

ESTHETICIAN/1 (200 Hours)

Course No.: 78-45-80

COMPETENCY CHECKLIST

Student Name _____

Teacher Name _____ School Site _____

Start Date _____ Completion Date _____ Certificate Date _____

Teacher Signature _____ Student Signature _____

(Signatures verify completion of course competencies)

A. THE BARBERING AND COSMETOLOGY ACT AND THE BOARD'S RULES AND REGULATIONS (10 hrs)

- _____ 1. Identify rules & regulations issued by CSBBC
- _____ 2. State licensing requirements
- _____ 3. State supervision of cosmetology field
- _____ 4. Good practices in guidelines of CSBBC
- _____ 5. Violations of Cosmetology Act/corrections

B. CHEMISTRY IN COSMETOLOGY (10 hrs)

- _____ 1. Define pH
- _____ 2. Chemical composition of products
- _____ 3. Basic physical & chemical changes of matter
- _____ 4. Chemical reactions that can occur
- _____ 5. Symptoms caused by allergies to products
- _____ 6. Demo ability to store/mix/use chemicals

C. HEALTH, SAFETY, AND HAZARDOUS SUBSTANCES (20 hrs)

- _____ 1. MSDS as they apply to cosmetology
- _____ 2. OSHA guidelines for cosmetology profession
- _____ 3. EPA guidelines for cosmetology profession
- _____ 4. ARC standards for cosmetology profession
- _____ 5. Equipment care procedures
- _____ 6. Demo use of tools/appliances/equipment
- _____ 7. Shop procedures for fire & earthquake safety
- _____ 8. Rules/regulations for communicable diseases
- _____ 9. Apply ergonomic principles in workspace
- _____ 10. Health & Safety/Hazardous Substances test

D. ELECTRICITY IN COSMETOLOGY (10 hrs)

- _____ 1. Electrical current
- _____ 2. Principles of operating electrical equipment
- _____ 3. Electrical appliances used by the esthetician
- _____ 4. Purposes of electrical appliances used
- _____ 5. Demo safe use of all electrical equipment

E. DISINFECTION AND SANITATION (25 hrs)

- _____ 1. Disinfection vs. sanitation
- _____ 2. Importance of working in sanitary environment
- _____ 3. Procedures to protect consumer health/safety
- _____ 4. Set up/use sanitary maintenance area
- _____ 5. Demo ability to mix/use disinfectant solutions
- _____ 6. Minimum of 10 disinfection procedures
- _____ 7. Pass Disinfection and Sanitation test

F. BACTERIOLOGY, ANATOMY, AND PHYSIOLOGY (15 hrs)

- _____ 1. Bacteriology/anatomy/physiology
- _____ 2. Discuss aspects of bacteria
- _____ 3. Relationship of bacteria to body areas
- _____ 4. Structure of hair
- _____ 5. Texture /porosity/elasticity of hair
- _____ 6. Proper care for hair
- _____ 7. Causes of damage to hair
- _____ 8. Recommend treatments for damaged hair
- _____ 9. Hair conditions that esthetician may treat

G. MANUAL FACIALS (80 hrs)

- _____ 1. Motor points, nerves, and muscles of face
- _____ 2. Proper skin analysis and determine skin type
- _____ 3. Cosmetics needed for individual client
- _____ 4. Appropriate procedures needed for client
- _____ 5. Prepare various packs and masks
- _____ 6. Apply proper skin cleansing technique
- _____ 7. Apply manipulations for desired benefits
- _____ 8. Minimum of 40 manual facials on models

H. ELECTRIC FACIALS (30 hrs)

- _____ 1. Dermal lights and purpose of various colors
- _____ 2. Conditions/preclude electrical appliance use
- _____ 3. Proper current rate for client safety/comfort
- _____ 4. Use techniques best suited to each client