



9064

INTRODUCTION TO ESTHETICS  
(10)

20S/20E/20M

An Esthetics Course



# 9064: INTRODUCTION TO ESTHETICS (10)

## 20S/20E/20M

### Course Description

This course introduces students to nail technology and skin care technology. It is a course for both professions, containing common elements from each.

Students in this course are required to describe some introductory nail and skin care services. They are **not** required to demonstrate procedures in the area in which the teacher is not certified. For example, a teacher who is a certified nail technician but not a certified skin care technician is not required to have students demonstrate skin care procedures, and vice versa.

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### **Goal 1:** Describe and demonstrate appropriate **personal and public sanitation** and **health and safety practices**.

#### **GLO 1.1:** Describe and demonstrate **personal and public sanitation**.

- SLO 10.1.1.1: Describe good hygiene practices. (A7.1)
- SLO 10.1.1.2: Describe the importance of hand sanitation and demonstrate the procedures used to sanitize hands. (A7.3)
- SLO 10.1.1.3: Identify bacteriology and the related diseases and disorders. (A7.2)
  - infectious agents
    - parasite
    - virus
    - fungus
  - active and inactive stages
  - condition favourable to the growth of bacteria
  - methods of prevention
  - defense system
- SLO 10.1.1.4: Discuss the process of sanitizing and sterilizing implements and equipment. (A7.5)
- SLO 10.1.1.5: Discuss the process of sanitizing equipment. (B2.6)
  - washing implements
  - sanitizing products

- SLO 10.1.1.6: Discuss the process of sterilizing metal equipment. (B2.7)
- techniques
  - storage
  - sterilizing equipment
    - dry heat
    - autoclave
- SLO 10.1.1.7: Practise sanitizing and sterilizing implements, equipment, and other supplies. (A7.7)
- SLO 10.1.1.8: Describe contamination and decontamination.
- SLO 10.1.1.9: Explain the difference between and the use of an antiseptic and a disinfectant.
- SLO 10.1.1.10: Describe the three levels of infection control: sanitation, disinfection, and sterilization.
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**GLO 1.2:** Describe and demonstrate **health and safety practices.**

- SLO 10.1.2.1: Identify safety and health requirements. (A5.1)
- overview of *The Workplace Safety and Health Act*
    - rights and responsibilities of employees under the *Act*
    - rights and responsibilities of employers under the *Act*
    - rights and responsibilities of supervisors under the *Act*
  - fourteen (14) regulations
  - codes of practice
  - guidelines
  - right to refuse
    - explanation of right to refuse process
    - rights and responsibilities of employees
    - rights and responsibilities of employers
    - rights and responsibilities of supervisors under the *Act*
- SLO 10.1.2.2: Describe and demonstrate methods of sanitizing tools and equipment and sterilizing metal implements. (A7.4)
- physical agents
    - moist heat
    - dry heat
    - ultraviolet rays
    - autoclave

- chemical agents
  - antiseptics
  - disinfectants
  - fumigants

SLO 10.1.2.3: Identify personal protective equipment (PPE) and procedures, and explain the importance of using PPE. (A5.2) (TSA 16)

- employer and employee responsibilities as related to personal protective equipment.
- standards: ANSI (U.S.A. standards), etc.
- work protective clothing and danger if it fits poorly.
- gloves—importance of proper glove selection (when handling chemicals, cold items, slivers, etc.)
- headwear—appropriate protective headwear when required and the approved type of headwear.
- eye protection—comparison and distinction of everyday eyeglasses, industrial safety glasses and safety goggles
- foot protection—when required according to safety standards
- hearing protection
  - hazards of various noise levels (hearing protection must be worn)
  - laws
  - types of hearing protection
- respiratory protection—types, overview of proper selection
- fall protection—Manitoba requirements standards guidelines
  - ANSI (U.S.A. standards), etc.
- ladders and scaffolding
- safety principles for working with or around industrial trucks site-specific (forklifts, pallet trucks, etc.)

SLO 10.1.2.4: Discuss safety regulations and health standards. (A6.1)

- national regulations
- provincial regulations
  - public hygiene
  - special needs
- local regulations

- SLO 10.1.2.5: Identify regulations pertinent to care and cleanliness in the work area. (A5.3)
- SLO 10.1.2.6: Identify regulations relevant to the safe use of chemicals. (A5.4)
- SLO 10.1.2.7: Identify regulations governing the use of ladders and related equipment. (A5.5)
- SLO 10.1.2.8: Identify ergonomics. (A5.6)
- definition of ergonomics and conditions that may affect the body
    - working postures
    - repetition
    - force
    - lifting
    - tools
    - identify tool and safety equipment
    - causes of hand tool accidents
    - equipment
- SLO 10.1.2.9: Identify hazard recognition and control. (A5.7)
- safe work practices
  - basic risk assessment
  - injury prevention and control measures
  - identification of hazards involved in pneumatic tool use and explanation of how to guard against them
  - refrigerants
  - toxic chemical (non-refrigerant)
  - high pressure fluids
- SLO 10.1.2.10: Identify the hazards of confined spaces and the preparation needed to work in a confined space. (A5.8) (TSA 20)
- identification of a confined space
  - hazards of a confined space
    - physical
    - biological
  - working in a confined space
  - emergency response plan
  - self-contained breathing apparatus (SCBA)

SLO 10.1.2.11: Describe first aid and cardiopulmonary resuscitation (CPR) training and provide information regarding training locations. (A5.9)

- overview of first-aid regulation
- obligations of employers regarding first aid
  - Who is certified to provide first aid?
  - What to do while waiting for help?
  - Where is first-aid kit?
- describe basic first aid requirements and techniques
  - scope and limits of first-aid intervention
  - specific interventions (cuts, burns, abrasions, fractures, suffocation, shock, electrical shock, etc.)
  - What is it?
  - interface with other services and agencies (e.g., Workers Compensation claims)
- describe basic CPR requirements and techniques
  - How do you get certified?
  - scope and limits of CPR intervention (include varieties of CPR certification)

SLO 10.1.2.12: Explain the Workplace Hazardous Materials Information System (WHMIS), and identify the current safety requirements as they apply to it. (A5.10) (TSA 13)

- WHMIS is a system
- provincial regulation under the *The Workplace Safety and Health Act*
  - each province has a WHMIS regulation
- Federal *Hazardous Products Act*
- WHMIS generic training:
  - WHMIS defined and the format used to convey information about hazardous materials in the workplace
  - information found on supplier and workplace labeling using WHMIS
  - hazardous materials in accordance with WHMIS
  - compliance with government safety standards and regulations
- description of WHMIS (include varieties of WHMIS Certification)
  - typology of WHMIS labels, symbols, and classifications
  - scope and use of Materials Safety Data Sheets (MSDS)

SLO 10.1.2.13: Describe the identification and control of specified hazards. (A5.11)

- basic control measures (injury prevention)
- safe-work procedures
- explanation on the importance of industrial housekeeping
- employer responsibilities
- how and where to store materials
- safety measures related to walkways, stairs and floor openings
- explanation of how to protect the worker and others when working in traffic paths

SLO 10.1.2.14: Discuss potential hazards in working in a salon. (A6.3)

SLO 10.1.2.15: Discuss drug and alcohol safety regulations. (A6.5)

- rights and obligations of worker
- effects of drugs and alcohol on human performance
- reporting of deviant behaviour
- handling clients under the influence of drugs and alcohol

SLO 10.1.2.16: Discuss safety precautions to be followed when using nail products. (B2.9)

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**GLO 1.3: Maintain a safe and organized workstation.**

SLO 10.1.3.1: Describe guidelines to maintain a clean and orderly work area. (A7.6)

- tasks
  - waste disposal
  - sharps disposal
  - sort waste products for recycling
  - floor clean, dry and free from obstacles
  - storing implements and products
  - sanitize chair, counter, trays, tables
  - sanitizing towels, capes, smocks
  - implements disinfected
  - inspection of workstation
  - inspection of implements and equipment
- sanitizing products and equipment



- SLO 10.1.3.2: Explain general and specific safety practices for implements and equipment. (B2.5)
- SLO 10.1.3.3: Discuss and practise fire-prevention and firefighting procedures. (A6.4)
- classes of fires and fire extinguishers (A, B, and C)
  - location of fire extinguishers and fire exits
  - clothing ignition
  - sprinkler systems
  - storage and handling of flammable liquids and materials, gases and dusts
    - chemical products
  - evacuation procedures
    - fire alarms and drills
    - obstacle-free emergency exit
    - emergency evacuation plan and procedure
  - safety devices
    - fire detectors
  - fire safety records
- SLO 10.1.3.4: Describe guidelines on how to deal with blood-borne pathogens.
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**GLO 1.4:** Demonstrate an awareness of safety as it pertains to the *Trade Safety Awareness Manual*.

- SLO 10.1.4.1: Explain the importance of trade safety and health in reducing injuries and fatalities to young employees in Manitoba. (TSA 1)
- SLO 10.1.4.2: Describe the rights and responsibilities of employees, employers, and supervisors under *The Workplace Safety and Health Act*. (TSA 2)
- SLO 10.1.4.3: Describe the steps to use in the Right to Refuse process. (TSA 3)
- SLO 10.1.4.4: Explain how and where to find information on workplace safety and health. (TSA 4)
- SLO 10.1.4.5: Demonstrate how to handle a potentially dangerous work situation. (TSA 5)
- SLO 10.1.4.6: Explain the S.A.F.E. acronym. (TSA 6)
- SLO 10.1.4.7: Define workplace safety and health hazards. (TSA 7)
- SLO 10.1.4.8: Give examples of trade-specific workplace safety and health hazards. (TSA 8)

- SLO 10.1.4.9: Give examples of five types of safety and health hazards. (TSA 9)
- SLO 10.1.4.10: Define workplace safety and health risk. (TSA 10)
- SLO 10.1.4.11: Give examples of trade-specific workplace safety and health risks. (TSA 11)
- SLO 10.1.4.12: Explain the principles of hazard recognition and control as they apply to the specific trade. (TSA 12)
- SLO 10.1.4.13: Match the WHMIS hazardous materials symbols and their meanings. (TSA 14)
- SLO 10.1.4.14: Describe the importance of the Material Safety Data Sheets (MSDS). (TSA 15)
- SLO 10.1.4.15: Demonstrate proper selection and use of a variety of personal protective equipment and fall protection systems. (TSA 17)
- SLO 10.1.4.16: Outline the safety principles for working on and around electrical equipment. (TSA 18)
- SLO 10.1.4.17: Outline workplace fire safety principles. (TSA 19)
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**Goal 2:** Describe and demonstrate knowledge and skills related to **pre-service.**

**GLO 2.1:** Describe and demonstrate the process of **preparing the workstation.**

- SLO 10.2.1.1: List and describe equipment, tools, and materials needed to perform manicure, pedicure, and artificial nail services. (B2.1)
- SLO 10.2.1.2: Identify and describe the purpose of supplies required to perform manicures, pedicures, and treatments for artificial nails. (B2.2)
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**GLO 2.2:** Describe and demonstrate the process of **preparing the client.**

- SLO 10.2.2.1: Describe the process of preparing the client for service.
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**Goal 3:** Describe and demonstrate knowledge and skills related to **service.**

**GLO 3.1:** Describe and demonstrate **esthetics services.**

SLO 10.3.1.1: Describe the basic skills and requirements performed by a nail technician. (B1.2)

- skills
  - application techniques
  - hand and nail analysis—Client Record Card
  - application of nail enhancements
  - application of nail art
  - manicures
  - pedicures
  - treatments
  - client consultations
- requirements
  - preventive care for operators (hand maneuver technique)
- describe side effects of drugs on skin

SLO 10.3.1.2: Discuss the services performed by a nail technician. (B1.4)

SLO 10.3.1.3: Describe the correct use of the emery board.

SLO 10.3.1.4: List and describe the various nail shapes.

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**Goal 4:** Describe and demonstrate knowledge and skills related to **post-service.**

**GLO 4.1:** Describe and demonstrate the post-service steps that the technician performs **while the client is in the salon.**

SLO 10.4.1.1: Discuss client post-service procedures.

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**GLO 4.2:** Describe and demonstrate the post-service steps that the technician performs **after the client leaves the salon.**

SLO 10.4.2.1: Describe the steps that the technician performs after the client leaves the salon.

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**Goal 5:** Demonstrate the **operation, maintenance, and storage of equipment, tools, implements, materials, products, and consumable items.**

**GLO 5.1:** Demonstrate the **operation of equipment, tools, and implements.**

SLO 10.5.1.1: Describe the basic care and maintenance requirements for implements and equipment. (B2.3)

- inspection for defects
- tagging defective equipment

SLO 10.5.1.2: Discuss the purpose of sharp-edged objects and the use of containers for disposal of sharp-edged objects. (B2.4)

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**GLO 5.2:** Demonstrate the **use of materials, products, and consumable items.**

No applicable SLOs.

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**GLO 5.3:** Demonstrate the **maintenance and storage of equipment, tools, implements, materials, products, and consumable items.**

No applicable SLOs.

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**Goal 6:** Demonstrate an understanding of the **evolution** of the esthetics industry, including its **technological progression and emerging trends.**

**GLO 6.1:** Describe the **evolution** of the esthetics industry, including its **technological progression and emerging trends.**

SLO 10.6.1.1: Discuss the evolution of esthetics, including its technological progression and emerging trends.

SLO 10.6.1.2: Discuss the history of nail care. (B1.1)

- the ancient people and appearance
  - materials used for lengthening and covering the nails
  - trends from past and present
  - trend-setting roles of movie films, television, and news media
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**Goal 7:** Demonstrate an understanding of **career opportunities** in esthetics.

**GLO 7.1:** Describe **apprenticeship and career opportunities** and **professional organizations** in the esthetics industry.

SLO 10.7.1.1: Describe the structure and scope of the trade. (A1.1)

- historical background, including trainee experiences
- structure/scope of the trade
  - trade regulation
  - international and national characteristics
  - important features of practicing the trade in Manitoba
  - trade and construction industry organizations
- trends
  - definition
  - past and current trends
  - resume/portfolio preparation
- historical background, including trainee experiences
  - generalists and specialists
  - lead hands and other immediate supervisors
  - geographic mobility
  - job hierarchies and innovations
  - key events
- organizational structure within industry
  - business structure
  - resources
  - marketing options
  - location of facilities and services
- professional development opportunities in the industry
  - industry trade periodicals
  - professional organizations
- personal and professional health
  - rest
  - exercise
  - nutrition
  - relaxation
  - personal hygiene

- professional image
    - physical presentation (awareness of salon policies)
    - personality
  - personal ethics
- SLO 10.7.1.2: Describe nail technician career opportunities. (B1.3)
- skin care technicians, hair stylists as partners
  - self-employment (opening or managing a business)
  - education opportunities
  - beauty-related occupations
- SLO 10.7.1.3: Discuss the information required for a resumé and gather information and pictures for a portfolio.
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**GLO 7.2:** Review and demonstrate the knowledge and skills required to pass the **Provincial Nail Technician/Skin Care Technician Examinations.**

No applicable SLOs.

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**Goal 8:** Describe and demonstrate transferable **cross-curricular knowledge and skills** as they relate to esthetics.

**GLO 8.1: Read, interpret, and communicate** information related to esthetics.

SLO 10.8.1.1: Read, interpret, and communicate information related to esthetics.

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**GLO 8.2:** Apply knowledge and skills related to esthetics from **the arts.**

SLO 10.8.2.1: Define *contour* and *highlighting* and explain their benefits in relation to esthetics.

SLO 10.8.2.2: Describe the law of colour.

SLO 10.8.2.3: Define complementary colours in relation to nail enamel applications.

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**GLO 8.3:** Apply knowledge and skills related to esthetics from **the sciences.**

SLO 10.8.3.1: Define *anatomy* and *physiology*. (A4.1)

SLO 10.8.3.2: List and describe the various systems of the body. (A4.2)

SLO 10.8.3.3: Describe the skeletal system. (A4.3)

SLO 10.8.3.4: Describe the muscular system. (A4.4)

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- SLO 10.8.3.5: Describe the divisions of the nervous system and how they function (A4.5)
- SLO 10.8.3.6: Describe the digestive system. (A4.6)
- SLO 10.8.3.7: Describe the respiratory system. (A4.7)
- SLO 10.8.3.8: Describe the circulatory system. (A4.8)
- SLO 10.8.3.9: Describe the excretory system, its functions, and the main diseases of the system. (A4.9)
- SLO 10.8.3.10: Describe the integumentary system. (A4.10)
- SLO 10.8.3.11: Describe the glandular system. (A4.11)
- SLO 10.8.3.12: Discuss chemical reactions. (B2.8)
- catalyst
  - solvents and solutes
- SLO 10.8.3.13: Explain the basics of chemistry. (B2.10)
- matter and energy
  - molecules and elements
  - forms of matter
- SLO 10.8.3.14: Describe healthy nails. (B3.1)
- SLO 10.8.3.15: Explain the composition of nails. (B3.2)
- SLO 10.8.3.16: Describe the function and growth of nails. (B3.3)
- SLO 10.8.3.17: List the parts of the nail. (B3.4)
- nail body
  - nail root
  - free edge
- SLO 10.8.3.18: Explain the structures beneath the nail. (B3.5)
- nail bed
  - matrix
  - lunula
- SLO 10.8.3.19: Describe the skin surrounding the nail. (B3.6)
- cuticle
  - nail fold or mantle
  - nail grooves
  - nail walls
  - eponychium
  - perionychium
  - hyponychium

- SLO 10.8.3.20: Describe and identify the muscles of the arm, wrist, hand, fingers, foot, and leg. (C1.2)
- SLO 10.8.3.21: Describe and identify blood supply to the arm, hand, foot, and leg. (C1.5)
- SLO 10.8.3.22: Explain the function of the skin. (C3.2)
- SLO 10.8.3.23: Explain and define the difference between disorders and diseases of the skin and nails. (C3.3)
- SLO 10.8.3.24: Discuss the purpose of studying diseases and disorders of skin and nails. (C3.4)
- SLO 10.8.3.25: Describe and identify skin and nail diseases and disorders that *can* be treated by a nail technician. (C3.5)
- SLO 10.8.3.26: Describe and identify skin and nail diseases and disorders that *cannot* be treated by a nail technician. (C3.6)
- SLO 10.8.3.27: Discuss and identify corns, calluses, warts, and fungi. (C3.7)
- SLO 10.8.3.28: Describe treatments to corns, calluses, warts, and fungi. (C3.8)
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**GLO 8.4:** Apply knowledge and skills related to esthetics from **mathematics**.

- SLO 10.8.4.1: Demonstrate fundamental mathematical skills related to fractions (e.g.,  $\frac{1}{3}$  of the nail plate) and ratio (e.g., mix a ratio of 2:1).
- SLO 10.8.4.2: Describe time evaluation for various treatments. (B1.5)
- manicures
  - pedicures
  - artificial nails

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**Goal 9:** Demonstrate an awareness of **sustainability** as it pertains to the esthetics industry.

**GLO 9.1:** Describe the impact of **sustainability** on the **health and well-being** of estheticians and their clients.

- SLO 10.9.1.1: Describe physical, mental, and emotional health benefits of receiving esthetics services.
- SLO 10.9.1.2: Describe the characteristics of a healthy mind and body, and discuss the physical and psychological effects of regular esthetics services.



SLO 10.9.1.3: Identify ergonomics. (A5.6)

- definition of ergonomics and conditions that may affect the body
  - working postures
  - repetition
  - force
  - lifting
  - tools
  - identify tool and safety equipment
  - causes of hand tool accidents
  - equipment

SLO 10.9.1.4: Discuss occupational health hazards for estheticians and their clients and methods of prevention. (A6.2)

- accidents
  - falls
  - cuts
  - electric shocks
  - toxic fumes and spills
  - infectious diseases
  - burns
  - eye wash station
- emergency and planning procedures
  - emergency contacts
  - emergency equipment
- posture
  - standing
  - stooping
  - sitting
  - lifting
- environmental contamination
  - disposal of waste products
  - recycling
  - cleaning products
  - chemical products and waste
  - sustainability

- equipment and implements
    - table and chair operation
    - Canadian Standards Association
    - maintenance
  - personal Protective clothing
    - eye and hand protection
    - vapour/fume mask
    - draping clients
  - warning signage
  - safety committees
    - workshops and seminars
    - safety related documents
    - promotion
    - Manitoba Workplace Health and Safety website:  
[www.gov.mb.ca/labour/safety/](http://www.gov.mb.ca/labour/safety/)
  - storage of implements and products
  - safety inspections and reporting of accidents
  - level of noise
  - food and beverages
  - ventilation
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**GLO 9.2:** Describe the esthetics industry’s **sustainability practices** and their impact on the **environment**.

- SLO 10.9.2.1: Discuss sustainability in relation to the esthetics industry.
  - SLO 10.9.2.2: Demonstrate the appropriate disposal of materials, products, and consumable items.
  - SLO 10.9.2.3: Demonstrate the appropriate disposal of cleansing pads saturated with acetone and other wastes.
  - SLO 10.9.2.4: Demonstrate recycling and the safe disposal of wastes.
  - SLO 10.9.2.5: Discuss the importance of informed decision-making skills in the selection and use of esthetics products.
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**GLO 9.3:** Describe **sustainable business practices** within the esthetics industry.

- SLO 10.9.3.1: Describe to clients the time, maintenance, and financial costs required for upkeep of esthetics services.
- SLO 10.9.3.2: Research the relationship between the economy and the esthetics industry.

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**Goal 10:** Demonstrate **ethical and legal standards** as they pertain to the esthetics industry.

**GLO 10.1:** Practise **ethical and legal standards** as they pertain to esthetics.

SLO 10.10.1.1: Describe and demonstrate ethical behaviour.

SLO 10.10.1.2: Practise confidentiality and discuss the implications of sharing confidential information.

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**Goal 11:** Demonstrate **employability skills** related to the esthetics industry.

**GLO 11.1:** Demonstrate **fundamental employability skills**.

SLO 10.11.1.1: Demonstrate punctuality, reliability, and consistency.

SLO 10.11.1.2: Demonstrate organizational skills and the ability to accept feedback and follow instructions.

SLO 10.11.1.3: Demonstrate teamwork skills, and explain how these skills can enhance or detract from an esthetician's personal and professional image.

SLO 10.11.1.4: Describe and demonstrate a professional image.

SLO 10.11.1.5: Discuss how the lifestyles of estheticians affect their professional lives.

SLO 10.11.1.6: Demonstrate the ability to multi-task in relation to salon services and duties.

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**GLO 11.2:** Demonstrate an understanding of the **business operation** of a salon.

SLO 10.11.2.1: Demonstrate an understanding of the business operation of a salon.

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