



Australian Government

Department of Education, Employment and Workplace Relations

SIBBSKS506A Apply micro-dermabrasion to improve skin appearance

Revision Number: 2

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Modification History

Not applicable.

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to apply micro-dermabrasion techniques and provide relevant post-treatment advice. Micro-dermabrasion involves the application of manual or pre-set systems using crystals and vacuum suction to exfoliate the skin on the face or body.

The therapist performing the body treatment may or may not have designed the treatment, but is expected to access and interpret a treatment plan, explain the administration of the treatment to the client, and adapt as required during the service in response to client reaction.

Application of the Unit

This unit applies to beauty therapists exercising judgement in planning and applying micro-dermabrasion treatments in beauty therapy salons or spa environments.

Micro-dermabrasion treatments are performed in response to a client consultation and assessment, conducted and recorded on a treatment plan. They may involve a single treatment or a series of micro-dermabrasion treatments that have been designed to meet client requirements.

Licensing/Regulatory Information

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

Nil

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

Element

Elements describe the essential outcomes of a unit of competency.

- 1 Consult and prepare for the treatment.
- 2 Apply micro-dermabrasion treatments.
- 3 Review treatment and provide post-treatment advice.

Performance Criteria

Performance criteria describe the achievement of the element. Where information is detailed in the range statement. Assessment of evidence guide.

- 1.1 Access and review client *tra*
- 1.2 Review and note any *contro*
treatment plan.
- 1.3 Select micro-dermabrasion
condition.
- 1.4 Select and allocate *resource*
- 1.5 Explain contraindications w
and recommend more suitab
- 1.6 Confirm *treatment objective*
ensure consent.
- 1.7 Prepare *treatment area* and
avoid cross-infection and ex
- 1.8 Ensure the positioning of th
access and minimises risk to
- 2.1 Sanitise hands and wear sui
- 2.2 Ensure that treatment area is
- 2.3 Explain the physical sensati
used.
- 2.4 Carry out a patch test on the
discontinuing treatment whe
- 2.5 Adjust machine *systems and*
patch test reaction and the s
- 2.6 Stretch and manipulate the s
techniques and objectives.
- 2.7 Adjust systems and variable
reaction and client response
- 2.8 Check client's wellbeing, of
required during treatment.
- 3.1 Evaluate the outcomes of th
- 3.2 Apply high factor suncream
- 3.3 Negotiate *future treatment*
outcomes.
- 3.4 Provide *home-care advice a*
- 3.5 Rebook client for compleme
plan.

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

The following skills must be assessed as part of this unit:

- technical skills to:
 - recognise and respond to contraindications and adverse effects
 - interpret treatment plans and identify and adjust to changes in clients' condition
 - prepare client for treatment according to the treatment plan and workplace procedures
 - ensure treatment is provided, according to the individual, the condition and the presence of complicating factors
 - safely apply micro-dermabrasion equipment according to the treatment plan
- communication skills to:
 - seek feedback and respond to questions
 - provide information and reassurance to client throughout the service
- literacy skills to:
 - read and apply relevant workplace documents and manufacturers' safety data sheets on electrical equipment
 - read, interpret and adjust treatment plans as appropriate
- time-management skills to manage time throughout the treatment.

Required knowledge

The following knowledge must be assessed as part of this unit:

- relevant health and hygiene regulations, requirements and skin penetration legislation
- relevant occupational health and safety regulations and requirements
- infection control procedures and the application of universal precautions as they apply to the provision of a micro-dermabrasion service
- workplace policies and procedures in regard to electrical micro-dermabrasion treatments
- appearance of contraindications and adverse effects
- factors likely to affect the suitability of each technique to client needs and the effects and benefits of each step in micro-dermabrasion treatments
- how ageing affects the skin and limits the effectiveness of treatment
- nervous system and its relationship to skin sensations
- lymphatic, digestive, respiratory, and circulatory systems and their relationship to skin function, including thermoregulation and homeostasis
- causes of skin reactions and allergies in regard to micro-dermabrasion treatments
- principles and properties of electricity as they relate to micro-dermabrasion treatments

- effects of micro-dermabrasion treatment on the skin, circulatory lymphatic and nervous systems.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- interpreting a treatment plan and making adjustments required by variations in client's condition
- preparing the service area and clients for micro-dermabrasion treatments
- demonstrating safe and effective application of micro-dermabrasion equipment and resources listed in the range statement across a range of clients with different requirements
- using time effectively
- evaluating the outcomes of micro-dermabrasion treatments, and advising clients on home care and future treatments
- accurately and legibly recording relevant data on client treatment plans.

Context of and specific resources for assessment

Assessment must ensure:

- that competency is consistently demonstrated over a period of time and observed by the assessor or the technical expert working in partnership with the assessor as described in the Assessment Guidelines
- that competency is demonstrated in a simulated workplace environment in a range of real work situations which may include client interruptions and involvement in other related activities normally expected in the workplace.

Assessment must ensure access to:

- a fully equipped micro-dermabrasion treatment services environment, which includes as a minimum:
 - individual client workstations
 - micro-dermabrasion equipment and resources including consumable attachments, semi consumable attachments and crystals
 - adjustable couches with safe working access for operator and equipment at head, foot and each side
 - electricity supply to each workstation

- magnifying lamps
- trolleys
- towels
- client gowns or covers
- equipment and products from a professional range
- appropriate cleaning and disinfection products and equipment
- relevant workplace documentation including:
 - manufacturer's equipment instructions
 - product instructions
 - manufacturer safety data sheets
 - workplace policies and procedures manuals
- a range of clients with different skin requirements.

For further guidance on the use of an appropriate simulated environment, refer to the Assessment Guidelines in this Training Package.

Methods of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- direct observation of learners performing a range of tasks in the workplace or a simulated work environment, over sufficient time to demonstrate handling of a range of contingencies, including:
 - consulting with and advising clients on micro-dermabrasion treatments
 - preparing clients for micro-dermabrasion treatments
 - performing and evaluating patch tests
 - applying micro-dermabrasion techniques according to the treatment plan and client comfort and skin response
 - providing home-care advice and making treatment recommendations to the client
- written and oral questioning appropriate to the language and literacy level of the learner, to assess knowledge and understanding of:
 - appearance of contraindications and adverse effects
 - factors likely to affect the suitability of each technique to client needs and the effects and benefits of each micro-dermabrasion treatments
 - causes of skin reactions in regard to micro-dermabrasion treatments
- completion of workplace documentation relevant to providing micro-dermabrasion treatments
- third-party reports from experienced technical experts
- completion of self-paced learning materials, including personal reflection and feedback from a trainer, coach or supervisor.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SIBBBOS402A Provide body treatments
- SIBBCCS404A Work in a skin therapies framework
- SIBBFAS405A Provide advanced facial treatments.

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

- Treatment plan*** must include:
- outcomes of previous treatments
 - relevant medical history
 - medications being used
 - contraindications
 - massage techniques, including types, frequency and duration of movements
 - electrical treatments
 - tools and equipment selected.
 - those which prevent body electrical treatment:
 - contagious skin diseases
 - dysfunction of the nervous system
 - heart diseases and disorders
 - pacemaker
 - cancer-related treatments
 - recent scar tissue
 - undiagnosed lumps
 - inflammations and swellings
 - medications that cause thinning or inflammation of the skin
 - those which restrict body electrical treatment, including:
 - tattoos in the treatment area
 - pigmented naevi
 - recent dermabrasion or chemical peels
 - recent scar tissue
 - varicose veins
 - cuts
 - abrasions
 - bruises
 - intense pulsed light or laser and epilation
 - collagen
 - Restylane
 - Botox.
- Contraindications*** may include:

- Resources** may include:
- consumable attachments
 - semi consumable attachments
 - crystals
 - time.
- Treatment objectives** may include:
- general improvement of the skin texture
 - improving the appearance of fine lines
 - improving the appearance of hyperpigmentation
 - improving oily and congested skin
 - improving the appearance of cellulite
 - improving the appearance of stretch marks.
- Clients** may include:
- new or regular clients with routine or special needs
 - female or male clients
 - people from a range of social, cultural and ethnic backgrounds and with varying physical and mental abilities.
- Treatment area** may include:
- face
 - body.
- Personal protective equipment** must include:
- apron
 - gloves
 - mask
 - goggles.
- Adverse reactions** may include:
- excess erythema
 - blistering
 - excessive discomfort
 - swelling
 - reactions leading to bruising.
- Systems and variables** may include:
- manual vacuum and crystal flow
 - pre-set vacuum and crystal flow.
- Techniques** may include:
- gliding
 - horizontal
 - vertical.
- Future treatment program** may include:
- further micro-dermabrasion treatments
 - complementary treatments.
- Home-care advice** may include:
- avoidance of certain activities in the immediate after-treatment period, including:
 - exercise
 - ultraviolet exposure
 - wearing restrictive clothing
 - heat treatments
 - avoidance of certain products:

- perfumed and chemical-based products
- make-up
- exfoliating agents
- touching the treated area
- possible side effects:
 - erythema
 - slight tingling
 - slight swelling and dryness
- recommended use of home-care products, such as high factor suncream.

Unit Sector(s)

Beauty

Competency Field

Skin Services