



**Australian Government**

# **Assessment Requirements for SHBBBOS002 Provide body massages**

**Release: 1**

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## Modification History

Not applicable.

## Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- provide six appropriate and safe body massages to clients of differing height, weight and age suitable for the established client treatment plan
- explain to client effects and benefits of body massage on anatomy and physiology of the following body systems:
  - articular and skeletal
  - circulatory and lymphatic
  - endocrine
  - integumentary
  - muscular and nervous
  - respiratory
- provide massage to treat each of the following areas as appropriate to the above clients:
  - abdomen
  - arms
  - back
  - décolletage
  - feet
  - hands
  - legs
  - neck
- design and provide treatment routines that demonstrate appropriate selection, application and combination of the following massage movements:
  - effleurage
  - friction
  - petrissage
  - tapotement
  - vibration
  - gentle, passive movement and appropriate massage techniques:
    - repetition
    - rhythm

- variation
- design, record and update treatment plans using correct anatomy and physiology terminology and specifying details of:
  - client feedback
  - contraindications and conditions
  - products used
  - massage techniques and movements
  - outcomes of previous and current treatment
  - post treatment lifestyle and product advice
  - treatment duration, areas treated and areas not treated
  - treatment objectives
  - recommended future treatments
- design a series of four progressive treatments for three of the clients to address ongoing needs of each client
- identify major bones and superficial muscles by light palpation
- recognise contraindications, skin diseases and disorders relevant to body massage as listed in Knowledge Evidence
- present self, according to organisational policy
- comply with health and hygiene regulations and requirements
- clean, prepare and maintain treatment area according to organisational policy.

## Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- state, territory, and local health and hygiene regulations and requirements relevant to providing body massages
- organisational policies and procedures relevant to providing body massages:
  - client record management
  - equipment use and maintenance
  - incident reporting
  - linen use and laundry procedures
  - personal hygiene and presentation
  - presentation of treatment area
  - waste disposal
  - work health and safety
- legal and insurance liabilities and responsibilities regarding treatments
- scope of practice:
  - when to refer clients to other practitioners
  - role of complementary therapist and medical practitioner
- factors likely to affect suitability of body massage for client needs:

- budgetary and time constraints
- outcomes of previous treatments
- physical attributes
- effects, benefits and application of each type of massage movement and technique, as listed in the Performance Evidence.
- effects and benefits of massage on body systems:
  - articular and skeletal
  - circulatory and lymphatic
  - endocrine
  - integumentary
  - muscular and nervous
- anatomical position terminology in relation to body massage:
  - anterior and posterior
  - deep and superficial
  - distal and proximal
  - inferior and superior
  - lateral and medial
- interdependence of body systems and their relationship to massage
  - skeletal, muscular and nervous systems and relationship to body movement
  - nervous system and its relationship to skin sensations
  - lymphatic and circulatory systems
- classification of joints and types and ranges of motion
- position of major bones
- position and action of superficial muscles in relation to body massage
- common disorders of the following body systems and their relationship to body massage:
  - circulatory and blood borne
  - lymphatic
  - endocrine
  - muscular
  - nervous
  - articular and skeletal
- gross skin anatomy and physiology and differences in skin depending on body location
- skin as a sense organ:
  - process of nerve conduction
  - stimuli and skin receptors
  - systems and pathways of sensory and motor neuronal conduction
  - variations in sensory perception and its relationship to body massage
- contraindications that prevent treatment or require clearance from a medical professional to proceed and relationship to body massage:
  - bacterial, fungal, parasitic and viral infections

- cancer
- clients under the influence of alcohol or drugs
- clients with symptoms of infectious disease:
  - fever
- extreme fatigue
- extremes of body temperature
- localised fractures
- pain that is chronic or does not have a logical explanation:
  - local
  - sharp
  - dull
  - deep
  - surface
- contraindications that restrict treatment and appropriate modifications to massage:
  - allergies
  - areas exhibiting loss of tactile sensation
  - asthma
  - fragile skin
  - inflammation
  - lumps and tissue changes
  - rashes
  - recent chemical peels, epilation, Intense Pulsed Light, laser or microdermabrasion treatment
  - recent scar tissue
  - severe oedema
  - skin trauma
  - sprains
- appearance and limitations of body massage in skin disorders and diseases:
  - dermatitis and eczema
  - ichthyosis
  - lupus erythematosus
  - scleroderma
  - skin tumours
  - urticaria
- physiology of adverse reactions to body massage and appropriate remedial action:
  - allergy to products
  - bruising
  - dizziness
  - emotional release
  - erythema

- joint sounds
- headaches
- muscle spasms
- pain or discomfort
- skin blemishes
- lifestyle factors and benefits of lifestyle changes:
  - alcohol consumption
  - exercise routine
  - hobbies
  - tobacco consumption
  - type of employment
- sustainable operating procedures for the conservation of product, water and power
- effects and benefits of aftercare advice, products and treatments relevant to body massages.

## Assessment Conditions

Skills must be demonstrated in a beauty industry environment; this can be:

- a beauty industry workplace or
- a simulated beauty workplace set up for the purpose of skills assessment, that provides services to paying members of the public.

Assessment must ensure access to:

- paying clients, both new and regular, with different body massage requirements, who have the expectation that the services provided reflect those of a commercial business
- hand washing facilities:
  - basin
  - hot and cold running water
  - liquid soap
  - single use towels or hand dryer
- relevant workplace documentation:
  - blank client records
  - organisational policies and procedures relevant to providing body massages
  - safety data sheets for cleaning products.

Assessment must ensure use of:

- cleaning and disinfection products and equipment
- client gowns and hair protectors
- individual work station consisting of:
  - adjustable treatment table with safe working access at both ends and sides

- massage oils or creams or powder
- treatment towels or linen, or disposable linen.

Assessment activities that allow the individual to:

- provide body massage treatments within commercially realistic speed, timing and productivity
- demonstrate competency in an environment reflective of real work situations
- manage tasks and contingencies in the context of the job role.

Assessors must satisfy the Standards for Registered Training Organisation's requirements for assessors and:

- hold a qualification as a beautician or beauty therapist
- have worked as a beauty therapist for at least three years where they have applied the skills and knowledge of this unit of competency.

## **Links**

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=255d312b-db07-48f2-b6d6-1b0b06c42898>