



Australian Government

Assessment Requirements for SHBBBOS008 Provide body massages

Release: 1

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Modification History

Supersedes and is not equivalent to SHBBBOS002 Provide body massages.

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 five appropriate and safe body massages to clients of differing height, weight and age suitable for the established client treatment plan
- 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 techniques for each of the above clients that demonstrate appropriate selection, application and combination of at least three of the following massage movements:
 - effleurage
 - friction
 - petrissage
 - tapotement
 - vibration
 - gentle, passive movement and appropriate massage techniques:
 - repetition
 - rhythm
 - variation
- design a series of four progressive treatments for three of the above clients to address ongoing needs of each client
- for each of the above clients develop and update treatment plans 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
- perform the activities outlined in the performance criteria of this unit during a period of at least 38 hours of work in a commercial beauty therapy salon.

Knowledge Evidence

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

- state or territory and local legislation and guidelines relevant to body massage:
 - health and hygiene
 - anti-discrimination
 - occupational health and safety
- 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
- diverse gender and cultural issues and attitudes in relation to body massage
- 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 body massage movement and techniques:
 - effleurage
 - friction
 - petrissage
 - tapotement
 - vibration

- gentle, passive movement and appropriate massage techniques:
 - repetition
 - rhythm
 - variation
- effects and benefits of massage on body systems:
 - articular and skeletal
 - circulatory and lymphatic
 - endocrine
 - integumentary
 - muscular and nervous
- massage techniques used for lymphatic drainage and cellulite reduction
- 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
- 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 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 Organisations' 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>