



Australian Government

SHBBSKS005 Provide micro-dermabrasion treatments

Release: 1

SHBBSKS005 Provide micro-dermabrasion treatments

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to use pre-set systems using crystals and vacuum suction to exfoliate the skin of the body or face.

It requires the ability to establish priorities with the client and synthesise knowledge of skin science and effects of treatment on skin structure, and to design and provide a safe and effective treatment. Micro-dermabrasion treatment can be an individual service or form part of a series of services.

This unit applies to beauty therapists who work in beauty salons. In this environment they work in a team but exercise judgment in selecting and providing an appropriate treatment.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

SHBBINF001 Maintain infection control standards

Competency Field

Skin Services

Unit Sector

Beauty

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes.

1. Establish client priorities.

PERFORMANCE CRITERIA

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

1.1 Access and review client treatment plan if available.

1.2 Discuss skin changes over lifetime, current skin care regimen, lifestyle and nutrition influences to establish client micro-dermabrasion requirements.

1.3 Conduct skin analysis, assessing degree of photo aging and pigmentation, thickness of epidermis, level of erythema and scar tissue as required.

- 1.4 Identify and explain contraindications to treatment, and refer client to appropriate professional as required.
 - 1.5 Review medical history and medications, and obtain medical approval prior to treatment, as required.
 - 1.6 Classify client's skin, Fitzpatrick skin type and explain outcomes to client.
2. Design micro-dermabrasion treatment.
 - 2.1 Design proposed micro-dermabrasion for a single or a series of treatments based on the appropriate device parameters and treatment technique to achieve desired results.
 - 2.2 Discuss with client potential adverse effects, treatment design and recommendations for duration, frequency and treatment costs.
 - 2.3 Confirm revised treatment plan, record updates and obtain signed client consent.
3. Prepare for micro-dermabrasion treatment.
 - 3.1 Check readiness of treatment area and availability of equipment.
 - 3.2 Prepare self, equipment and products.
 - 3.3 Prepare client, ensuring their comfort and modesty throughout treatment.
 - 3.4 Position self throughout treatment to minimise fatigue and risk of injury.
 - 3.5 Use energy, water, product and other resources efficiently during preparation and subsequent treatment process.
4. Perform patch test.
 - 4.1 Explain physical sensation of treatment to client.
 - 4.2 Cleanse skin and ensure area is dry and hair free.
 - 4.3 Patch test a small area adjacent to the treatment site, assess reaction and record results.
 - 4.4 Advise client of suitability for treatment, pre-treatment care and preparation of skin and products to use to enhance treatment outcomes.
5. Provide micro-dermabrasion.
 - 5.1 Adjust treatment parameters according to patch test results.
 - 5.2 Decide on treatment procedure, number and direction of passes.
 - 5.3 Provide micro-dermabrasion for face or body.
 - 5.4 Stretch and manipulate skin to prevent damage.
 - 5.5 Monitor client reactions and adjust treatment parameters or cease treatment as required.
 - 5.6 Apply post-treatment products.
6. Review treatment and provide post treatment
 - 6.1 Evaluate treatment with client.

- advice.
- 6.2 Review current skin care regimen and make recommendations to support client priorities and maintain skin between treatments.
 - 6.3 Advise client on how to protect skin from environmental and sun damage as required.
 - 6.4 Record treatment parameters and outcomes of treatment on client treatment plan.
 - 6.5 Design and recommend future treatments to support client priorities and rebook client as required.
7. Clean treatment area.
- 7.1 Remove used linen and clean surfaces and equipment and attachments according to organisational policies and procedures.
 - 7.2 Sterilise any equipment or attachment that has come into contact with body fluids.
 - 7.3 Restock equipment and products in preparation for next treatment.
 - 7.4 Dispose of general waste and any hazardous waste to minimise negative environmental impacts and according to organisational policies and 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.

Skill	Description
Reading skills to:	interpret, and follow manufacturer instructions and safety data sheets for safe use of cleaning and treatment products, micro-dermabrasion equipment and attachments.
Oral communication skills to:	provide simple explanations to client that describe the physiological processes of skin damage and ageing and how the selected device, products and advice will impact skin appearance.
Numeracy skills to:	calculate timing, treatment parameters and price.
Planning and organising skills to:	sequence treatment delivery to maximise benefits for client.
Technology skills to:	- access credible online publications and resources which build knowledge for providing advice to clients - use client software to update client notes, record stock data and product purchases.

Unit Mapping Information

SIBBSKS506A Apply micro-dermabrasion to improve skin appearance

Links

Companion Volume implementation guides are found in VETNet -

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

Assessment Requirements for SHBBSKS005 Provide micro-dermabrasion 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:

- communicate, follow and modify treatment plans, to provide patch tests and three micro-dermabrasion treatments to clients requiring:
 - face treatments
 - body treatments
- provide patch tests for each client that replicate the proposed treatment plans, including:
 - equipment
 - procedure
 - treatment
- provide pre-treatment advice for clients that covers:
 - lifestyle changes
 - pre-treatment products and skin care regime
 - treatments to avoid before micro-dermabrasion
- design, record and maintain treatment plan and records for each client specifying details of:
 - client feedback and adverse reactions
 - contraindications and conditions
 - number and directions of passes, equipment parameters and products used
 - outcomes:
 - patch tests
 - previous and current treatment
 - post treatment care advice and products
 - recommended future treatments
 - relevant medical history and medications
 - treatment duration, areas treated and not treated
 - treatment objectives
- design and provide treatment routines that demonstrate appropriate application and modification of the following micro-dermabrasion techniques:
 - position of attachment
 - pressure applied
 - stretching

- speed
- angle
- number of passes
- direction of passes
- vacuum and crystal flow settings or texture of diamond tip
- treat skin requiring improvement for the clients in any three of the following:
 - fine lines
 - hyper-pigmentation
 - oily or congested skin
 - scar tissue
 - skin texture
 - stretch marks
- provide safe treatments demonstrating application of health and hygiene regulations and skin penetration guidelines demonstrating:
 - disinfection of treatment area
 - disposal of infectious and non-infectious waste
 - disposal of single use equipment
 - equipment sterilisation and disinfection as required
 - hand washing
 - prevention of blood to blood contact
 - use of disposable equipment
 - use of personal protection equipment for operator and client
- treat clients without damaging skin
- present self, according to organisational policy.

Knowledge Evidence

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

- state or territory and local health and hygiene and skin penetration regulations and requirements relevant to providing micro-dermabrasion treatments
- infectious disease transmission routes and prevention of infection transmission:
 - clients with blood borne diseases
 - contingency procedures for blood and body fluid contact
 - prevention of blood to blood contact
 - safe handling and disposal of sharps
- immunity and how it is acquired
- infection control procedures and application of standard precautions
- definitions and methods of cleaning, disinfection and sterilisation
- organisational policies and procedures relevant to providing micro-dermabrasion treatments:

- client record management
- equipment use and maintenance
- incident reporting
- linen use and laundry procedures
- personal hygiene and presentation
- presentation of treatment area
- waste and hazardous substance disposal
- work health and safety
- legal and insurance liabilities and responsibilities in regard to treatments
- scope of practice:
 - when to refer clients to other practitioners
 - importance of not stating a diagnosis of a contraindication
 - limitations to micro-dermabrasion treatments
 - roles of nutritionist, dietician, complementary therapist and medical practitioner
 - factors likely to affect suitability of treatment for client
- effects, risks, benefits and indications for micro-dermabrasion treatments on the physical structure of the skin
- interdependence of body systems and their relationship to a healthy body and skin:
 - nervous system and its relationship to skin sensations
 - lymphatic, digestive, respiratory, and circulatory systems and their relationship to skin functions, thermoregulation and homeostasis
 - endocrine and reproductive systems in relationship to hormonal influences on skin
- skin anatomy and physiology
- structure, function and distribution of skin glands
- production, composition, functions and control of skin gland secretions
- appearance and characteristics of skin types:
 - dry/alipid/lipid dry
 - oily/lipid
 - diffused red
- phases of skin growth, cell renewal, wound healing and factors affecting epidermal mitosis
- electromagnetic spectrum and effect of light on skin
- physiological basis of skin colour
- relationship between skin type, minimal erythema dose, skin protection factor and sunscreen use
- Fitzpatrick skin types and how to classify skin
- function, formation and behaviour of major skin chemicals
- growth, development, ageing and healing of human skin
- abnormal and premature skin ageing and structural skin changes
- normal skin responses to irritation and trauma
- genetics of skin disorders

- trans-epidermal water loss
- absorption and relationship to skin treatments and products
- formulation, function and action of cosmetic formulations and ingredients in treatment products, effects and benefits to skin, potential adverse effects and those contraindicated for specific clients
- nervous system and its relationship to wound healing and the provision of micro-dermabrasion treatments
- advantages and disadvantages of crystal and diamond tips
- equipment causes of skin reactions and allergies in regard to micro-dermabrasion treatments
- contraindications that prevent or restrict treatment or require clearance from a medical practitioner to proceed and their relationship to micro-dermabrasion:
 - active acne
 - adverse outcomes to previous micro-dermabrasion treatments
 - bacteria, fungal, parasitic and viral infections
 - medications that cause skin thinning or inflammation
 - non-normal skin
 - prior treatments in last seven days:
 - chemical peels
 - dermal filler injections
 - electrolysis
 - laser treatment
 - muscle relaxant injections
 - tweezing
 - waxing
 - scar tissue
 - skin trauma
 - rosacea or telangiectasia
 - tattoos
 - skin care containing the following for three days before treatment:
 - AHAs
 - hydroquinine
 - salicylic acid
 - retinoids
 - skin trauma
 - rosacea or telangiectasia
 - tattoos
- appearance, genetic factors, possible medical treatments and limitations of micro-dermabrasion on skin conditions, diseases and disorders
- appearance, causes and management of adverse effects of micro-dermabrasion treatments:
 - blistering

- bruising
- excessive discomfort
- over treatment
- swelling
- post treatment care and advice for specific treatment areas:
 - avoidance of intense physical activity, sun exposure, restrictive clothing and heat treatments
 - hygienic care of treatment area
 - other beauty or cosmetic treatments
 - products to avoid
 - side effects of treatment and what to expect
 - sun protection
- lifestyle factors and benefits of lifestyle changes on skin
- sustainable operating procedures for the conservation of product, water and power.

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 micro-dermabrasion 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 micro-dermabrasion services
 - manufacturer instructions for equipment
 - safety data sheets for cleaning and treatment products.

Assessment must ensure use of:

- alcohol disposable single use skin wipes
- bowls
- cleaning and disinfection products and equipment

- client gown or protective sheets
- disposable facial wipes, microlances, spatulas and tissues
- individual work station:
 - adjustable treatment table with safe working access to both sides and ends
 - individual electricity supply
 - magnifying lamp
 - operator chair
 - trolley for products, bowls and equipment
- micro-dermabrasion consumables:
 - crystals
 - diamond tips
 - filters
- micro-dermabrasion equipment, products and attachments
- personal protective equipment:
 - apron
 - disposable gloves
 - goggles
 - mask
- products from a comprehensive, professional skin care range
- sterilised small tools and equipment or all equipment to be single use and disposable
- treatment towels or linen, or disposable linen.

Assessment activities that allow individuals to:

- complete micro-dermabrasion 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 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

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