



Photography by Billy Moore @ Central Training Group. Hair by Jo Partridge.

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GH20 dress

long hair

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The dressing of long hair has often been surrounded by mystique, and the gravity-defying skills of some stylists seem impossible. But with practice, you too can extend your creativity and produce stunning effects with long hair. This unit includes styles from the simple elegance of rolls and sexiness of

curls to alternative, commercial or avant-garde effects with twists, knots and plaits. You will develop weaving techniques to form stunning images that will turn heads. As your skills and dexterity grow, so will your confidence, and you'll meet clients' demands for a stylist who can really handle long hair well.



# Unit GH20 (City & Guilds Unit 042)

## *Creatively dress long hair*

### *Optional*

150 Level 3 NVQ/SVQ Hairdressing

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

#### **Outcome 1**

Maintain effective and safe methods of working when dressing long hair

#### **Outcome 2**

Creatively dress long hair

#### **Outcome 3**

Provide aftercare advice



### Evidence requirements

You must practically demonstrate in your everyday work that you have met the standard for styling and dressing long hair. 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 you on at least **five** occasions. Each observation must be of a different look, each on **different** clients, and include one look using accessories, one look using added hair, and one look with at least of 40% of the hair dressed up and the remainder dressed down. You must carry out 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.

“

*Preparation is the key when dressing long hair. I always blow-dry or set the hair to create the perfect texture before I start working on the desired style.*

Andrew Collinge

”



## 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:

### Covered the following dressing techniques and effects:

rolls

pleats

knots

twists

plaits

curls

woven effects

backcombing

back brushing

### Covered the following factors:

desired look

the occasion for which the style is required

hair growth patterns

hair elasticity

head and face shape and features

hair texture

hair length

hair density

### Given the following advice:

suitable aftercare products and their use  
maintenance of the style

## 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 dressing long hair

Hairdressing science

Products, equipment and their use

Preparation activities

Dressing techniques and methods

Aftercare advice for clients

Communication

This will be completed through written and oral questioning by your assessor. For details of what you must know, see pages 159–162.



Dress long hair

## Useful words

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

**Added hair** A small or large hairpiece, or a small amount of hair attached to a comb or pin, and added to the style.

**Chignon** A roll or knot, usually worn on the top of the head, or between the crown and the nape area, which can be any size.

**Cornrows** Plaits running along the scalp, usually plaited from underneath and up through the middle to create a raised finish – also called canerows, or scalp plaits.

**Hair density** How many hairs there are on the head. The more hairs on the head, the denser the hair is.

**Ornamentation** Ribbons, jewellery, flowers, headdresses, etc, worn to enhance the hairstyle, usually for an occasion.

**Roll** Also called vertical or horizontal roll, a fold within the hair that can be dressed on its own in a classical style, or incorporated with other features.

**Traction alopecia** A condition that results in an area of baldness due to excessive tension applied to the hair.

**Twist** A small section of hair twisted along the length; a variation is the scalp twist, adding strands of hair into the twist.

**Woven effects** A section of hair is interwoven to obtain a basket weave effect – it can be carried out on a small area, working into other dressing techniques, or over the whole head.



# Observation sign-off sheet

## *Unit GH20 Creatively dress long hair*

### What you must do

Within your work, you must show your assessor that you can do the following. You will be observed on **five** occasions, each of which must be of a different look. **One** look must include the use of ornamentation and **one** look must include added hair. Ornamentation and added hair may be on one head.

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

### Outcome 1

#### Maintain effective and safe methods of working when dressing long hair

- a Ensure your client's clothing is effectively protected throughout the service
- b Position your client to meet the needs of the service without causing them discomfort
- c Ensure your own posture and position whilst working minimise fatigue and the risk of injury
- d Keep your work area clean and tidy throughout the service
- e Use working methods that
  - minimise the wastage of products
  - minimise the risk of damage to tools and equipment
  - minimise 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
- f Ensure your personal standards of health and hygiene minimise the risk of cross-infection, infestation and offence to your clients and colleagues
- g Use finishing products, methods and equipment identified as a result of consultation with your client
- h Use equipment that is safe and fit for purpose
- i Complete the service within a commercially viable time

| Observation               | 1                     | 2                     | 3                     | 4                     | 5                     |                       |                       |
|---------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Achieved                  | <input type="radio"/> | <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) |                       |                       |                       |                       |                       |                       |                       |



## Outcome 2

### Creatively dress long hair

- a Confirm with your client the look agreed at consultation prior to and during dressing the hair
- b Prepare your client's hair in a way which is suitable for the look agreed
- c Effectively incorporate and secure added hair, when used, into the desired look
- d Blend the client's own hair and added hair effectively, when required
- e Ensure the availability of assistance when required
- f Combine and adapt your **dressing techniques and effects** in an innovative way to achieve the desired look
- g Secure the hair so that any pins, grips or bands are hidden unless part of the style requirements
- h Personalise your **dressing techniques and effects** to take account of the **factors** which influence the achievement of the desired look
- i Use **dressing techniques and effects** in a way that avoids damage to the hair, skin and scalp
- j Effectively incorporate and secure accessories, when used, to complement and enhance the desired look

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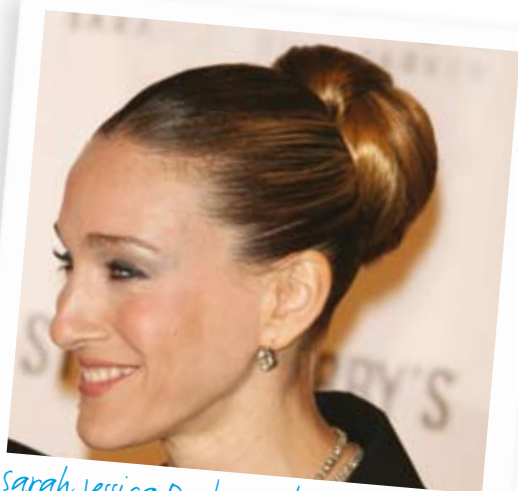


Dress long hair

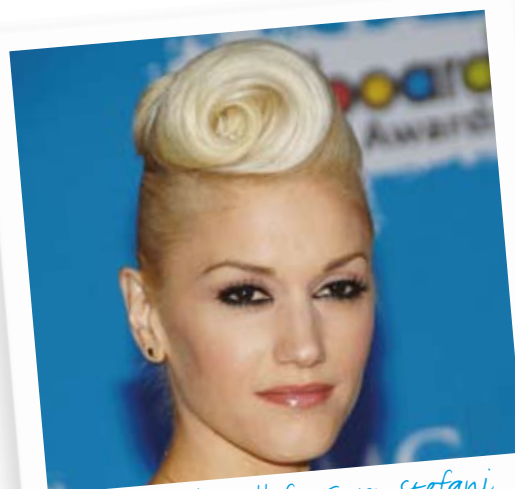
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#### Hints and tips

*When backcombing, always work on the underside of the hair section, to ensure the effect is not visible.*



*Sarah Jessica Parker achieves an elegant look with a simple chignon.*



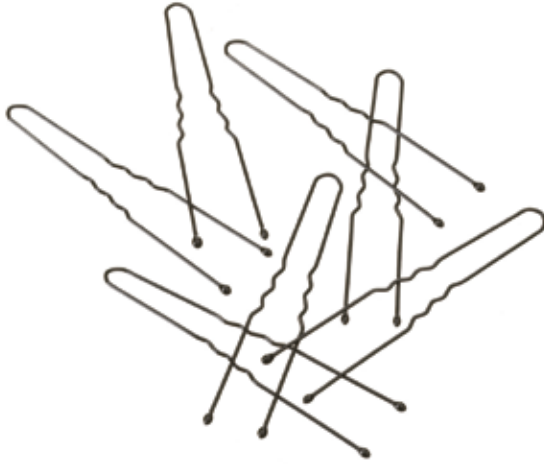
*A fashionable roll for Gwen Stefani creates a catwalk image for any occasion.*



# Observation sign-off sheet

## Unit GH20 Creatively dress long hair

### What you must do (continued)



- k Ensure the finished look meets the intended shape, direction, balance and volume agreed with your client
- l Apply suitable finishing products that complement and enhance the desired look
- m Ensure the finished look complements your client's features and enhances their personal image and that of the salon
- n Confirm your client's satisfaction with the finished look

|                           |                       |                       |                       |                       |                       |                       |                       |
|---------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Observation               | 1                     | 2                     | 3                     | 4                     | 5                     |                       |                       |
| Achieved                  | <input type="radio"/> | <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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*A good smooth finish on long hair enhances colour.*



*Be ambitious! If you see a photo of brilliant creative dressing, try it yourself and develop it further.*

## Outcome 3

### Provide aftercare advice

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



Dress long hair

| Observation               | 1                     | 2                     | 3                     | 4                     | 5                     |                       |                       |
|---------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Achieved                  | <input type="radio"/> | <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) |                       |                       |                       |                       |                       |                       |                       |







# Observation sign-off sheet

## Unit GH20 Creatively dress long hair

### What you must cover

**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.**

#### Dressing techniques and effects

Tick the dressing techniques and effects for each observation. You must use **all** the dressing techniques and effects.

|               | 1                     | 2                     | 3                     | 4                     | 5                     |                       |                       |
|---------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Rolls         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Pleats        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Knots         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Twists        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Plaits        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Curls         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Woven effects | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Backcombing   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Back brushing | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

#### Factors

Tick the factors covered by each observation. **All** factors must be covered.

|  | 1                     | 2                     | 3                     | 4                     | 5                     |                       |                       |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Desired look                                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The occasion for which the style is required | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Hair growth patterns                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Hair elasticity                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Head and face shape and features             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Hair texture                                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Hair length                                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Hair density                                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

*Continues on next page*



**Advice**

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

|   | 1                     | 2                     | 3                     | 4                     | 5                     |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Suitable aftercare products and their use | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Maintenance of the style                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

| Observation               | 1                     | 2                     | 3                     | 4                     | 5                     |                       |                       |
|---------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Achieved                  | <input type="radio"/> | <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) |                       |                       |                       |                       |                       |                       |                       |

“  
*Look for inspiration –  
 don't wait for it to find you.*  
 Michael Barnes  
 ”



# Comment form

## Unit GH20

This form can be used to record oral questioning, or for assessor/candidate comments, if required. **Note down in which observation ornamentation was used and in which observation added hair was used.**

### Comments

### Date

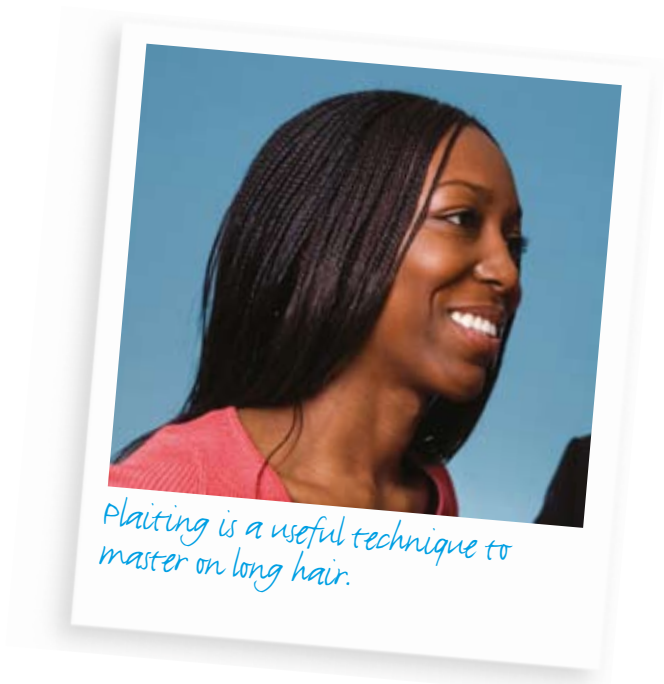
1

2

3

4

5



# Knowledge sign-off sheet

## Unit GH20 Creatively dress long hair

### What you must know



Dress long hair

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| You need to understand:  | Evidence type |
|--|---------------|
| <b>Salon and legal requirements</b>  |               |
| 1 Your salon's requirements for client preparation   | E3            |
| 2 Your salon's expected service times for dressing hair  | E3            |
| 3 Your own responsibilities under the current Control of Substances Hazardous to Health Regulations in relation to the use of finishing products | E3            |
| 4 Your responsibilities under the current Electricity at Work Regulations  | E3            |
| 5 Your salon's image and expected standards of service   | E3            |
| <b>How to work safely, effectively and hygienically when dressing long hair</b>  |               |
| 6 The range of protective clothing that should be available for clients  | 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 safety considerations which must be taken into account when styling and dressing hair  | E3            |
| 9 The importance of positioning equipment for ease of use  | E3            |
| 10 Why it is important to keep your work area clean and tidy   | E3            |
| 11 Methods of working safely and hygienically and which minimise the risk of cross-infection and cross-infestation                               | E3            |
| 12 The importance of personal hygiene  | E3            |

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You will be assessed on your knowledge and understanding of all the following points. This will be completed by your assessor, either by asking you questions within a conversation, or with a written test (evidence type E3). This could be an online GOLA test. Your assessor will let you know how s/he intends to assess you.

Some areas appear in more than one unit (shaded in darker blue). 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.



# Knowledge sign-off sheet

## Unit GH20 Creatively dress long hair

### What you must know (continued)

| You need to understand:   | Evidence type |
|---|---------------|
| 13 Why it is important to check electrical equipment used to aid the dressing process             | E3            |
| 14 Methods of cleaning, disinfection and/or sterilisation used in salons                          | E3            |
| 15 The importance of using products economically  | E3            |
| 16 The health and safety factors to consider when making choices of ornamentation                 | E3            |
| 17 The reasons why tools and heated styling equipment should be kept free from product build up   | E3            |
| <b>Hairdressing science</b>   |               |
| 18 The effects of humidity on hair  | E3            |
| 19 How the incorrect application of heat can affect the hair and scalp                            | E3            |
| 20 Why hair should be allowed to cool prior to dressing out                                       | E3            |
| 21 The effects of backcombing and back brushing on the hair structure                             | E3            |
| 22 The physical effects of finishing products on the hair and how they work to maintain the style | E3            |
| 23 The potential effects on the hair structure of using and securing added hair and accessories   | E3            |
| 24 The potential consequences of excessive tension on the hair and scalp                          | E3            |
| 25 How to identify the first signs of traction alopecia   | E3            |



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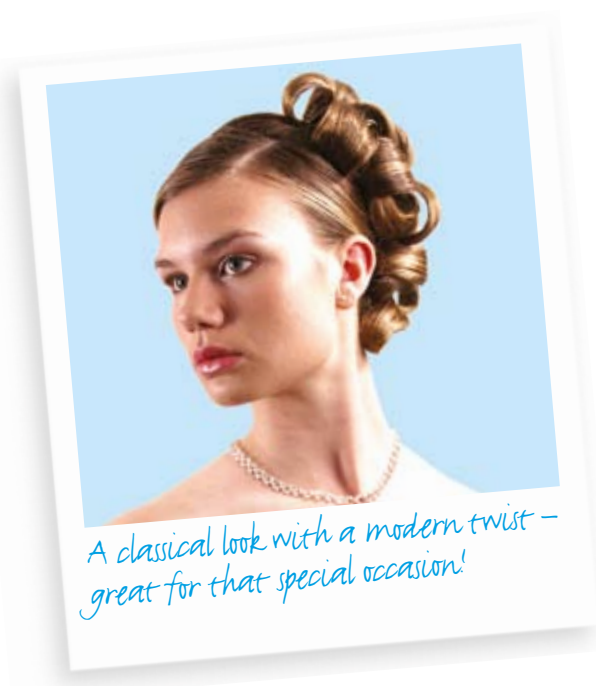


| You need to understand:   | Evidence type |
|---|---------------|
| <b>Products, equipment and their use</b>  |               |
| 26 The range of products, tools and equipment available for dressing long hair and how to use them                          | E3            |
| 27 The suitability of specific products and equipment for use with different hair types and for achieving different effects | E3            |
| 28 The types of non-conventional items that may be used as accessories when dressing long hair                              | E3            |
| 29 The manufacturers' instructions on the use of the finishing products in your salon                                       | E3            |
| <b>Preparation activities</b>   |               |
| 30 The importance of preparing the hair correctly prior to dressing   | E3            |
| 31 The preparation procedures required for the different dressing techniques in the range                                   | E3            |
| <b>Dressing techniques and methods</b>  |               |
| 32 Current fashion long hair looks  | E3            |
| 33 Sources of creative information and inspiration (eg historical, cultural and fashion)                                    | E3            |



Dress long hair

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# Knowledge sign-off sheet

## Unit GH20 Creatively dress long hair

### What you must know (continued)

#### Hints and tips

*Using a fine, quick drying hairspray when dressing out the style will help make the hair more manageable and prevent hairgrips from slipping.*

| You need to understand:  | Evidence type              |
|--|----------------------------|
| 34 When, why and how to use the different types of <ul style="list-style-type: none"> <li>– securing equipment</li> <li>– accessories</li> <li>– added hair</li> </ul> | E3                         |
| 35 How the factors in the range affect the dressing process and the finished look  | E3                         |
| 36 The sequence of working necessary to create the dressing techniques and effects listed in the range (ie rolls, pleats, knots, twists, plaits, curls, woven effects) | E3                         |
| 37 Methods of handling, controlling and securing long hair during the dressing process   | E3                         |
| 38 The type of checks needed during long hair dressing services to ensure the intended shape, direction, balance and volume is achieved                                | E3                         |
| 39 The importance of maintaining correct tension when dressing up long hair  | E3                         |
| <b>Aftercare advice for clients</b>  |                            |
| 40 Products for home use that will benefit the client and those to avoid and why   | E3                         |
| 41 How to maintain their style   | E3                         |
| 42 How to remove pins, accessories, any added hair and any backcombing and or back brushing  | E3                         |
| <b>Communication</b>   |                            |
| 43 How to give effective advice and recommendations to clients   | E3                         |
| Tick if E3 was a GOLA test   | <input type="radio"/> Date |
| Tick if E3 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 |

