

# Hairdressing NVQ Level 1

**On an NVQ Course you will perform practical and written work on a variety of hairdressing tasks such as:**

- Assisting hair stylists
- Shampooing and conditioning the hair and scalp
- Reception duties
- Removing colours from the hair
- Neutralising hair
- Health and safety regulations

You will also be gain many other practical skills in hair styling, cutting and colouring hair. In addition, you will gain vital skills to support your practical work including Information Technology and communications, apprentice hairdresser, taking a Hairdressing NVQ level 1 training course. if you answer 'yes' to the following questions then an NVQ training course in Hairdressing is for you.

## Requirements for course

Each NVO training provider has their own criteria for admitting you into their course. Generally they require at least 2 GCSEs at a grade E level. Alternatively an entry level qualification such as skills for working life will be accepted. As a hairstylist you will be dealing with the public so you should have a high level of personal hygiene and a good personal appearance and be able to work well in a team.

## How long is a Hairdressing level 1 NVQ training course?

A course usually lasts for around a year

## When you complete the course

After you complete the NVQ level 1, you can move onto a NVQ level 2 course to develop your skills even further. With a NVQ level 2 you will study all areas of hairdressing and will prepare you to become a qualified hairdresser. If you would prefer to go straight into work at a hair salon, after successfully completing level, then the qualification will provide you with the necessary knowledge to start out as an apprentice.

## How are you assessed?

Assesement will be ongoing and it is mandatory for students to exhibit competency in a range of different tasks. Vital skills will be assessed through portfolio and exam.

## What else you should know?

The Hairdressing NVQ course gives you the basis to become a fully qualified hairstylist. During the course you will have to attend a work placement in the hairdressing industry for the entirety of the course. Attending hair shows and events is a fantastic way to supplement the course and enhance your skills.

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The screenshot shows a web browser window with the following content:

- Address bar: [http://www.citycol.com/basic\\_skills/Quizzes/Hair/hair101.htm](http://www.citycol.com/basic_skills/Quizzes/Hair/hair101.htm)
- Page title: Hairdressing Level 1 - Unit 101 - Shampoo, condition and dry hair
- Score: Your score is 0%.
- Section title: Hairdressing Level 1 - Unit 101 - Shampoo, condition and dry hair
- Exercise type: Multiple-choice exercise
- Progress: 1/14
- Question 1: What safety points should you think about when shampooing or conditioning hair? (There are three correct answers)
- Options:
  - How hot the water is and how fast it is flowing.
  - Does the client have dry hair?
  - Are you likely to spill water?
  - How the client is positioned at the basin and if they are comfortable.
  - Does the client have greasy hair?
- Buttons: Check Answers, Index

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Hairdressing Level 1 - Unit 101 - Shampoo, condi...

Index

Your score is 0%.

### Hairdressing Level 1 - Unit 101 - Shampoo, condition and dry hair

Multiple-choice exercise

< 2/14 >

2 What safety points should you think about when blow drying hair?  
(There are three correct answers)

- How hot your dryer is and what direction you are blowing the hair.
- What style the client wants.
- If the client is comfortable.
- If the client's hair is tinted.
- How you are handling the hair.

Check Answers

Index

Contains commands for working with the selected items.

100%

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13:48

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Hairdressing Level 1 - Unit 101 - Shampoo, condi...

Index

Your score is 0%.

### Hairdressing Level 1 - Unit 101 - Shampoo, condition and dry hair

Multiple-choice exercise

< 3/14 >

3 Why is it important to stop cross infection or infestation in your salon?

- A You might have to go to hospital.
- B The manager would tell you off.
- C People would stop talking to you.
- D So that you don't infect yourself or spread the infection to other people.
- E You might develop an immunity.

Index

Done

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13:48

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Hairdressing Level 1 - Unit 101 - Shampoo, condi... | Page | Tools

Index

Your score is 0%.

### Hairdressing Level 1 - Unit 101 - Shampoo, condition and dry hair

Multiple-choice exercise

<= 4/14 =>

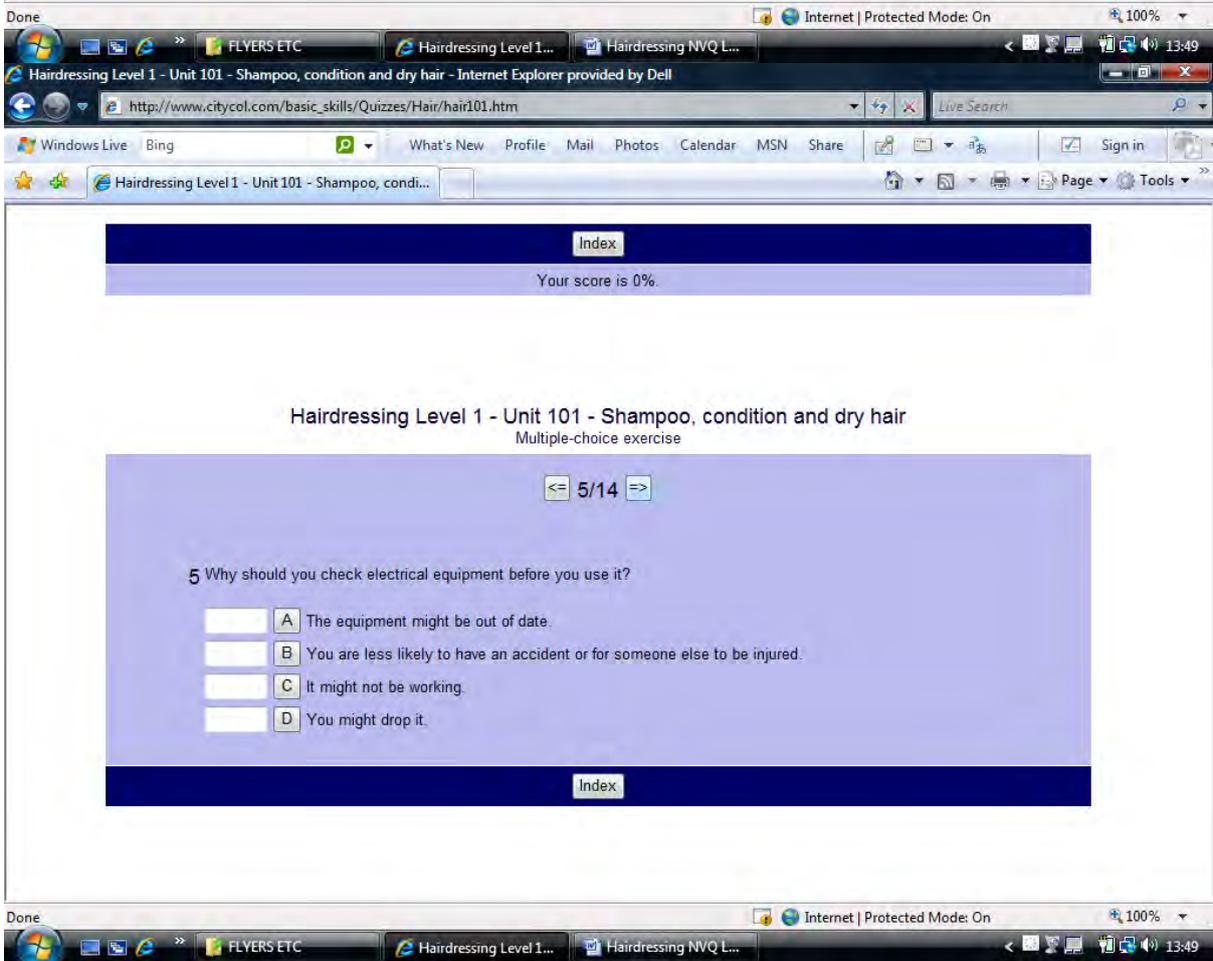
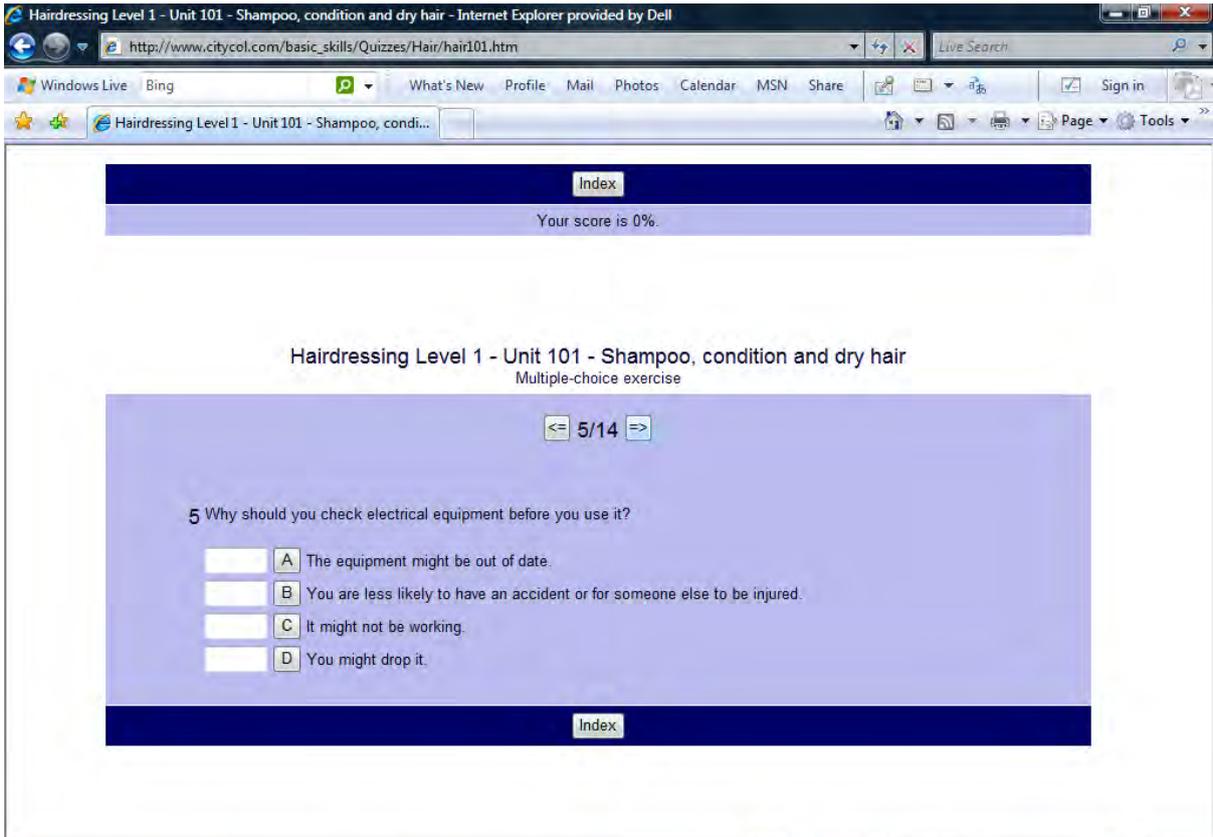
4 What do COSHH rules say about shampoos and conditioners?

- A Use a special conditioner.
- B Store, handle, use and dispose of products as in salon policy, manufacturers instructions and local byelaws
- C Don't let the hair get too wet.
- D The hair should not be too dry.

Index

Done | Internet | Protected Mode: On | 100% | 13:49

FLYERS ETC | Hairdressing Level 1... | Hairdressing NVQ L...



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Hairdressing Level 1 - Unit 101 - Shampoo, condi...

Index

Your score is 0%.

### Hairdressing Level 1 - Unit 101 - Shampoo, condition and dry hair

Multiple-choice exercise

<= 6/14 =>

6 What do the Electricity at Work rules say about using electrical equipment?  
(there are five correct answers)

- Know how to use it.
- Visual check before using.
- Store safely
- Use only for the purpose intended.
- Shake it to check for loose wires
- Always switch off.
- Isolate from the power supply when finished.
- Plug it in first.

Check Answers

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Hairdressing Level 1 - Unit 101 - Shampoo, condi...

Index

Your score is 0%.

### Hairdressing Level 1 - Unit 101 - Shampoo, condition and dry hair

Multiple-choice exercise

<= 7/14 =>

7 How should you use, handle and store blow drying equipment in the salon?  
(There are four correct answers)

- Visual check before using.
- Make sure it is clean when you have finished.
- Store safely in the right place.
- Plug in first.
- Make sure you don't drop it.
- Unplug when you have finished.

Check Answers

Index

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Hairdressing Level 1 - Unit 101 - Shampoo, condi...

Index

Your score is 0%.

### Hairdressing Level 1 - Unit 101 - Shampoo, condition and dry hair

Multiple-choice exercise

<= 8/14 =>

8 How should you use, handle and store tools in the salon?  
(There are three correct answers)

- Always put combs in drawers.
- Make sure they are clean when you have finished.
- Don't use scissors to sharpen pencils.
- Don't use them for anything else.
- Store them in the proper place.

Check Answers

Index

Done | Internet | Protected Mode: On | 100% | 13:50

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Hairdressing Level 1 - Unit 101 - Shampoo, condi...

Index

Your score is 0%.

### Hairdressing Level 1 - Unit 101 - Shampoo, condition and dry hair

Multiple-choice exercise

<= 9/14 =>

9 How should you dispose of waste in the salon?

- A Sweep into the corner
- B Wrap in paper and put in the bin.
- C Down the sink.
- D In special containers provided.

Index

Done | Internet | Protected Mode: On | 100% | 13:50

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Windows Live Bing | What's New | Profile | Mail | Photos | Calendar | MSN | Share | Sign in

Hairdressing Level 1 - Unit 101 - Shampoo, condi...

Index

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### Hairdressing Level 1 - Unit 101 - Shampoo, condition and dry hair

Multiple-choice exercise

<= 10/14 =>

10 How do you prepare a client for shampooing and conditioning?

- A Ask the client to use a special shampoo first.
- B Gown and towel up the client to prevent clothes from getting wet.
- C Use the blow drier.
- D Do a skin test.

Index

Done | Internet | Protected Mode: On | 100%

FLYERS ETC | Hairdressing Level 1... | Hairdressing NVQ L...

Internet Explorer provided by Dell  
http://www.citycol.com/basic\_skills/Quizzes/Hair/hair101.htm

Windows Live Bing | What's New | Profile | Mail | Photos | Calendar | MSN | Share | Sign in

Hairdressing Level 1 - Unit 101 - Shampoo, condi...

Index

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Index

Done | Internet | Protected Mode: On | 100%

FLYERS ETC | Hairdressing Level 1... | Hairdressing NVQ L...

Internet Explorer provided by Dell  
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Hairdressing Level 1 - Unit 101 - Shampoo, condi...

Index

Your score is 0%.

### Hairdressing Level 1 - Unit 101 - Shampoo, condition and dry hair

Multiple-choice exercise

<= 11/14 =>

11 When you are shampooing and conditioning hair, when do you use effluerage massage?

- A After rinsing to make sure all the product is removed.
- B In the middle of the service to get the hair tangle-free.
- C At the end to give the hair a good finish.
- D When you start shampooing or conditioning to spread the product through the hair.

Index

Done Internet | Protected Mode: On 100% 13:50

FLYERS ETC Hairdressing Level 1... Hairdressing NVQ L...

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Windows Live Bing What's New Profile Mail Photos Calendar MSN Share Sign in

Hairdressing Level 1 - Unit 101 - Shampoo, condi...

Index

Your score is 0%.

### Hairdressing Level 1 - Unit 101 - Shampoo, condition and dry hair

Multiple-choice exercise

<= 12/14 =>

12 When you are shampooing and conditioning hair, when do you use rotary massage?

- A During the process to make sure the hair and scalp are clean.
- B When you start shampooing or conditioning to spread the product through the hair.
- C In the middle of the service to get the hair tangle-free.
- D After rinsing to make sure all the product is removed.

Index

Done Internet | Protected Mode: On 100% 13:51

FLYERS ETC Hairdressing Level 1... Hairdressing NVQ L...

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Hairdressing Level 1 - Unit 101 - Shampoo, condi... | Page | Tools

[Index](#)

Your score is 0%.

### Hairdressing Level 1 - Unit 101 - Shampoo, condition and dry hair

Multiple-choice exercise

<= 13/14 =>

13 What would happen to the hair and scalp if the blow drier heat was too high?

- A The client might become bald.
- B The client might sue the salon.
- C The client might have to go to hospital.
- D It might burn the scalp and hair and cause it to break.

[Index](#)

Done | Internet | Protected Mode: On | 100% | 13:51

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http://www.citycol.com/basic\_skills/Quizzes/Hair/hair101.htm

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Hairdressing Level 1 - Unit 101 - Shampoo, condi... | Page | Tools

[Index](#)

Your score is 0%.

### Hairdressing Level 1 - Unit 101 - Shampoo, condition and dry hair

Multiple-choice exercise

<= 14/14 =>

14 Why should the air flow go from roots to ends when blow-drying one-length hair?  
(two answers)

- To make the hair dry more quickly.
- To make the hair lie flat and get a smooth finish.
- To dry the ends.
- So that the hair does not get tangled.

[Index](#)

Done | Internet | Protected Mode: On | 100% | 13:52