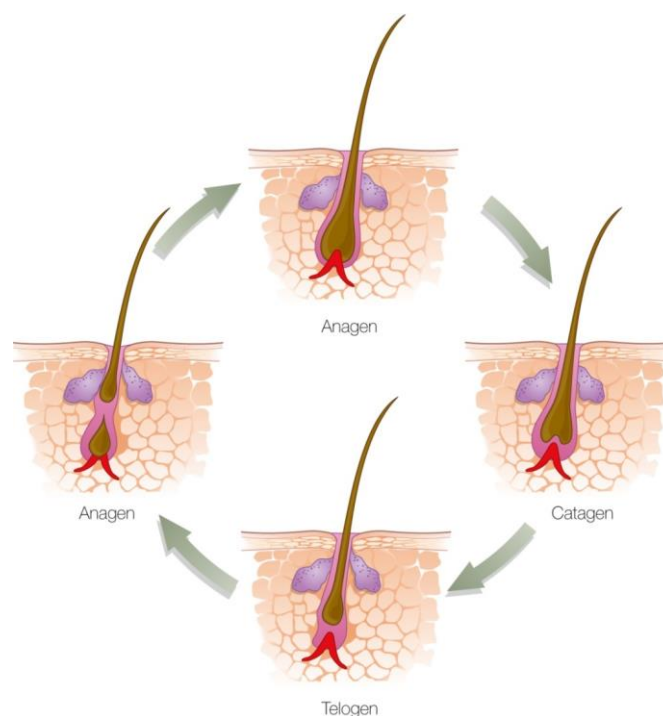
Telogen Phase

Finally, your hair enters the telogen phase, a resting phase when strands are released and falls out. The follicle then remains inactive for 3 months, before the whole process is repeated.

Each hair follicle is independent and goes through the growth cycle at different times. You only shed a certain number of hairs a day – 80 to 100 hairs on a healthy head of hair.

Hair loss, hair thinning and problems with hair growth may occur when your growth cycle is disrupted. This can be triggered by conditions such as metabolic imbalances, illness or improper nutrition.

For instance, 6 weeks after restrictive dieting or a high fever, you may experience telogen effluvium (sudden diffuse hair fall). This occurs when your anagen (growth) phase is cut short, and many hairs enter the telogen (shedding) phase at the same time.



Activity - Consultation

Using the information, you have just learnt, draw a line to match the growth cycle phases to the descriptions

Anagen	The resting stage of the hair growth cycle lasts between 10-12 weeks.
Catagen	The growing stage of the hair growth cycle lasts from 1.5 - 7 years.
Telogen	The changing stage of the growth cycle lasts approximately 2 weeks.

Shampoo and conditioning the hair and scalp

How does shampoo clean the hair?

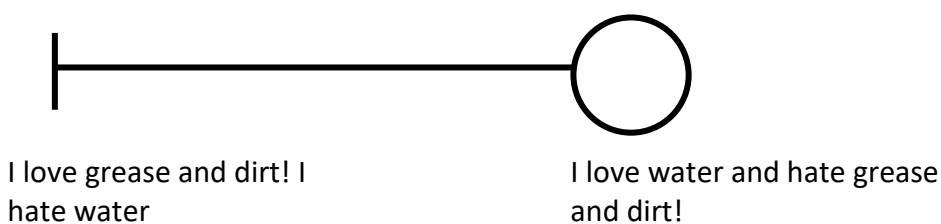
Water has a greater surface tension than oil and therefore it cannot remove grease from the hair on its own. It needs something to break and lower the surface tension.

Shampoo is a **wetting agent or surfactant**; it will lower the surface tension of water. This means that Shampoo and water form an **emulsification**, which lifts dirt and grease from the hair.

A shampoo molecule has a **hydrophobic end** (the tale has a phobia of water) and a **hydrophilic head** (the head loves water).

Hydrophobic tail

Hydrophilic head



Once the surface tension is broken down the shampoo molecule can begin to function

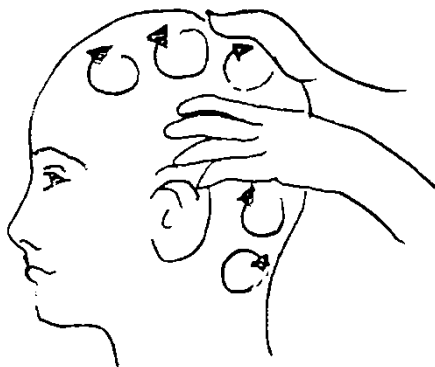
Before	Shampooing	Mode of Action	Rinse
 <p>Oil and dirt are attached to the skin and hair</p>	 <p>The surfactant lowers the surface tension of the water</p>	 <p>The surfactant creates micelles around the dirt and oil that are removed from the skin and hair</p>	 <p>The micelles with the oil, dirt and surfactant are eliminated with the water during rinse</p>
Skin	Skin	Skin	Skin

Shampoo and conditioning massage movements



Effleurage is a stroking movement carried out using flat palms. You use this to apply the shampoo or the conditioner.

It is also the best movement to use on long or thick hair to avoid the hair getting tangled.



Rotary is a fast, circular movement made with your fingertips. This will stimulate the scalp, provide deep cleansing and lather the shampoo.

If used on very long or thick hair you must do so carefully, as hair may get tangled.



Petrissage is a deep kneading movement. Using the pads of your fingers with firm pressure you move in small slow circles, moving only the scalp. It relaxes the scalp and stimulates blood flow.

If used on very long or thick hair you must do so carefully, as hair may get tangled.

Friction is a firm rubbing movement made with your fingertips in a back and forth action. This will lather the shampoo and stimulate the scalp.

If used on very long or thick hair you must do so carefully, as hair may get tangled.

Dry and finish men's hair

The Science of Hair

Hair is Hygroscopic, which means it can absorb moisture.

When water penetrates the cortex through the cuticle, it breaks down the hydrogen bonds. This allows you to change the shape of the hair by shampooing the hair and blow drying into a new shape.

When shampooing the hair and then blow drying the hair into a new shape, you are changing the hair from its natural state known as Alpha Keratin to the hair being in a new shape known as Beta Keratin.

The hair will stay in its Beta Keratin state until the hair is shampooed again, or moisture has been absorbed into the hair.

By using styling and finishing products you are putting a protective layer on the hair to prevent moisture from entering the cortex and breaking down the hydrogen bonds.

Styling Products

As a stylist you need to know the effects of different products on different hair types to help you ensure the services you carry out are successful. There is a wide range of products available, from those that make hair easier to work with, those that protect the hair from added heat, and the effects of moisture.

Activity - Dry and finish men's hair

Name some styling products that could be used to dry and finish men's hair:



How do you know how to use hair products correctly?





The physical effects of blow drying on the hair

When blow drying the hair, good elasticity is essential to create volume, movement and to allow the style to last, without it the hair cannot be stretched into new shapes.

Blow drying is basically the process of styling wet hair. It can be stretched into a shape with a brush or moulded into shape with your fingers.

Activity 1 - Dry and finish men's hair

Complete the table below:

Tool		Effect	Suitability
Denman brush		Creates a smooth finish and can pull out waves in the hair.	Wanting a smooth finish or curve in the hair, curl cannot be created.
Round/Circular Brush			
Vent brush		Produces soft broken up effect.	
Electrical Equipment			

Activity 2 - Dry and finish men's hair

Draw a line to match the left-hand boxes to the right-hand descriptors:

Hydrogen Bonds

Ability to absorb moisture.
I.e. steam, rain

Alpha keratin

Bonds in the cortex that are
broken down by water and
reformed by using heat.

Beta Keratin

Hair in its natural state.

Hygroscopic

Hair in its stretched state.

Answers - Activity 1 Health and Safety

The Manual Handling Operations Regulations

These regulations require that certain measures must be taken when manual handling and lifting to avoid skeletal and muscular injuries.

Control of Substances Hazardous to Health (COSHH)

Employers must control exposure to hazardous substances in the workplace.
Everyone should be aware of how to store, handle, use and dispose of these products.

The Electricity at Work Regulations

All electrical equipment must be regularly (preferably annually) checked for electrical safety.
The check must be carried out by a “competent person”, preferably a qualified electrician and is called PAT testing.

Data Protection Act

You must keep information secure.
You must ensure information is accurate and relevant to your needs.
You must comply with individual’s requests for information that you are holding.

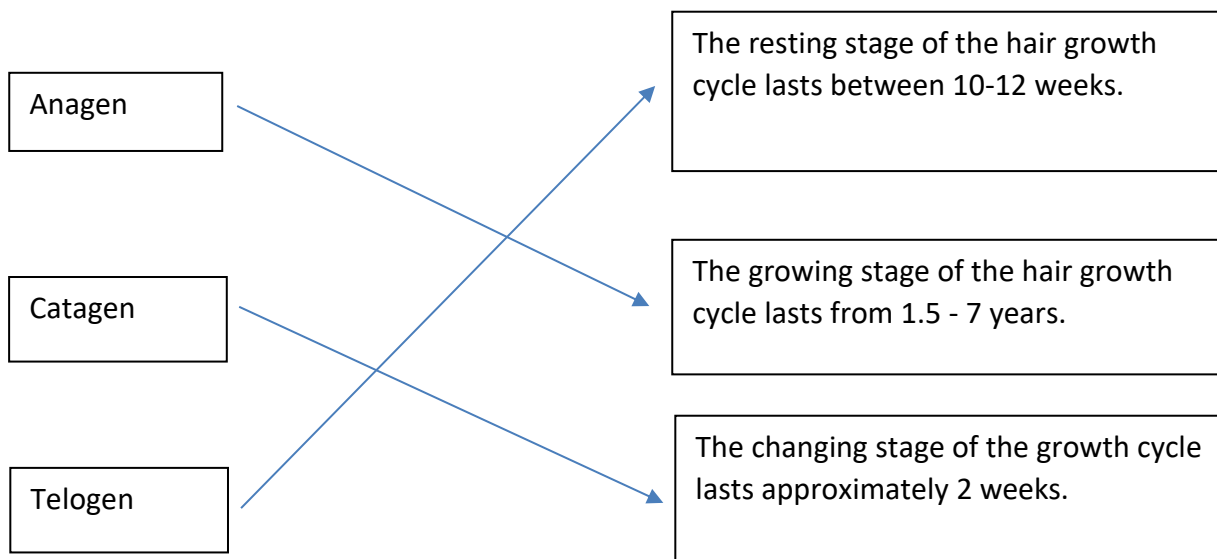
Health and safety at Work Act (HASAWA)

Employers are responsible for providing, as is reasonably practical, safe systems of work, without risk to health.

Answers - Activity 2 Health and Safety

Colour of Label:	Type of Extinguisher:	Type of Fire:
Red	Water	Wood, paper and textiles
Black	Carbon Dioxide (CO ²)	Flammable liquids and live electrical equipment
Blue	Dry Powder	Electrical fires
Cream	Foam	Wood, paper and textiles, and, flammable liquids
Yellow	Wet Chemical	Cooking oil fires, and, wood, paper and textiles

Answers - Consultation



Answers - Activity 1 Dry and finish men's hair

Tool		Effect	Suitability
Denman brush		Creates a smooth finish and can pull out waves in the hair.	Wanting a smooth finish or curve in the hair, curl cannot be created.
Round/Circular Brush		Creates lift from the root and volume, with a smooth effect. Can even create curl on longer hair	Wanting lift and volume, and/or curl
Vent brush		Produces soft broken up effect.	Wanting a natural finish without changing the natural texture of the hair
Electrical Equipment		Adds heat to blow-dry hair, taking the hair from wet to dry into the shape you desire, using the tool of choice	Wanting to style hair into a desired shape

Answers - Activity 2 Dry and finish men's hair

