

The Academy of Hair & Beauty

AT WEST SUFFOLK COLLEGE

Level 2 VRQ Hairdressing

Summer Project Research Task – Health & Safety Legislation

Introduction

Before starting the Level 2 VRQ Hairdressing course, it is important to understand the health and safety laws that protect both clients and salon staff. Hairdressers work with electrical equipment, chemicals, sharp tools and water, so following legislation helps to keep everyone safe in a salon environment.

Complete the following research tasks. You may use textbooks, trusted websites, or college learning platforms to help you.

Task 1 – Health and Safety at Work Act (HASAWA)

Research the Health and Safety at Work etc. Act 1974.

Answer the following:

1. What is the purpose of this law?
2. What responsibilities do employers have under this act?
3. What responsibilities do employees have?
4. Give two examples of how this law applies in a hair salon.

Task 2 – RIDDOR

Research Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 (RIDDOR).

Answer the following:

1. What does RIDDOR require workplaces to do?
2. Name two types of incidents that must be reported.
3. Who is responsible for reporting accidents?

Task 3 – Personal Protective Equipment (PPE)

Research the Personal Protective Equipment at Work Regulations 1992.

Answer the following:

1. What is PPE?
2. Give three examples of PPE used in a hair salon.
3. Why is PPE important when working with chemicals such as hair colour?

Task 4 – Health and Safety (First Aid)

Research the Health and Safety (First Aid) Regulations 1981.

Answer the following:

1. What must every workplace provide under this law?
2. What items are normally found in a first aid kit? (List at least four)
3. Why is first aid important in a salon?

Task 5 – Manual Handling

Research the Manual Handling Operations Regulations 1992.

Answer the following:

1. What is manual handling?
2. Give two examples of manual handling tasks in a hair salon.
3. What could happen if manual handling is done incorrectly?

Task 6 – COSHH

Research the Control of Substances Hazardous to Health Regulations 2002 (COSHH).

Answer the following:

1. What does COSHH protect people from?
2. Name three hazardous substances used in hairdressing.
3. What is a COSHH risk assessment?

Task 7 – Electricity at Work

Research the Electricity at Work Regulations 1989.

Answer the following:

1. Why are electrical safety rules important in a salon?
2. Name three electrical tools used by hairdressers.
3. What should you do if you notice damaged electrical equipment?

Task 8

Write a short paragraph explaining why health and safety is important in a professional hair salon and how it protects both clients and stylists.

Practical Task – Plaiting Skills

Introduction

Plaiting is an important foundation skill in hairdressing. It helps develop coordination, sectioning, and control of the hair. This task will introduce you to French and Dutch plaits, which are commonly used in salon styling.

You do not need professional equipment. You can practise on:

- Your own hair
- A family member or friend
- A doll or mannequin with long hair

You will need:

- A comb or hairbrush
- Hair bands
- Hair clips or grips (optional)

Task 1 – French Plait

A **French plait** is created by gradually adding hair to each section as you braid down the head.

Think About

- Are the sections neat and even?
- Is the plait sitting close to the head?
- Is the braid smooth and tidy?

Task 2 – Dutch Plait

A **Dutch plait** is similar to a French plait, but the sections are crossed **underneath** instead of over. This creates a plait that stands out from the head.

Think About

- Does the plait stand out from the head?
- Are the sections evenly added from both sides?
- Is the plait secure and tidy?

Reflection

After completing both plaits, answer the following:

1. Which plait did you find easier – French or Dutch?
2. What did you find difficult about creating the plaits?
3. What would you improve if you tried the style again?

Evidence

Take photos of your French and Dutch plaits and bring them to your first class. This will help your us see your starting skills and support your development during the course.

This task will help you begin developing hand coordination, sectioning skills, and control of the hair, which are all essential skills for your Level 2 VRQ Hairdressing course.

Submission

Please bring your completed research to your first week of college.

This task will help prepare you for the theory knowledge required in Level 2 Hairdressing.