



Australian Government

Department of Education, Employment and Workplace Relations

SIBBHRS707A Provide intense pulsed light and laser hair reduction treatments

Revision Number: 2

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Modification History

Not applicable.

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to safely apply intense pulsed light (IPL) or laser apparatus as part of a staged program to reduce unwanted hair on areas of the face or body.

The skills and knowledge required to assess for and design and plan hair reduction programs are described separately in:

- SIBBHRS706A Design intense pulsed light and laser hair reduction treatment programs.

Application of the Unit

This unit describes the function of performing hair reduction treatments offered in response to a treatment plan and within a stringent safety framework that relates to the safe use of IPL and laser equipment in a beauty industry treatment environment.

IPL and laser hair reduction treatments are performed by experienced beauty therapists with significant knowledge of skin and hair biology, light physics, and laser safety; and broad experience in providing a range of skin therapies and hair reduction treatments. They exercise judgement in planning and implementing an appropriate treatment program.

Optimum outcomes are usually achieved across a treatment program that involves multiple treatments. The practitioner must monitor and modify the treatments throughout the program in response to the client's skin and hair reactions.

Licensing/Regulatory Information

The use of non-ionising radiation for cosmetic treatments is currently subject to licensing under the Queensland Radiation Safety Act 1999 and accreditation of equipment, premises and operator under the Tasmanian Radiation Protection Act 2005. The Western Australian Radiation Safety Act 1975 imposes limitations restricting the use of Class 4 lasers for cosmetic treatments, including hair removal, to medical practitioners.

With regard to other states and territories, no licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

SIBBHRS705A Apply intense pulsed light and laser safety protocols

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 Prepare treatment area.
- 2 Apply safe preparation and care procedures.

Performance Criteria

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

- 1.1 Follow **safe practice protocols**
- 1.2 Set up and take down **appropriate** instructions and safety data
- 1.3 Operate **control panel** on equipment instructions.
- 1.4 Ensure equipment is operating and workplace safety checks
- 1.5 Prepare treatment area consistent with instructions.
- 1.6 Check window coverings and laser safety procedures.
- 1.7 Ensure all attachments are suitable for use.
- 1.8 Fill in pre-laser or IPL procedure form.
- 2.1 Consult with **client** and review treatment plan to reflect contraindications arising from client history.
- 2.2 Discuss planned **treatment** and obtain client consent for treatment program.
- 2.3 Confirm agreed treatment with client and obtain consent form.
- 2.4 Check that all jewellery has been removed or taped where not removable.
- 2.5 Cleanse and prepare treatment area.

3 Apply IPL or laser treatment.

4 Provide post-treatment care and advice.

- 2.6 Photograph the treatment area.
- 2.7 Shave treatment area if required.
- 2.8 Issue protective eyewear for client if present in treatment area.
- 2.9 Identify **potential hazards** to client.
- 3.1 Follow all workplace IPL and laser safety plan and apply equipment according to time.
- 3.2 Adjust equipment **treatment** parameters.
- 3.3 Explain treatment and sensation at each stage of treatment process.
- 3.4 Apply coupling gel where required.
- 3.5 Perform a test shot according to relevant site.
- 3.6 Observe **immediate skin reactions**.
- 3.7 Modify treatment program parameters settings where indicated by client pain tolerance.
- 3.8 Start treatment on least painful area.
- 3.9 Work sequentially on target area immediately after first shot.
- 3.10 Turn off equipment and provide post-treatment service.
- 4.1 Wipe treatment skin area with alcohol gel where required.
- 4.2 Select **immediate post-treatment** care according to treatment plan.
- 4.3 Advise client regarding **post-treatment** care.
- 4.4 Review and adjust treatment parameters for future outcomes.
- 4.5 Re-affirm any **special precautions** leading up to next treatment.
- 4.6 Fill in post-laser or IPL procedure form.
- 4.7 Confirm and book next appointment.
- 4.8 Initiate follow-up to check for **effects** according to workplace policy.

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:

- interpersonal skills to consult with, inform and reassure clients during IPL and laser treatments and provide pre- and post-treatment advice
- communication skills to respond to questions and provide information to client throughout the consultation
- technical skills to:
 - follow safe practice protocols and use IPL or laser equipment safely to perform hair reduction treatments
 - evaluate test shots
 - respond to contraindications and adverse effects
 - identify treatment options and develop treatment programs
- literacy skills to:
 - read and interpret documents, such as:
 - existing treatment plans
 - safety standards for use of IPL and laser equipment
 - health regulations
 - manufacturer instructions and product safety data sheets
 - records of previous treatments
 - develop treatment plans and record treatment outcomes
- numeracy skills to calculate and modify the desired treatment settings for each treatment session.

Required knowledge

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

- federal, state or territory, and local Acts and regulations relating to the safe use of IPL or laser for hair reduction, including:
 - non-ionising radiation protection
 - skin penetration
 - health regulations
- workplace policies and procedures in regard to IPL and laser hair reduction treatments
- contraindications to treatments
- complications and adverse effects and their causes, including:
 - hypopigmentation
 - hyperpigmentation
 - blistering

- scarring and textural changes
- paradoxical increased hair growth
- factors likely to affect suitability of IPL or laser treatments to client needs; and effects, risks and benefits of IPL and laser hair reduction treatments
- causes of skin reactions in regard to IPL and laser patch testing, and appearance and management of specific treatment reactions or adverse effects, including:
 - perifollicular oedema
 - perifollicular erythema
 - infections of the hair follicle
 - burns to skin
- typical features and skin tanning response of each of the six Fitzpatrick skin types and their relationship to IPL or laser applications for hair reduction
- hair growth patterns
- influence of IPL and laser hair reduction on hair growth
- tissue interaction with IPL and laser hair reduction treatments
- chromophores
- melanin absorption
- tanning issues
- anatomy and physiology of the skin and skin structures as they relate to IPL and laser hair reduction treatments, including:
 - 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
 - effects of IPL and laser treatments on physical structure of skin
- wound healing in different skin types and locations
- factors affecting:
 - client pain tolerance
 - treatment settings, including the wavelengths to be used, duration of the pulse and selecting correct energy settings (fluence)
 - client safety and comfort
 - wound healing
- causes of skin damage
- post-treatment care procedures, including low-frequency laser and healing products
- post-treatment advice for specific treatment areas, including underarm, chest, stomach, bikini line and face
- factors affecting treatments, including test shot skin reaction, follicle distribution, areas treated, extent of area to be treated, and pain tolerance
- operator's legal and insurance liabilities and responsibilities in regard to IPL and laser treatment services.

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:

- applying detailed IPL and laser specialised knowledge to consult, advise and reassure clients at all stages in treatment, and to provide pre- and post-treatment guidance
- correctly using required equipment along with implementation of safe practice protocols in relation to treatment plan
- adjusting treatment programs and modifying treatment plans for IPL and laser hair reduction where required
- completing and storing treatment documentation.

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 a technical expert working in partnership with the assessor as described in the Assessment Guidelines
- that competency is demonstrated in a fully equipped simulated laser or IPL hair reduction clinical workplace in a range of real work situations which may include interruptions and involvement in other related activities normally expected in the workplace.

Assessment must ensure access to:

- a laser clinical treatment area, which includes as a minimum:
 - radiation warning signs stating 'warning laser in operation do not enter when light above door is illuminated'
 - 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 infective agents are not passed downstream in air handling or exhaust system
 - fire extinguishing equipment, such as fire extinguishers, fire blankets and wet cloth drapes

- IPL and laser equipment which, when energised, is capable of emitting an amount of non-ionising radiation higher than accessible limit for a Class 3B laser for relevant period stated in, and measured in accordance with, laser standards AS2211 (i.e. a Class 4 laser or equivalent in the case of IPL)
- cosmetic laser equipment that may include one or more of the following:
 - normal mode alexandrite
 - ruby
 - diode
 - Nd:Yag
- IPL equipment that may have one or more of the following characteristics:
 - programmable
 - manual
 - multiple pulsed shots
 - single pulsed shots
 - chilled sapphire head
 - one or minimal choice of filters
 - multiple filters
- a treatment area, which includes:
 - a magnifying lamp
 - eye protection equipment for clients and operators
 - disposable operator masks
 - cooling after-treatment products
 - manufacturer instructions and safety data sheets
 - laser safety protection plan
- range of clients with different Fitzpatrick skin types seeking hair reduction on a variety of areas on the face and body
- current safety and environmental standards, guidelines workplace policies, procedures documentation regarding IPL and laser safety.

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 a simulated work environment, over sufficient time to demonstrate handling of a range of contingencies, including:
 - setting up laser and IPL equipment to ensure client safety
 - applying IPL and laser hair reduction treatments
 - applying cooling after care treatments
 - providing after-treatment care advice
- third-party reports from experienced IPL and laser hair reduction professionals in the workplace
- case studies, and written and oral questioning appropriate to the language and literacy level of the learner, to assess knowledge and understanding of:
 - actions of IPL and laser technologies on hair follicle and surrounding skin tissue
 - factors affecting client pain tolerance and treatment settings, including wavelengths to be used, duration of pulse and selecting correct energy settings (fluence)
 - wound healing
- completion of clinical practice, including recording practice details, personal reflection and feedback from the trainer, workplace coach or supervisor.

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

- SIBBHRS706A Design intense pulsed light and laser hair reduction programs.

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.

Safe practice protocols must include:

- control panel treatment settings
- treatment after care (cold compress).

Safe practice protocols may include:

- compliance with relevant federal, AUS/NZS, federal state, territory or local Acts and regulations regarding safe use of Class 4 equivalent IPL or Class 4 laser equipment for cosmetic treatments
- workplace safety procedures for clients, operators and IPL or laser treatment areas.

Appropriate equipment may include:

- intense pulsed light
- normal mode alexandrite laser
- ruby laser
- diode laser
- Nd:Yag laser.

Control panel may include:

- power settings
- pulse settings
- time settings
- emergency control
- delivery systems.

Client 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 program plan may include:

- treatment area
- follicle type and distribution
- hair type:
 - single, compound
 - straight, curved
 - fine, coarse
 - lanugo, vellus, terminal
- equipment selected
- planned treatment parameters based on patch test results, including:
 - wavelengths to be used

- pulse duration
- energy settings (fluence)
- treatment duration
- products
- equipment
- follow-up procedures
- contraindications
- relevant medical history and medications
- outcomes of previous temporary and permanent hair reduction treatments.

- Treatment area may include:***
- legs
 - arms
 - under arms
 - chin
 - lip
 - bikini line
 - buttocks
 - abdomen
 - back
 - chest.
- Potential hazards may include:***
- particular hazards of delivery systems
 - ocular and skin hazards
 - client-specific hazards
 - reflected beam hazards
 - fire, explosion, electrical and environmental hazards.
- Treatment settings may include:***
- wavelengths to be used
 - pulse duration
 - energy settings (fluence)
 - treatment duration.
- Immediate skin reaction may include:***
- perifollicular oedema (slight oedema around follicles)
 - perifollicular erythema (slight redness around follicles)
 - skin treatment area change from bristly to smooth.
- Immediate adverse skin reaction may include:***
- excessive perifollicular oedema
 - excessive perifollicular erythema.
- Immediate post-treatment skin cooling products may include:***
- cold compress
 - cryogen sprays
 - cold gels.
- Post-treatment home care may include:***
- providing cooling gel for client to apply as needed in 24 hours immediately following treatment
 - not exposing treatment area to sunlight for a specified time
 - advising client regarding the appropriate interval between treatments
 - re-affirming special precautions to be observed prior to the next treatment.
- Special precautions may include:***
- none of the following treatments:
 - 30 days prior to treatment:
 - tweezing

- waxing
- bleaching
- sunbathing
- solarium treatments
- use of depilatory creams
- electrolysis
- two weeks prior to treatment:
 - use of self-tanning products.

Complications or adverse effects may include:

- hypopigmentation
- hyperpigmentation
- blistering
- scarring and textural changes
- paradoxical increased hair growth.

Unit Sector(s)

Beauty

Competency Field

Hair Reduction Services