



Australian Government

SHBBHRS009 Provide intense pulsed light hair reduction treatments

Release: 1

SHBBHRS009 Provide intense pulsed light hair reduction treatments

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to safely provide intense pulsed light (IPL) hair reduction treatments to reduce unwanted hair on the face and body. It requires the ability to follow an agreed treatment program, monitor and modify treatments in response to the client's skin and hair reactions, and assess treatment results.

This unit applies to IPL practitioners working in a diverse range of beauty industry sectors and business contexts who provide hair reduction treatments. These individuals operate independently, under limited supervision of others and within established organisational policies and procedures.

The unit reflects the safety guidelines, for a broad range of IPL dermal applications, expressed in the following Australian and New Zealand Standards, current at the time of publication:

- AS/NZS 4173:2018 Safe use of lasers and intense light sources in health care
- AS/NZS 1336:2014 Eye and face protection - Guidelines.

The use of IPL is subject to legislation, regulation and licensing in some Australian States and Territories.

Pre-requisite Unit

SHBBHRS005 Identify and control safety risks for intense pulsed light and laser hair reduction treatments

Competency Field

Hair Reduction Services

Unit Sector

Beauty

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Prepare treatment environment and equipment.
 - 1.1. Access and review agreed client treatment program to determine requirements for individual treatment.
 - 1.2. Check that treatment environment is correctly organised and free from safety risks and hazards.
 - 1.3. Confirm completion of risk assessment and equipment checks and take any required corrective action.
 - 1.4. Set up equipment and check to ensure correct functioning as per manufacturer instructions and safe practice protocols.
 - 1.5. Cleanse and prepare treatment area and sanitise equipment prior to use on client.
 - 1.6. Complete required workplace and pre-treatment documentation required for treatment environment and equipment preparation.
2. Prepare self and client.
 - 2.1. Identify need for and receive signed medical approval to proceed with treatment from client.
 - 2.2. Confirm treatment program with client.
 - 2.3. Determine, through discussion and questioning, changes to client medical history and contraindications arising since time of treatment program development.
 - 2.4. Adjust treatment program to reflect identified changes and obtain signed client consent for adjusted treatment program.
 - 2.5. Explain treatment process to client and likely sensations to client to ensure client comfort.
 - 2.6. Identify jewellery worn by self and client and remove, or where not removable, tape according to workplace procedures.
 - 2.7. Fit and adjust personal protective equipment, including eye protection, to self, client and others who may be present during treatment.
3. Provide intense pulsed light treatment.
 - 3.1. Follow workplace policies and procedures, non-ionising radiation safety plan and legislative requirements to apply intense pulsed light according to treatment program.
 - 3.2. Identify requirement for coupling gel and apply ensuring minimum wastage.
 - 3.3. Perform a test shot on treatment area, observe immediate skin reaction and level of client discomfort, and adjust equipment settings in preparation for treatment.
 - 3.4. Commence treatment on areas of least pain sensitivity.
 - 3.5. Work sequentially on treatment area, avoiding repeat treatment on area immediately after first shot.

- 3.6. Monitor client reaction to treatment and pain tolerance continuously and adjust equipment settings to minimise client discomfort.
- 3.7. Identify potential and actual hazards and assess risks throughout treatment and take action to minimise risk to self and client.
- 3.8. Identify and respond immediately to adverse reactions by stopping treatment and explaining reason for stoppage to client.
- 3.9. Identify need for and take and store photographs of hair reduction treatment area according to workplace policies and procedures.
- 3.10. Turn off equipment and remove coupling gel at completion of treatment.
4. Provide post-treatment care and advice.
- 4.1. Select and apply post-treatment skin cooling products according to treatment plan and client reaction to treatment.
- 4.2. Advise client on post-treatment and self-care and ask questions to confirm client understanding.
- 4.3. Advise client on client care and precautionary requirements for period leading up to next treatment
- 4.4. Record treatment and adjust treatment plan to reflect treatment and outcomes.
- 4.5. Complete post treatment documentation according to workplace procedures.
- 4.6. Initiate follow-up to check for post-treatment complications and adverse effects according to workplace procedures.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Reading skills to:	• interpret both familiar and unfamiliar, and sometimes complex documents: • client treatment programs • client records • workplace policies and procedures • non-ionising radiation safety protection plan • materials describing industry standards and regulatory

- requirements of intense pulsed light hair reduction
 - manufacturer instructions for the safe use, maintenance and storage of intense pulsed light equipment.
- Writing skills to:
- clearly and legibly make amendments to treatment plan.
- Oral communications skills to:
- consult with, inform and reassure clients throughout treatment process
 - respond to client questions and provide information to client throughout treatment process.
- Numeracy skills to:
- calculate and modify equipment settings.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume Implementation Guide -

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

Assessment Requirements for SHBBHRS009 Provide intense pulsed light hair reduction treatments

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:

- safely provide intense pulsed light treatments to at least three different clients, each with different Fitzpatrick skin types, that cumulatively cover the following body areas (18 treatments in total):
 - back and neck
 - Brazilian
 - chest
 - facial area
 - legs or arms
 - underarm
- for each of the above intense pulsed light treatments:
 - adjust and modify treatment programs in response to client reaction to treatment
 - correctly set-up, operate and pack down equipment
 - provide pre and post-treatment advice to clients
 - complete and store client records and workplace documentation
 - consult, advise and reassure clients at all stages in treatment
- during treatments, consistently follow workplace policies and procedures, non-ionising radiation safety protection plan and relevant state or territory laws, codes and guidelines related to the safe use of intense pulsed light for hair reduction.

Knowledge Evidence

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

- current local, state or territory health legislation, regulation and industry standards and guidelines as relevant to intense pulsed light hair reduction treatments:
 - non-ionising radiation protection
 - skin penetration
 - work health and safety
- practitioner's legal and insurance liabilities and responsibilities for intense pulsed light treatment:
 - role and importance of indemnity insurance

- potential risks, liabilities and consequences of non-coverage
- responsibilities of practitioner and client related to safe and responsible intense pulsed light hair reduction treatments
- workplace policies and procedures related to intense pulsed light hair reduction treatments, including those for treatment of minors
- workplace non-ionising radiation safety protection plan
- types of intense pulsed light equipment commonly used within industry and accepted by industry standards, their recommended use and application
- factors impacting client suitability for intense pulsed light and their associated risks, benefits and required action
- typical features and skin tanning response of each of the six Fitzpatrick skin types and their relationship to intense pulsed light hair reduction treatments
- hair growth patterns and effect on intense pulsed light hair reduction on hair growth
- anatomy and physiology of the skin and skin structures as related to intense pulsed light hair reduction treatments:
 - normal process of skin ageing and structural change
 - normal skin response to irritation and trauma
 - scars, including hypertrophic and keloid, their origin and evolution, and abnormal scar tissue
 - causes of skin damage
 - effects of intense pulsed light treatments on physical structure of the skin
 - wound healing in different skin types and locations
 - tissue interaction with intense pulsed light hair reduction treatments
 - chromophores
 - melanin absorption
 - tanning issues
- contraindications and their relationship to intense pulsed light hair reduction treatments:
 - pre-treatment sun exposure
 - artificially tanned skin
 - pregnancy
 - herbal remedies
 - active herpes simplex
 - active impetigo
 - active eczema
 - active acne
 - photo-sensitive medication
 - hypertrophic and keloid scars
 - artificial pigment in the treatment area
 - psoriasis in the treatment area
 - certain circulatory conditions
 - inappropriate hair type and colour

- for the above listed contraindications:
 - appearance and identification
 - required action and treatment precautions
 - instances where treatment should not occur
 - instances where recommendation to seek advice of other professionals should be provided
 - medical contraindications, their relationship to intense pulsed light hair reduction treatments, and required action and treatment precautions:
 - conditions already being treated by a general practitioner, dermatologist or skin therapist
 - medical oedema
 - recent surgery
 - diabetes
 - asthma
 - epilepsy
- effects of intense pulsed light hair reduction treatments and appropriate responses and control measures:
 - paradoxical increased hair growth
 - temporary heat
 - temporary localised pain
 - erythema
- causes of, appearance and management of specific treatment reactions and adverse effects:
 - hypopigmentation
 - hyperpigmentation
 - blistering
 - scarring and textural changes
 - perifollicular oedema
 - perifollicular erythema
 - infections of the hair follicle
 - burns to skin
- factors affecting treatments, their effect and appropriate responses:
 - test shot skin reaction
 - skin healing
 - skin reaction
 - follicle distribution
 - areas treated
 - extent of area to be treated
 - hypertrophic and keloid scarring
 - outcomes of previous treatments
 - pain tolerance

- wound healing
- post-treatment care procedures:
 - healing products
 - cooling products:
 - cold compress
 - cryogen sprays
 - cold gels
- client post-treatment care requirements
 - post-treatment care and advice for the treatment area
 - post-treatment precautions related to:
 - tweezing
 - waxing
 - bleaching
 - sunbathing
 - solarium treatments
 - use of depilatory creams
 - electrolysis
 - use of self-tanning products
- treatment evaluation strategies:
 - discussing and reviewing response to treatment
 - taking photographs of treatment area before and after each session, as required
 - reviewing achievement of treatment goals
 - monitoring time frame for achievement of treatment goals
 - key features, uses, benefits and limitations of intense pulsed light equipment types:
- intense pulsed light equipment control panel features:
 - power settings
 - pulse settings
 - time settings
 - emergency controls
 - delivery systems
 - ionising and non-ionising radiation
- treatment settings and their application in intense pulsed light hair reduction treatments:
 - wavelengths
 - pulse duration
 - energy settings (fluence)
 - treatment duration.

Assessment Conditions

Skills must be demonstrated in a simulated intense pulsed light hair reduction clinical workplace environment set up for the purposes of assessment.

Assessment must be directly observed, in person, for the total duration of each intense pulsed light treatment, by assessors who meet the assessor requirements outlined below.

Assessment must ensure access to:

- documentation relating to providing intense pulsed light hair reduction treatments:
 - workplace policies and procedures for intense pulsed light use
 - non-ionising radiation safety protection plan
 - current safety and environmental standards, guidelines regarding intense pulsed light safety
 - client content and consultation forms
 - treatment log book
 - post-care forms
- intense pulsed light equipment which:
 - when energised, can emit an amount of non-ionising radiation higher than accessible limit for a Class 3B laser for the relevant period stated in, and measured in accordance with, the laser standard AS2211 (a Class 4 laser or equivalent in the case of IPL)
 - is registered for purpose on the Australian Register of Therapeutic Goods
 - has the following characteristics:
 - programmable
 - manual
 - multiple pulsed shots
 - single pulsed shots
 - appropriate cooling delivery systems
 - multiple filters
- intense pulsed light clinical treatment environment that includes:
 - as per relevant state or territory legislation either, or both, of the following:
 - a radiation warning sign
 - an illuminated light above door
 - non-flammable screens fitted inside windows to protect a person outside the window from non-ionising radiation levels greater than maximum permissible exposure from radiation
 - ventilation designed to ensure that airborne hazards are not passed downstream in air handling and exhaust system
 - fire extinguishing equipment
 - sufficient, clinical lighting
 - eye protection equipment for practitioner and clients compliant with AS/NZS 1336:2014
 - disposable masks

- disposable gloves
- skin grid pencils
- handwashing basin
- cooling post-treatment products
- antibacterial cleaning products
- client skin wipes
- real people with different Fitzpatrick skin types seeking hair reduction treatments on different areas of the face and body
- activities that reflect industry practice and allow the individual to work with commercial timing and productivity to complete client treatments within designated timeframes.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:

- have at least three years' experience in operating intense pulsed light equipment.

Links

Companion Volume Implementation Guide -

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