



Image courtesy of Central Hairdressing Academy

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# GHB plaiting & twisting

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Your client base can increase when you give them an extra option of styling – plaiting and twisting. This is popular with clients who want a complicated, intricate style. You may need to practise these skills often to achieve a professional finish, but it will pay off when you

are able to create incredible styles. Some styles must last for a period of time, so you will be expected to advise your client on how to maintain their look. Showing them the best products to use and how to safely remove plaits are all part of the service.



# Unit GH13 (City & Guilds Unit 022)

## Plait and twist hair

### *Optional*

Image courtesy of Barrie Stephen

184 Level 2 NVQ/SVQ Hairdressing

This unit has three outcomes. As they are linked, you can be observed by your assessor for all three outcomes at the same time.

#### Outcome 1

Maintain effective and safe methods of working when plaiting and twisting

#### Outcome 2

Plait and twist hair

#### Outcome 3

Provide aftercare advice



### Evidence requirements

You must practically demonstrate in your everyday work that you have met the standards for using plaiting and twisting techniques. The standards cover things that you must do (performance criteria), things that you must cover (range) and things that you must know.

### What you must do

Your assessor will observe your performance on at least **four** occasions. You must demonstrate a different type of plait or twist on each of the four occasions. You must do correctly all the things listed under 'What you must do' on the sign-off sheets that follow.

Simulation is not allowed for any performance evidence within this unit. It is likely most evidence of your performance will be gathered from the observations made by your assessor but you may be required to produce other evidence to support your performance if your assessor has not been present.

Image courtesy of Goldwell

“

*Make sure you always use bands intended for professional use, otherwise the hair may be damaged.*

Maurice Lister

”

## What you must cover

You will see key words in bold on the 'What you must do' list. For each of these, there is a range of things that you must cover. You must show that you have:

### Used the following products:

sprays

serums

gels

### Created the following plaits and twists:

multiple cornrows

French plait

fishtail plait

two-strand twists

flat twists

### Taken into account the following factors:

hair density

hair texture

head and face shape

hair elasticity

hair length

scalp condition

desired look

### Given the following advice:

suitable home care products and their use

how to remove plaits and twists

## What you must know

You will be assessed on your knowledge of the following:

Salon and legal requirements

How to work safely, effectively and hygienically when plaiting

Effects on the hair of plaiting and twisting

Plaiting and twisting techniques

Products and their use

Aftercare advice for clients

Communication

This will be completed through written and oral questioning by your assessor, or by an online GOLA test. For details of what you must know, see pages 192–194.



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## Useful words

Some terms that you will come across in this unit are explained below.

**Aftercare advice** Giving the client tips on how to maintain their style and hair condition. If the client is going to remove his/her own added hair you will need to advise him/her on how to do this safely.

**Aftercare products** Products such as lotions, sprays and serums that are used to help maintain a style.

**Cornrows** Sometimes called 'canerows', these are small tracks of scalp plaits that can be creatively sectioned to go in multiple directions.

**Fishtail plait** A method of plaiting using two strands.

**Flat twists** A method of rolling and twisting the hair by hand to achieve a twist that sits close to the head.

**Gels** Holds hair in place when plaiting and twisting. This can help the stylist achieve a neat, professional finish.

**Serum** A product used to add shine and moisture to the hair. It can be used during or after plaiting/twisting.

**Spray** Helps shorter hairs stay neatly in place when plaiting and twisting. Moisturising sprays can be used on the scalp to prevent it from drying out.

**Tension** How tight the hair is pulled. Be careful not to pull too much when attaching hair, or damage may occur that could result in hair breakage or even traction alopecia.

**Traction alopecia** Hair loss due to excessive tension on the hair and scalp. This is usually seen around hairlines and partings – check regularly for any first signs to avoid permanent hair loss.



# Observation sign-off sheet

## Unit GH13 Plait and twist hair

### What you must do

Within your work, you must show your assessor that you can do the following. You will be observed a number of times (as a guide, at least **four** times). Each occasion must show a different look.

Each time you achieve **all** the points listed within a single client service, your assessor will tick the circle and enter the date.



*Make sure you secure the hair properly during plaiting.*

### Outcome 1

#### Maintain effective and safe methods of working when plaiting and twisting

- a Ensure your client's clothing is effectively protected throughout the service
- b Wear personal protective equipment, if required
- c Position your client to meet the needs of the service without causing them discomfort
- d Ensure your own posture and position whilst working minimises fatigue and the risk of injury
- e Keep your work area clean and tidy throughout the service
- f Use working methods that:
  - minimise the risk of damage to tools
  - minimise the wastage of **products**
  - minimise the risk of cross-infection
  - make effective use of your working time
  - ensure the use of clean resources
  - minimise the risk of harm or injury to yourself and others
- g Ensure your personal standards of health and hygiene minimise the risks of cross-infection, infestation and offence to your clients and colleagues
- h Complete the plaiting and twisting service within a commercially viable time

Photography by Camera Press London

Observation	1	2	3	4		
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date						
Candidate signature						
Assessor signature						
IV signature (if sampled)						

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## Outcome 2

### Plait and twist hair

- a Confirm with your client the look agreed at consultation prior to and during the service
- b Control your tools to minimise the risk of damage to the hair and scalp, client discomfort and to achieve the desired look
- c Part the sections cleanly and evenly to achieve the direction of the **plait(s) and twists**
- d Effectively secure any hair not being plaited or twisted to keep your section clearly visible
- e Maintain a suitable and even tension throughout the service
- f Effectively control and secure your client's hair throughout the plaiting and twisting processes, taking account of **factors** influencing the service
- g Apply suitable **products**, when necessary, at the right time in the process to achieve the style requirements \*
- h Consult with your client during the service to ensure the tension is comfortable
- i Adjust the tension of **plaits** and/or **twists**, when necessary, avoiding damage to the hair and minimising discomfort to your client
- j Ensure the direction and balance of the finished **plait(s)** and/or **twists** achieves the desired look
- k Confirm your client's satisfaction with the finished look



Plaiting & twisting



*Hair accessories can be added to plaits to create a unique look.*

Photography by Camera Press London

Observation	1	2	3	4		
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date						
Candidate signature						
Assessor signature						
IV signature (if sampled)						

- \* Covered by observation  Date \_\_\_\_\_
- Covered by oral questioning  Date \_\_\_\_\_

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# Observation sign-off sheet

## Unit GH13 Plait and twist hair

### What you must do (continued)

#### Timing tip

*The maximum commercially viable time for French plaits and fishtail plaits is 30 minutes.*

#### Outcome 3

##### Provide aftercare advice

- Give **advice** and recommendations accurately and constructively
- Give your client suitable **advice** on the maintenance of their style and hair condition

Observation	1	2	3	4		
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date						
Candidate signature						
Assessor signature						
IV signature (if sampled)						

#### Hints and tips

*Avoid damaging hair by carefully removing bands and let your client know how to do this safely by themselves.*



# Observation sign-off sheet

## Unit GH13 Plait and twist hair

### What you must cover



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Before ticking the circles below, you must make sure that you have achieved 'What you must cover' in **all** the outcomes in which it occurs.

#### Products

Tick the products used in each observation. **All** products must be used.

	1	2	3	4		
Sprays	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Serums	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

#### Plaits and twists

Tick the plaits and twists created in each observation. You must create **all** of them.

	1	2	3	4		
Multiple cornrows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
French plait	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fishtail plait	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Two-strand twists	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flat twists	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

#### Factors

Tick the factors taken into account for each observation. **All** factors must be taken into account.

	1	2	3	4		
Hair density	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hair texture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Head and face shape	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hair elasticity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hair length	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scalp condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Desired look	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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# Observation sign-off sheet

## Unit GH13 Plait and twist hair

### What you must cover (continued)

#### Advice

Suitable home care products and their use  
How to remove plaits and twists

Tick the advice given in each observation. **Both** must be given.

1	2	3	4		
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Observation

Achieved

Date

Candidate signature

Assessor signature

IV signature (if sampled)

1	2	3	4		
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### Timing tip

*The maximum commercially viable time for twists and cornrows to cover 50% of the head is 45 minutes.*



*Nathalie Emmanuel's cornrows make her stand out from the crowd.*

# Comment form

## Unit GH13



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This form can be used to record oral questioning, or for assessor/candidate comments, if required.

### Comments

### Date

1

2

3

4





# Knowledge sign-off sheet

## Unit GH13 Plait and twist hair

### What you must know

You will be assessed on your knowledge and understanding of all the following points. This will be completed by your assessor, either through oral or written questions (evidence type E3) or a mandatory written paper (evidence type E4). Either of these could be an online GOLLA test. The form tells you which evidence type is needed for each point. Your mandatory test papers will be kept by your assessor, so they won't appear in your portfolio.

Some areas appear in more than one unit (shaded in darker pink). These are covered in a cross-unit knowledge test. You only need to be tested on these once.

Once you have been assessed on each point, fill in the date and reference any written evidence that you've put in your portfolio.

You need to understand:		Evidence type
<b>Salon and legal requirements</b>		
1	your salon's requirements for client preparation	E3
2	your own responsibilities under the current Control of Substances Hazardous to Health Regulations in relation to the use of products for plaiting and twisting	E3
<b>How to work safely, effectively and hygienically when plaiting</b>		
3	what is contact dermatitis and how to avoid developing it whilst carrying out plaiting and twisting services	E3
4	the range of protective clothing that should be available for clients	E3
5	why it is important to use personal protective equipment	E3
6	the type of personal protective equipment available	E3
7	how the position of your client and yourself can affect the desired outcome and reduce fatigue and the risk of injury	E3
8	the importance of positioning equipment for ease of use	E3
9	why it is important to keep your work area clean and tidy	E3
10	the methods of working safely and hygienically and which minimise the risks of cross-infection and cross-infestation	E3
11	the importance of personal hygiene	E3
12	methods of cleaning, disinfecting and/or sterilisation used in salons	E3
13	the importance of using bands for professional use	E3

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You need to understand:	Evidence type
<b>Effects on the hair of plaiting and twisting</b>	
14 the potential consequences of excessive tension on the hair	E4
15 what is traction alopecia	E4
16 how to identify the signs of traction alopecia	E4
17 the physical effects on the hair structure of plaiting and twisting	E4
<b>Plaiting and twisting techniques</b>	
18 how hair texture affects the plaiting process and styling possibilities	E3
19 how to create cornrows, a French plait, two-strand twists, fishtail plaits and flat twists	E3
20 the importance of sectioning hair accurately when plaiting and twisting	E3
21 the methods of securing the completed plaits and twists	E3
22 how to handle the hair when plaiting and twisting to maintain a correct and even tension	E3
23 how to adjust the tension of plaits and twists	E3
24 how the factors in the range influence the choice and direction of plaited or twisted style	E3
<b>Products and their use</b>	
25 the types of products available for use with plaits and twists	E3
26 when and why you would use the types of products in the range	E3
27 the importance of using products economically	E3
28 manufacturers' instructions relating to the use of the products in the range	E3

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**Hints and tips**

*Be sure to identify contra-indications before you start the service. Conduct your tests and ensure the hair and scalp are in good condition beforehand.*



# Knowledge sign-off sheet

## Unit GH13 Plait and twist hair

### What you must know (continued)

**Hints and tips**

*Check your client is comfortable throughout the service. Incorrect sections or securing can be very uncomfortable.*

You need to understand:	Evidence type
<b>Aftercare advice for clients</b>	
29 the products for home use that will benefit the client and those to avoid and why	E3
30 how lifestyle can influence their choice of style (eg active sports, career and job requirements)	E3
31 the removal requirements for plaits and twists	E3
<b>Communication</b>	
32 how to give effective advice and recommendations to client	E3
Tick if E3 was a GOLA test	<input type="radio"/> Date
Tick if E4 was a GOLA test	<input type="radio"/> Date
Tick if E3 was a written test	<input type="radio"/> Date
Tick if E4 was a written test	<input type="radio"/> Date
Tick if cross-unit knowledge test was a GOLA test	<input type="radio"/> Date
Tick cross-unit knowledge	<input type="radio"/> Date



