

МИНИСТЕРСТВО ОБЩЕГО И ПРОФЕССИОНАЛЬНОГО
ОБРАЗОВАНИЯ РОСТОВСКОЙ ОБЛАСТИ
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МЕТОДИЧЕСКАЯ РАЗРАБОТКА
WHAT IS WORLDSKILLS?
ИНОСТРАННЫЙ ЯЗЫК (АНГЛИЙСКИЙ)

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ПОЯСНИТЕЛЬНАЯ ЗАПИСКА

Уважаемые студенты!

В современном профессиональном образовании по всему миру главным является именно профессионализм выпускников (skills). Пережив в середине 20 века кризис в системе подготовки рабочих кадров, мировая система профессионального образования нацелилась на совершенствование и повышение уровня профессионализма выпускников. С этой целью в Испании в 1950 году было создано соревнование WorldSkills, к которому на данный момент присоединилось более 70 стран.

Россия вошла в движение WorldSkills сравнительно недавно, в 2012 году. С тех пор обучение специалистов в профессиональных образовательных организациях строится с учетом требований, технических заданий и описаний чемпионата «Молодые профессионалы».

Общие компетенции также подразумевают, что современные выпускники должны хорошо ориентироваться в области иностранного языка, чтобы выступать конкурентноспособными на современном рынке сервиса и услуг.

В данной методической разработке вы сможете изучить чемпионатную лексику WorldSkills, попрактиковаться в чтении и переводе конкурсной документации, а также выполнить задания по аудированию. Тексты, подобранные для данного пособия, учитывают не только требования WorldSkills, но и профессионального стандарта «Специалист по предоставлению парикмахерских услуг».

Данный блок заданий поможет вам легко освоить профессиональную часть лексики Парикмахера, а значит, вы сможете соответствовать требованиям, которые выдвигает перед выпускниками современное общество.

Желаю вам успехов в освоении новых знаний!

UNIT I

1. **Watch the video “What is WorldSkills” and mind the pronunciation of the underlined words in the text. Write down these words to your vocabularies.**

What is WorldSkills?

Our life today is based on one cornerstone: SKILLS. Skills shape people and their societies: plumbers, electricians, machinists, mechanics, cooks, computer technicians, welders, designers, and many other necessary skill professionals constantly improve our world with the power of skills.

In 1950 when skilled labor collaboration and innovation were needed more than ever the first WorldSkills Competition was hosted in Spain. Today over 70 member-countries and regions participate in the biggest vocational education and skills excellence event in the world.

The WorldSkills Competition truly reflect the global industry. Tens of thousands of young students and professionals have participated over the years. The WorldSkills Foundation contributes by connecting champions, experts, and partners with project initiatives that improve life and reveal innovative and sustainable activities around the world.

WorldSkills is not just a competition now. It is a movement. Like working in six main areas:

- Promoting skills:
- Career building:
- Skills Competitions;
- Education and training;
- International cooperation and development;
- Research.





WorldSkills is a global hub for skills excellence and development with ongoing activity nationally and globally. WorldSkills raises the profile and recognition of skilled people and shows how important skills are in achievement an economic growth and personal success.

WorldSkills - the global hub for skills excellence and development!

2. Answer the questions to the text:

1. What does our professional life constantly depend of?
2. When and where was the first WS Competition held?
3. What are the main areas of WS Competition?
4. What is the aim of WS movement?

3. Match the skill and the picture:

1	Diamond cutter	a	
2	Floristry	b	
3	Hairdressing	c	
4	Cooking	d	

5	Roofing	e	
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4. Read and translate the following text.

The WorldSkills Competition is our flagship event, held every two years and is the biggest vocational education and skills excellence event in the world that truly reflects global industry. The Competitors represent the best of their peers and are selected from skill competitions in WorldSkills Member countries and regions. They are all under the age of 23 years (except for four skills that have the age limit of 25). They demonstrate technical abilities both individually and collectively to execute specific tasks for which they study and/or perform in their workplace.



One of the main legacies of the WorldSkills Competitions is to give visibility and importance to professional education, as one of the true tools of socioeconomic transformation.



The Competition also provides leaders in industry, government and education with the opportunity to exchange information and best practices regarding industry and professional education. New ideas and processes inspire school-aged youth to dedicate themselves to technical and technological careers and towards a better future.

5. Read the following text. Make up a plan.

History of WorldSkills

It was 1946 and there was a great need for skilled workers in Spain. Mr José Antonio Elola Olaso, who was General Director of OJE (Spanish Youth Organization), had an insight: it was necessary to convince youth, as well as their parents, teachers and prospective employers, that their future depended on an effective vocational training system.

Mr Olaso chose Francisco Albert-Vidal to further develop this idea together with Antonio Almagro Diaz and Faustino Ramos Diaz, who were on different occasions directors of the Work Centres. Dr Diómedes Palencia Albert, Director at that time of "Virgen de la Paloma" (the most important Spanish Training Centre), was appointed as technical adviser for the whole project. For this challenge the most suitable solution was apparently to promote a competition. So, young people's competing spirit would be aroused, adults would discuss the competition results and visitors would be able to see a great variety of trades being demonstrated.

Right from the start, State agencies, enterprises and religious vocational training schools were interested in the idea.

This simple yet brilliant idea of watching people from different trades at their workstations proved to be a great success. So, in 1947, with the participation of around 4,000 apprentices from a dozen mechanical trades, the first National Competition took place in Spain.

Europe gets in

A great number of observers from various countries were invited to the Iberian Competition and were completely seduced by the idea. As a result, in 1953, at Spain's invitation, youth from Germany, Great Britain, France, Morocco and Switzerland took part in it for the first time.

The idea proves to be successful

As the country that held IVTC for the first time, Spain is considered the founder of the international organization. So far eleven Competitions have been held in Spain. From the beginning Francisco Albert-Vidal headed the General Secretariat and up to 1976 Spain took charge of all expenses, thereby offering various countries the chance of taking part.

The idea to celebrate Vocational Training Competitions can be rightfully compared to Pierre de Coubertin's initiative to create the modern Olympic Games.

Also its motto "great ideas come from the heart" can be applied to the founders of our international organization.

Nowadays, if you visit a WorldSkills Competition, you will be pleased to see the young skilled workers' know-how and seriousness, their pride on having been selected and the pleasure they feel to meet their counterparts from other continents. In spite of language barriers, the experience they gain will certainly affect the professional, personal and human aspects of their lives forever.

From 1999-2011, WorldSkills International saw tremendous growth and change in every aspect of the organization. Under the leadership of Tjerk Dusseldorp, the Board of Directors steered the organization into new areas of professionalism, sustainability, promotion and awareness. They modernized the governance and management of the organization and took ownership of the WorldSkills Competition. They formally changed the name of the organization from IVTO to WorldSkills International as well as modernized all aspects of the professional public image of the organization. In 1999, a Marketing Group worked to develop a 10-year action plan that outlined the goals and objectives for the organization and by 2010, it was completely realized with the highlights being the achievement of 10 multi-national organizations sponsoring WorldSkills and in some cases it was surpassed in areas like membership growth (goal was 50 Members by 2010, there were actually 53 by 2010).

UNIT II

PROFESSIONAL TERMINOLOGY WORLDSKILLS STANDARD SPECIFICATION SKILL 29. HAIRDRESSING

1. Read and learn by heart the following word combinations, taken from the Standard Specification WorldSkills.

SECTION 1 Work organization and management

care and maintenance of all equipment	<i>[keə ənd 'meɪntənəns əv ə:l ɪ 'kwɪpmənt]</i>	уход и техническое обслуживание всего оборудования
safety implications	<i>['seɪfti ,ɪmplɪ 'keɪfɪnz]</i>	правила безопасности
potential risks	<i>[pə 'tenʃl rɪks]</i>	возможные риски
materials and chemicals	<i>[mə 'tɪəriəlz ənd 'kemɪkəlz]</i>	средства и химические составы
the symptoms and causes of problems	<i>[ðə 'sɪmptəmz ənd 'kɔ:zɪz əv 'prɒbləmz]</i>	симптомы и причины проблем
hairdressing treatment	<i>['heədresɪŋ 'tri:tment]</i>	процедура
health and safety standards	<i>[helθ ənd 'seɪfti 'stændədz]</i>	правила безопасности и санитарно-гигиенические нормы
sustainable work practices	<i>[sə 'steməbl̩ 'wɜ:k 'præktɪsɪz]</i>	социально-ответственные методы работы
a safe, tidy and welcoming work station	<i>[ə seɪf 'taɪdi ənd 'welkəmiŋ 'wɜ:k 'steɪʃn]</i>	безопасное, чистое и комфортное рабочее место
hygienically	<i>[haɪ 'dʒi:nɪkli]</i>	гигиенично
in compliance with manufacturers' instructions	<i>[ɪn kəm 'plaɪəns wɪð ,mænjʊ 'fæktʃərəz ɪn 'strʌkʃnz]</i>	в соответствии с инструкциями производителя
the environment	<i>[ði ɪn 'vaɪərənmənt]</i>	окружающая среда

SECTION 2 Communication and client care

effective and sustained client relationships	<i>[ɪ'fektɪv ənd sə'steɪnd 'klaɪənt rɪ'leɪʃnʃɪps]</i>	эффективные и продолжительные взаимоотношения с клиентами
styles <u>for</u> communicating with clients	<i>[stɑɪlz fə kə'mju:nɪkeɪtɪŋ wɪð 'klaɪənts]</i>	стили коммуникации с клиентами
trends and developments in fashion and hair care	<i>[trendz ənd dɪ'veləpmənts ɪn 'fæʃn ənd heə keə]</i>	Тенденции, события и разработки в моде и уходе за волосами
a self-management	<i>[self 'mænɪdʒmənt]</i>	самоорганизация
a presentation	<i>[prezn'teɪʃn]</i>	самопрезентация
to keep records relating to	<i>[tə ki:p rɪ'kɔ:dz rɪ'leɪtɪŋ tu:]</i>	вести учет клиентов
to greet and settle the client	<i>[tə gri:t ənd 'setl ðə 'klaɪənt]</i>	Встречать клиента и находить с ним общий язык
to clarify his/her wishes or brief	<i>[tə 'klærɪfaɪ ɪz hə 'wɪʃɪz ɔ: brɪ:f]</i>	выслушивать пожелания клиента и задавать наводящие вопросы с целью выявления или уточнения его потребностей
to reach positive agreement on	<i>[tə ri:tʃ 'pɒzətɪv ə 'gri:mənt ɒn]</i>	получать согласие в отношении
to maintain positive contact with the client	<i>[tə meɪn'teɪn 'pɒzətɪv 'kɒntækt wɪð ðə 'klaɪənt]</i>	Поддерживать позитивный контакт с клиентом
to seek feedback from the client	<i>[tə si:k 'fi:dbæk frəm ðə 'klaɪənt]</i>	Получать обратную связь от клиента
to offer advice	<i>[tu 'ɒfər əd'vaɪs]</i>	Давать советы

SECTION 3 Cutting

hair types	<i>[heə taɪps]</i>	ТИПЫ ВОЛОС
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facial hair	['feɪʃəl heə]	волосы на лице
the ethnic classification of hair	[ði 'eθnɪk ,klæsɪfɪ 'keɪʃən vɪ heə]	классификация волос по этническому признаку
the growth characteristics	[ðə grəʊθ ,kærɪktə 'rɪstɪks]	особенности роста (волос)
patterns of hair	['pætənz vɪ heə]	схемы роста волос
cutting methods	['kʌtɪŋ 'meθədz]	способы стрижки
cutting tools	['kʌtɪŋ tu:lz]	инструменты для стрижки
scissors	['sɪzəz]	прямые (простые) ножницы
thinning scissors	['θɪnɪŋ 'sɪzəz]	филировочные ножницы
open razor	['əʊpən 'reɪzə]	бритва
electric clipper (with and without guards)	[ɪ 'lektrɪk 'klɪpə (wɪð ænd wɪ 'ðaʊt ga:dz)]	машинка для стрижки (с насадками и без)
blunt	[blʌnt]	техника зубчатого среза
tapering	['teɪpərɪŋ]	сведение «на нет»
graduation	[,grædjʊ 'eɪʃən]	гарадция (градуировка)
layering	['leərɪŋ]	слои
texturizing	[]	текстурирование
disconnection	[,dɪskə 'nekʃən]	несведение
on wet or dry hair	[vɒn wet ɔ: draɪ heə]	на сухие или влажные волосы
beard designs	[bɪəd dɪ 'zɑɪnz]	дизайны бороды
a single beard	[ə 'sɪŋɡl bɪəd]	единая борода
intricate patterns	['ɪntrɪkət 'pætənz]	замысловатые варианты
hair wefts	[heə wefts]	накладные пряди
technically demanding cuts	['teknɪkəli dɪ 'ma:ndɪŋ kʌts]	сложные стрижки, требующие высокой квалификации

SECTION 4 Colouring

the change of colour of hair	<i>[ðə tʃeɪndʒ vɪ 'kʌlər vɪ heə]</i>	изменение цвета волос
temporary colouring	<i>['tɛmpərəri 'kʌləɪɪŋ]</i>	временное окрашивание
semi-permanent colouring	<i>['semi- 'pɜ:mənənt 'kʌləɪɪŋ]</i>	полуперманентное окрашивание
permanent colouring	<i>['pɜ:mənənt 'kʌləɪɪŋ]</i>	перманентное окрашивание
decolouring	<i>[di: 'kʌləɪɪŋ]</i>	обесцвечивание
colour correction	<i>['kʌlə kə'rekʃən]</i>	коррекция цвета
bleaching	<i>['bli:tʃɪŋ]</i>	обесцвечивание/смывка
administer skin and allergy tests	<i>[əd'mɪnɪstə skɪn ænd 'ælədʒi tests]</i>	проводить тест на коже и тест на аллергию
nonchemically treated hair	<i>[nɒn'kɛmɪkəli 'tri:tɪd heə]</i>	натуральные, неокрашенные ранее волосы
chemically treated hair	<i>['kɛmɪkəli 'tri:tɪd heə]</i>	окрашенные ранее волосы

SECTION 5 Styling

drying and thermal equipment	<i>[draɪɪŋ ænd 'θɜ:məl ɪ'kwɪpmənt]</i>	термо-инструменты и инструменты для сушки волос
styling products	<i>['stɑɪlɪŋ 'prɒdʌkts]</i>	укладочные средства
added hair (wefts)	<i>['ædɪd heə (wefts)]</i>	накладные пряди
ornamentation	<i>[,ɔ:nəmənt 'teɪʃən]</i>	украшения
drying and styling equipment	<i>['draɪɪŋ ænd 'stɑɪlɪŋ ɪ'kwɪpmənt]</i>	инструменты для сушки и укладки
final finishing products	<i>['faɪnl 'fɪnɪʃɪŋ 'prɒdʌkts]</i>	финиш-продукты

SECTION 6 Chemical reformation (permanent waving and straightening)

changes to the shape of human hair	<i>[ˈʃeɪndʒɪz tuː ðə ʃeɪp vɒ ˈhjuːmən heə]</i>	изменения текстуры волос
mixing and preparation	<i>[ˈmɪksɪŋ ænd ˌpreɪpəˈreɪʃən]</i>	смешивание и подготовка к нанесению
application	<i>[ˌæplɪˈkeɪʃ(ə)n]</i>	нанесение препарата
development	<i>[dɪˈveləpmənt]</i>	выдержка препарата
appraising results	<i>[əˈpreɪzɪŋ rɪˈzʌlts]</i>	оценка степени готовности
neutralizing or re-forming	<i>[ˈnjuːtrəlaɪzɪŋ əː <u>riː</u>-ˈfɔːmɪŋ]</i>	нейтрализация или реформинг
conditioning	<i>[kənˈdɪʃnɪŋ]</i>	подготовка к укладке
safeguard the hair	<i>[ˈseɪfɡɑːd ðə heə]</i>	избегать чрезмерного воздействия

SECTION 7 Special hair treatments, including for special occasions, photography, exhibitions, marketing and public relations

clarifying all areas of uncertainty	<i>[ˈklærɪfaɪɪŋ əːl ˈeəriəz vɒ ənˈsɜːntɪ]</i>	уточнение непонятных моментов
make final adjustments	<i>[meɪk ˈfaɪnl əˈdʒʌstmənts]</i>	производить доработку образа
repeat business	<i>[rɪˈpiːt ˈbɪznɪs]</i>	повторное сотрудничество

2. Put in the gaps with the appropriate word or word combinations from the box below. Every word or word combination can be used only once.

1. safety standards	2. technically	3. semi-permanent
4. characteristics	5.allergy tests	6.feedback
equipment	7.thermal	
8.self-management	9.hairdressing	10. cutting

1. Plan, prepare and complete each _____ treatment within the time available.
2. Apply or exceed the health and _____ applying to the environment and the treatments.
3. The significance of _____ and presentation for the comfort and reassurance of the client.
4. Seek _____ from the client before concluding the treatments.
5. The growth _____ and patterns of hair.
6. Appraise the hair relative to the requested style and _____ methods, based on the hair's category, type and condition.
7. Execute _____ demanding cuts.
8. The range of techniques available for temporary, _____ and permanent colouring, relative to the brief, hair type, classification and condition.
9. Administer skin and _____ as required, and factor in the results.
- 10.The uses and effects of the available drying and _____.

3. Listen to the audio first, then read and translate the following text.

A hairdresser generally works in the commercial sector, offering a range of services and treatments to the hair for individual clients. There is a direct relationship between the nature and quality of the service required, and the payment made by the client. Therefore, the hairdresser has a continuing responsibility to work professionally and interactively with the client in order to give satisfaction and thus maintain and grow the business. Hairdressing is closely associated with other parts of the service sector, and with the many products that support it, normally for commercial purposes.

Hairdressing also has an important therapeutic role in supporting individuals' self-esteem and confidence. It also helps to relieve the effects of illness, and can aid recovery.

The hairdresser works in diverse environments including large, medium, small, or mobile salons, client homes and in product companies and training institutions, film and television productions, theatre, wig work, hair replacement, technicians, session stylists and product research and design. He or she may offer a wide range of services, including cutting, colouring, styling, chemical reformation and special hair treatments. Alternatively, the hairdresser may specialize, for example by becoming either a men's or ladies' hairdresser, or a colourist. Irrespective of this, work organization and management, communication and client care, the ability to analyse hair types and conditions, and to work safely and to manufacturers' instructions, are the universal attributes of the outstanding hairdresser. In a mobile labour market, the hairdresser may work in teams, or alone, or in both from time to time. Whatever the structure of the work, the trained and experienced hairdresser takes on a high level of personal responsibility and autonomy. From safeguarding the health and wellbeing of the client through scrupulous attention to safe working, to achieving exceptional effects for special occasions, every treatment matters and mistakes are largely irreversible.

With the globalization of visual imagery, the worldwide market in hair and beauty products, and the international mobility of people, the hairdresser faces rapidly expanding opportunities and challenges. For the talented hairdresser there are many commercial and international opportunities; however, these carry with them the need to understand and work with diverse cultures, trends and hair types. The diversity of skills associated with hairdressing is therefore likely to expand, with the WorldSkills Competition reflecting the skills and attributes of the most outward looking and talented entrants to the sector.

Answer the following questions.

1. Where does the hairdresser generally work?
2. What is hairdressing closely associated with?
3. Name the environments where the hairdresser works.
4. Why does hairdresser face rapidly expanding opportunities and challenges?
5. What sector is the hairdresser associated with?

4. Choose the correct answer

1. Can I make _____ for a cut this afternoon please?
 - a) a reservation;
 - b) an appointment;
 - c) a meeting;
 - d) a schedule.
2. Please don't cut much off, just a little _____.
 - a) snip;
 - b) shave;
 - c) trim;
 - d) clip.
3. Her hair isn't naturally blond. She has to go to the hairdresser's every six weeks because the dark _____ start to show.
 - a) tops;
 - b) tips;
 - c) ends;
 - d) roots.
4. I'm going to the hairdresser to have my hair _____. I'm bored with being a brunette!
 - a) dyed;
 - b) died;
 - c) painted;
 - d) all of the above.
5. Please can you cut _____ into my hair? I want it to hang just above my eyes.
 - a) a curl;
 - b) a layer;
 - c) a fringe;

- d) a hairpiece.
6. My sister had a terrible haircut last month. She hates it but it's going to take months to _____.
- a) grow better;
b) grow through;
c) grow up;
d) grow out.

5. Decide whether the following sentences are TRUE or FALSE

1. The payment made by the client depends on the nature and quality of the service provided by a hairdresser.
2. Interaction with the client is not a necessary part of the hairdresser's work.
3. Hairdressers can't improve clients' self-esteem and confidence.
4. Hairdressers can work in client homes as well as in companies and institutions.
5. Hairdressers are responsible only for cutting and colouring hair.
6. An experienced hairdresser should have a high level of personal responsibility and autonomy.
7. The WorldSkills Competition is intended for expanding hairdressers' skills.

6. Match the words from two columns to make word combinations from the text.

	to instructions	responsibility	
challenges	skills	hair types	self-esteem
hair treatments	satisfaction	services	effect

1. To offer
2. To support
3. To analyze
4. To achieve

5. To face
6. To expand
7. To require
8. To give
9. To work
10. To take on

7. Match the terms with definitions:

CUTTING TOOLS

SCISSORS	OPEN RAZORS	ELECTRIC CLIPPER	THINNING SCISSORS
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a device used for cutting hair, consisting of two sharp blades that are joined in the middle, and two handles with holes to put your fingers through
a specialized type of hair-cutting scissors used to reduce hair thickness, to create special texturizing effects, or to blend layered hair
a piece of equipment with a sharp blade used for removing hair from the face, legs, etc.
an electric device used to cut human head hair

COLOURING

DYEING	BLEACHING	PERMANENT COLOURING	TEMPORARY COLOURING
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removing the colour from something or make it lighter using chemicals
colouring that lasts for a long time
colouring that lasts for only a short or limited time
changing the colour of hair

ORNAMENTATION

JEWELRY	MAKE-UP	WEFTS	ACCESSORIES
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attachments with synthetic or natural hair
objects made from gold, silver, and valuable stones that are used for decoration
something extra which is not necessary but is attractive or useful
coloured substances that a woman puts on her face in order to make herself more attractive

CUTTING METHODS

TAPERING	TEXTURIZING	BLUNT	GRADUATION
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is when hair becomes gradually narrower at one end
is attained when the top layers of the hair lie above the lower layers
is when a stylist uses a razor or scissors to cut hair and cuts at an angle
is when a stylist cuts straight across with scissors

STYLING

WAVING	STRAIGHTENING	DYEING	STYLING
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the process for making hair curly
the process for making hair flat and even
the process of changing hair colour
the process of shaping or designing hair in a particular way

8. Read the following sentences and mark TRUE or FALSE.

1. There is a no direct relationship between the nature and quality of the service required, and the payment made by the client.
2. Hairdressing also has an important therapeutic role in supporting individuals' self- esteem and confidence.
3. Alternatively, the hairdresser may not specialize, for example by becoming either a men's or ladies' hairdresser, or a colourist.
4. In a mobile labour market, the hairdresser may not work in teams, only alone.
5. For the talented hairdresser, there are many commercial and international opportunities.

9. Write an essay "The hairdresser works in diverse environments".

UNIT III

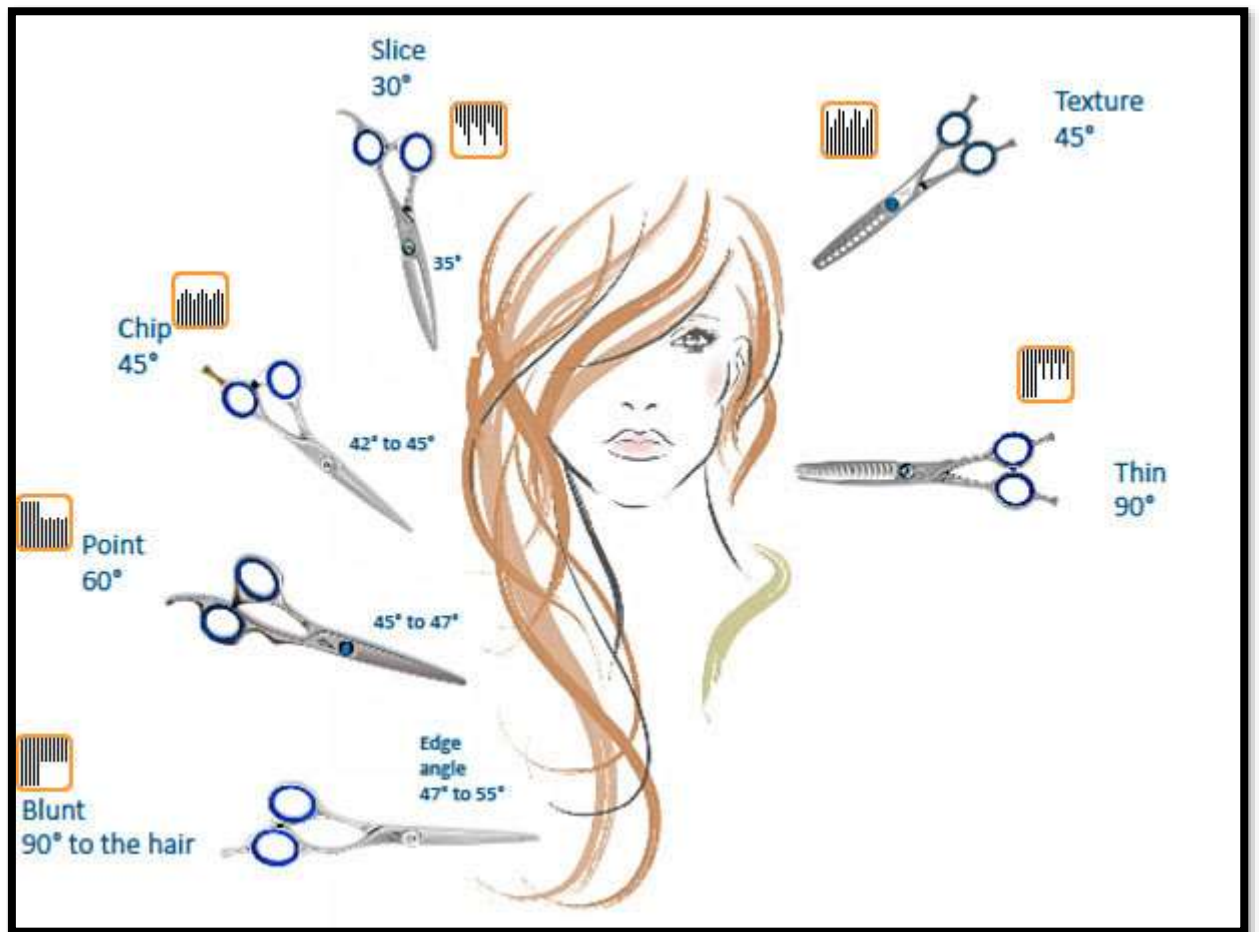
1. Translate the following texts:

HAIR CUTTING (BOTH MEN AND LADIES)

The Competitor must have knowledge and skill to:

- Reproduce a haircut from a photo using a hairdressing cutting tool such as scissors, razors or clippers
- Interpret your own individual design following commercial and OMC inspirations
- Cut hair within a specified time frame. For example – Artistic/Commercial – technical or free
- Interpretation of haircuts and styles will be confirmed by the Experts prior to the Competition,
- bearing in mind the shape of head.





HAIR COLOURING (BOTH MEN AND LADIES)

The Competitor must have knowledge and skill to:

- Mix, apply and remove hair colorations and bleach following Host Country's health & safety
- regulations
- Produce artistic or commercial colour on all lengths as required by the projects
- Perform a variety of creative colouring techniques
- Operate heat accelerators



HAIR STYLING (BOTH MEN AND LADIES)

The Competitor must have knowledge and skill to:

- Produce looks as required by the project
- Blow dry and style both long and short hair
- Use thermal equipment
- Add hairpieces where required
- Add ornamentation
- Use finishing and styling products



PERM (EITHER MEN OR LADIES)

The Competitor must have knowledge and skill to:

- Use permanent wave products following the Host Country's health & safety regulations
- Reproduce the form from a photo
- Protect and preserve the hair structure
- Operate heat accelerators
- Knowledge of hair cosmetics used and their application.



PROJECTS (BOTH MEN AND LADIES)

The Competitor must have knowledge and skill to:

- Reproduce the front image of a photo onto a mannequin
- Interpret cut and curl
- Design a cut, colour or curl to integrate with the front view of the provided front photo image

6. SKILL-SPECIFIC SAFETY REQUIREMENTS

Refer to Host Country Health & Safety documentation for Host Country regulations.

The following skill-specific safety requirements must be met:

- Check all electrical equipment before each module.
- Pull out electric plugs with dry hands (pull the plug not the cord).
- Wear protective gloves during chemical processes that directly expose your skin.
- First aid is available for injuries - raise your hand or see a floor Expert immediately.
- All injuries must be reported to WorldSkills on the forms provided in the Skill Binder.
- Use trolleys to hold tools and equipment for the Competition.
- Wipe up all water spills.
- Dispose of garbage appropriately.
- Place used towels in appropriate area.
- Tidy work areas neat and professional and clean mirrors before leaving skill area.
- Work area must be clear of all toolboxes and bags. Store toolboxes in the area provided.
- Competitors must use the benches and work areas provided, not the floor, to prepare their work.

TEXTS FOR RENDERING

Text 1. Infractions

Infractions may be incurred for the following:

Using materials, equipment, implements, tools or, accessories that are not part of the individual module criteria. If a Competitor starts to use any of these items that are not allowed, the Competitor will be asked to stop using this item immediately and they will be given an infraction. If the Competitor continues to use that item e.g.: oxidizing colour when the module states must be non-oxidizing colour, then this would be a breach of the Competition Rules;

No item that penetrates the skin is to be used when styling and applying wefts to the client. They will be asked not to use or to stop using immediately and if they continue to use them this would be considered a breach of the Competition Rules;

As soon as a Competitor goes to work with a product that requires PPE, they must have their PPE on. If a Competitor starts to work without their PPE, they will be asked to stop and put their PPE on and they will incur an infraction and no time is to be added. If the Competitor continues without placing on PPE it is considered a breach of Competition Rules. If the finished work displayed does not reflect commercial industry standard;

When a Competitor has their products covered, they will incur an infraction and asked to remove the covering. No extra time will be given;

Should an infraction take place a measurement mark will be deducted as per the measurement marking criteria. The weighting will depend on the individual value in that module. Each project has a measurement jury and any infraction has to be witnessed by and agreed by at least two of that jury.

Competitors must treat mannequins as they are real clients. If they are not treated appropriately then competitor incurs an infraction.

Text 2. Ethical principles of the organization

As a membership organization, we will work co-operatively with all individuals, countries and regions, with for profit and not for profit corporations and organizations, and with governments and international bodies, subject only to the policies and priorities set by our governing bodies. Further:

- We undertake to be open, honest, and accountable in our relationships with everyone with whom we work and with each other.
- We will perform our duties honestly, faithfully, and efficiently, respecting the human, professional and privacy rights of our Members and of our colleagues.

- We will be politically non-partisan and non-sectarian in our work.
- We will resolve conflicts in a transparent, constructive manner while respecting the human, professional, and privacy rights of those affected and disclose details only where it is in the interest of the global movement.
- We will not tolerate harassment or sexual harassment in any of our activities.
- We will only accept funding that does not compromise our ability to address issues freely, thoroughly, objectively, and in the best interests of the brand.
- We will not tolerate bribery or corruption in any form. We will promote a value driven performance culture to cultivate and sustain a legacy of trust in all those with whom we interact.
- We will consult actively with Members who are directly impacted by the development and implementation of new policy.
- We will maintain the highest standards of integrity when making commitments for a programme or service delivery.

Text 3. OMC (Organization Mondiale Coiffure)

OMC is the largest professional hairstylists' organization in the world with over 50 Member countries and over 2.000.000 Individual Members worldwide, existing since 1946. OMC offers a Global platform to all competitors of the beauty sector of Hair, Aesthetics and Nail to become World champions in their own field among competitors from the 5 continents. Individual hairstylists among organizations within

The World Organization is represented by a Board of Directors, composed of Global Directors and Zone Presidents. It is managed by the OMC World President / CEO Salvatore Fodera.

Text 4. Split Ends

SPLIT ENDS

You can mask split ends with leave-in conditioners or smoothing balms to temporarily glue them together, but as soon as you pass a comb or brush through your hair or shampoo it, your split ends unglue.

The unfortunate truth is, you can't heal a split end. The only cure is to cut them off. However, a lot can be done to prevent them.

SPLIT END PREVENTION AND CAUSES

BRUSH GENTLY

Imagine what would happen if you brushed a sweater roughly and repeatedly. It would fray. Apply the same thinking to your hair.

EASE OUT TANGLES

To remove tangles, use a wide tooth comb. Start at your ends and gently work up to your roots. If you start at the top, or use a brush to remove tangles, you can snap your hair all along the shaft, and this can give you split ends throughout the lengths of your hair. You can also use a detangling spray throughout your mid-lengths and ends to help smooth interlocked cuticles and reduce interfibre friction.

BLOW-DRY CORRECTLY

Turn off the heat when your hair is 'just dry'. Over-drying your hair with a blow dryer can seriously de-hydrate your ends and cause them to split.

TOWEL DRYING GENTLY

Gently squeeze excess moisture from your hair. If you rub your hair roughly when towel-drying you can cause breakage, split ends and tangles.

UV PROTECTION

Your hair can burn, just like your skin. This makes it more prone to splitting and further damage. If you sit in the sun for a prolonged period of time, protect your hair with a leave-in UV protector, or wear a hat.

DEEP-CONDITION

Use a pre-shampoo intensive conditioning treatment once or twice a week, depending on your hair texture. Moisturized and hydrated hair is more resistant to split ends.

LONG HAIR CARE

Longer hair is more prone to splitting, simply because the ends are older and more weathered. If you have hair below shoulder length, hydrate and deep condition your hair on a regular basis to keep your ends supple and also to reduce further weathering.

HOW TO REMOVE SPLIT ENDS

The biggest problem with split ends is that trimming the ends of your hair will not remove them all. Hair is of different lengths throughout your head due to different growing phases of each follicle, so if you trim your ends about half an inch, the next layer of hair will be exposed with their split ends.

However, there is an effective method to cut off all your split ends, while preserving your hairs length - all you need is a patient and trusted hairdresser or close friend to help! Separate your hair into small sections and twist it from the ends like a cork-screw. The various lengths will stick out along each 'twist' showing where the split ends are and you simply have them cut off. It takes forever, but if you want to grow your hair longer without split ends, it is very effective.

Text 5. Hair Breakage

Hair is a remarkably strong fiber – a single healthy hair is actually stronger than a steel wire of the same diameter and can stretch up to 30% of its length when wet before breaking. However, this only applies if your hair is in good condition!

Hairs' strength and elasticity (stretchability) comes from the presence of disulphide bonds (strong bonds which hold the keratin protein in your hairs' cortex together) and is also dependent on your hair's moisture (water) content. This is because moisture allows the disulphide bonds in your hair to stretch and retract to normal again – without this, your hair would snap off every time you brushed, blow-dried or changed its style.

Things that reduce your hairs' strength and elasticity, and cause it to break more easily, include chemical processing (such as bleaching and highlighting), keratin straightening treatments, UV, salt and chlorinated water exposure, perms and overuse of heated styling aids. Chemical processing might be the worst culprit, however, as it permanently raises the hair cuticle, allowing for continuous excess water evaporation from the hair cortex

While you can never completely close the cuticle back to where it was, use of the correct products and daily shampooing and conditioning can do a pretty good job of it. Pre-shampoo conditioning treatments can be especially helpful in restoring elasticity and shine and reducing breakage.

TOP TIPS TO REDUCE HAIR BREAKAGE

- Apply a pre-shampoo conditioning treatment to your hair at least once a week
- Use a daily protective conditioning spray or a
- Gently remove tangles with a wide-tooth comb, starting at your ends and gradually working up towards the roots
- Blow dry your hair correctly and use a heat protective serum

- Don't pull your hair back too tightly when you style, or leave your hair under traction for too long
- Try not to wrap hair ties too tightly around your hair. This can cut into the hair shaft and cause breakage.
- Protect your hair from the sun in the summer
- Don't brush your hair too often just because it feels satisfying!
- Limit your use of hair straighteners to twice a week
- If you bleach your hair, try not to overlap previous applications
- Trim split ends - if you leave them they can break further up your hair shaft

Text 6. Frizzy & flyaway hair

Frizzy hair is defined as ‘tight wispy curls’, but it is also hair that has gone out of shape, has lost its smoothness and sticks up in wisps. Frizzy hair occurs in all hair textures, but is most common in curly, fine hair.

WHAT CAUSES FRIZZY HAIR?

HUMIDITY AND STATIC ELECTRICITY

Hair expands, stretches and changes its protein bonds temporarily when wet or damp. This is why your hair sets into a desired style when you apply heat. However, it's also why your hair will revert back to its natural configuration as soon as it's touched by humidity (moisture in the air). Where you go throughout the day affects how much frizz your hair will have.

This is because humidity varies in different environments. You can be at home, travel on a subway, sit in an office, go out to get lunch and be in and out of air conditioning and central heating. These changes all cause your hair to reshape, often multiple times throughout the day.

HAIR LENGTH

The propensity for frizzy hair is partly unavoidable as no one's hair is exactly the same length due to the hair growth cycle, or exactly the same shape – so it has the tendency to stick out in different places. Some hairs also may be curlier, wavier or wispiest than others – determined by genetics.

However, hair breakage can further contribute to hair that is of different lengths and therefore to frizziness, and the longer your hair is, the more prone it is to snapping.

HOW TO PROTECT YOUR HAIR FROM FRIZZING

SILICONES

The best way to prevent frizz is to dry and style your hair with products that discourage your hair from absorbing moisture. The key ingredient in these products

is silicones as they are moisture resistant and light in texture. However, you need to choose carefully as some silicones can leave your hair feeling greasy, coated, heavy, dull and even dry.

Also, be careful not to use too much of a product containing silicone when heat-styling. This can cause ‘silicone burn’ –an unpleasant brittleness and dullness of the hair that’s almost as maddening as the frizz.

SMOOTHING PRODUCTS

If your hair sticks out in odd places, use a ‘smoothing’ styling product to tame your hair and temporarily smooth unruly wisps.

HYDRATION

Hair that is broken and dry is more prone to looking frizzy. Hydrate your hair with a weekly pre-shampoo conditioning treatment to discourage breakage and smooth your hairs’ cuticles. A daily protective spray will also help shield your hair from daily environmental weathering and damage.

Text 7. Limp & greasy hair

Do you wish your hair had more body and volume? You’re not alone. In fact, in a survey we conducted, limp, flat hair was the most common hair frustration expressed among women.

The good news is, it’s very easy to remedy.

WHAT CAUSES LIMP HAIR?

If you have limp hair, you probably have fine hair - i.e., the diameter of each of your individual hairs is thin. This shouldn’t be confused with having ‘thin hair’. People with fine hair actually have more hairs per square centimeter than other hair types. Each hair takes up less space so there is room for more of them.

But why would having more hair mean less body? It’s because each hair has its own oil gland, so the more hairs you have, the more oil your scalp produces and in a smaller area. The result? Lack of body, volume and bounce. However, all hair textures can lack body and volume if you use the wrong products, or use them incorrectly.

If your hair is limp and you have fine, medium, coarse or Afro-Caribbean hair, check that you’re using the right products for your hair texture, and that they’re being applied as they should. For instance, applying conditioner too close to your roots can leave your hair flat, as can using too much of a styling product or not rinsing out your shampoo properly.

WAYS TO GET BODY, VOLUME AND BOUNCE

HAIR PRODUCTS

Use a ‘body-building’ shampoo, and also ‘volumizing’ or ‘thickening’ styling products. Look for products with proteins – while these won’t ‘feed’ your hair (as some brands claim) they do coat it and add extra thickness, and sometimes strength (depending on the formula and ingredient used).

VOLUMIZING REGIME

Our Trichotherapy Regime is the ultimate volumizing regime for fine and thinning hair. The 3 piece collection helps to target fine hair with a nutritional supplement, daily scalp drops and a conditioning protein spray. The 3 complementary products work together to build stronger, thicker and fuller hair. In user trials 79% said they found their hair looked and felt thicker and fuller after 12 weeks use.

LEAVE-IN PRE-SHAMPOO CONDITIONERS

Leave-in pre-shampoo conditioners give temporary volume and thickness by coating your hair and plumping it from within. Pre-shampoo conditioning treatments also help to prevent hair breakage and, over time, this will add volume throughout your hairs’ lengths.

BLOW-DRYING UPSIDE DOWN

You’ll be amazed how much extra body and bounce this gives you. Shampoo and condition your hair as usual. Apply a volumizer, like Philip Kingsley Maximizer, or any other styling aid of your choice and begin to dry your hair. When damp, flip your hair over and use the dryer with your hair hanging forward. Gently brush and comb your hair in this direction, following behind with the hairdryer. Pay particular attention to the roots. When your hair is dry, style as normal.

STYLING FOR ROOT LIFT

When your hair is damp, spritz a volumising product throughout your roots. Gently lift your hair in the opposite direction of growth and blow from beneath with the hairdryer. Do this in sections and keep brushing against the way your hair naturally falls. Style your ends as usual.

SHAMPOO DAILY

Wash your hair daily and you’ll have a lot more bounce and shine. Your hair accumulates bits of dirt, dust, oil and grime every day – just like your skin - and these can really weight it down.

CUT YOUR HAIR

Shorter hair gives you instant body, because it weighs less. If you have very thick hair, you can get a similar result if you layer your hair. But remember - this can

makes your ends look sparse if you have fine hair. Blunt cuts usually give a better body boost for finer hair textures, and won't leave you with straggly ends.

CONDITION CORRECTLY

Putting conditioner directly on or close to your scalp can weigh your hair down. Apply conditioner to your mid-lengths and ends, not your roots.

RINSE SHAMPOO SUFFICIENTLY

Don't be hasty when you rinse out shampoo. If you think you've rinsed enough, rinse again! Even a thin coating of shampoo left on your hair can leave it dull and limp.

PRODUCT APPLICATION

Don't apply smoothing serums or styling oils to your roots, apply them to your mid-lengths and ends. Only a small amount is needed if it's a well-formulated product. If you have to use too much of a product to get results, change it.

COLOUR OR PERM YOUR HAIR

Colouring, bleaching and/or perming your hair roughen and swell your hairs' shafts, giving your hair more body and volume. Just make sure to add extra moisture and hydration to your hair if you chemically process it. This can be done with intensive pre-shampoo conditioning treatments and conditioning protective sprays.

Text 8. HAIR COLOURING

The hair-colouring market is enormous. It's estimated that almost 70% of women and 12% of men will colour their hair at some point in their life. Colouring your hair can give you a psychological boost and a sense of being a new and younger person. It's an easy way to change your personality or to discard part of an old life for a new one – changing hair colour after a break-up, for example. Hair colour preference is also influenced by fashion, usually following celebrities.

Hair was dyed red with Rita Hayworth and blonde with Marilyn Monroe. In Cleopatra's day dark hair was all the rage and during the reign of Queen Elizabeth I, ginger hair was popular. But whichever colour you decide on, you need to take precautions. All colouring processes are potentially harmful if the instructions on the packaging aren't followed, or if you don't take proper steps to hydrate and care for your hair afterwards.

CARING FOR COLOUR-TREATED HAIR

All chemical processes reduce the elasticity (stretchability) of your hairs and increase their chances of breakage. Therefore, any hair that has been dyed/coloured

is vulnerable to damage. However, the degree of damage that occurs largely depends on the amount of colour change. For instance, going from a dark shade to a light shade is more damaging because the colouring (bleaching) agent is stronger and/or left on for longer.

How often you colour your hair is also a factor to consider. Having your hair coloured in a salon will most probably involve some sort of conditioning treatment, but if you colour your hair at home make sure you have a good conditioner handy. Choose a well-formulated conditioner designed specifically for your hair type to keep your hair both feeling and looking great after colouring. You should also use a pre-shampoo conditioning treatment at least once a week, depending on the condition of your hair.

For severely dry and damaged hair, use twice. Please note: always leave three days before and also after your colouring process to use an intensive conditioning treatment - they have the ability to fade your colour if done too soon. However, this does not apply to highlights or bleach without tint.

Text 9. KERATIN HAIR TREATMENTS

Keratin hair treatments are the latest in taming frizzy hair. None of the companies which supply keratin hair treatments claim that it 'straightens', but it does 'smooth' the hair. They are effective for all people who wish to tame frizz and curls.

Companies that make and/or supply keratin treatments also claim they improve your hairs' condition, but this isn't the immediate case. It's important to realise that smooth hair always appears to be in better condition than frizzy hair as it reflects light better and therefore produces more shine. The only reason why your hair might gradually improve its condition is that you are using other damaging styling aids less, such as hair straighteners.

You may also be washing your hair more frequently, which always improves your hair's condition, feel and appearance. While the application of keratin itself isn't detrimental to your hair, it's the heat that needs to be applied afterwards that can be damaging. Keratin treatments do not work without the application of ceramic irons at a minimum temperature of 230°C (450°F).

In the long term, this can degrade and break your hair and there is not yet enough evidence of further potential long-term effects.

Text 10. CHEMICAL STRAIGHTENING

Your hair is made of keratin, a strong protein, which contains sulfides. When sulfides bond together, they form a disulfide bond that creates a kink or curl in your hair structure. The curliness of your hair depends on how many of these bonds you have.

THE SIMPLE SCIENCE OF CHEMICAL STRAIGHTENING/ HAIR RELAXERS

Chemical relaxers break your hair's disulfide bonds and reset your 'kinks' permanently into a straighter alignment.

Relaxing your hair can help boost your morale by making unruly, wavy hair easier to style and wash. However, relaxing can potentially damage your hair. There are ways to minimize these damaging effects. Chemical straightening or relaxing treatments work in the same way as a reverse perm. However, instead of using the solution to curl straight hair, it's used to permanently straighten curly hair. Hair relaxers are available in two types: lye and no-lye.

Chemical straightening is potentially more damaging than perming: the solution is put on at scalp level, the hair is gradually pulled straight with a special comb and when sufficiently straight is 'fixed' in this shape. It's most commonly performed on black/Afro-Caribbean hair, and here some of the worst cases of hair breakage occur unless great care is taken.

Straightening is done more often than perming, approximately every 6 to 8 weeks, so the risk of overlapping previous processing is considerable. And it's this overlapping that causes the most problems.

However, while the relaxing process is damaging, in the long term it may be beneficial to your hair's condition. Once your hair is straightened, none of the other harmful procedures, like hot oil, pressing, pulling, flat irons and hot combs are needed. It's also much easier to wash and then style your hair and frequent washing is highly important to your hair and scalp health.

But benefits only apply if the treatment is done every few months (16 weeks), and not every 6 weeks, which is too often. Your hair can only tolerate a certain amount of chemicals before it breaks.

RISKS OF RELAXING

Chemical relaxers can cause terrible damage to your hair and scalp if applied in the wrong way. You should always have chemical straightening done by an experienced technician who can carefully monitor the process, and ideally use someone who has been personally recommended by a friend or family member.

The technician applying the relaxer should also be aware that the temperature of the room can increase the speed of chemical reactions, working faster on a hot day than on a cold day. This is another reason why monitoring is essential every time your hair is relaxed.

CHEMICAL BURNS

The chemicals used in relaxing treatments are very strong and must be applied at scalp level to have the desired effect. If done incorrectly, you can get chemical burns on your scalp, and this can result in infection, scarring and permanent hair loss.

HAIR BREAKAGE

If left on too long, relaxers can cause mass hair breakage. Also, the act of 'straightening' the hair out during the processing can overstretch the hair shafts and leave insufficient elasticity for the hair to withstand normal styling procedures

CARING FOR RELAXED HAIR

Chemical straightening leaves your hair more vulnerable to damage and breakage, so it is essential to have consistent and regular intensive conditioning treatments to restore moisture to the hair. Try to deep-condition your hair twice a week for 2 weeks prior to relaxing, and then once a week thereafter.

There are some excellent deep-conditioning products available, such as Philip Kingsley Elasticizer Extreme, and it's best to use one of them rather than to make your own.

Avoid relaxing treatments if the skin on your scalp is inflamed or broken. If your scalp becomes inflamed or irritated after straightening, apply a solution of cold milk and water in equal parts, which should help to soothe it. If the irritation continues, you should consult a trichologist or dermatologist.

Relaxing previously unprocessed or 'virgin' hair rarely results in disaster. However, in our trichological clinics we have seen in many cases that straightening previously treated or straightened hair can do a great deal of damage, especially at the ends. A good way to avoid this is to protect the ends with a heavy fat such as unsalted butter before the straightening solution is applied.

Text 11. FUN HAIR FACTS

Hair is a remarkable tissue, having near super-power strength and incredible insulating properties! In honour of being voted a British Cool Brand for the 3rd year in a row, we've compiled a list of the coolest facts about hair – giving you even more reason to love your locks!

SUPER STRENGTH

Healthy hair can stretch up to a 3rd of its length and swell up to 20% of its diameter, making it even stronger than a copper wire of the same diameter! Dry, damaged hair however snaps much easier than this. To optimise your hair's elasticity, use a weekly pre-shampoo conditioning treatment.

It is the water, not oil, content of your hair that keeps it hydrated, as the molecules of the oils produced by your scalp are too large to penetrate the hair shaft itself, and

simply sit on top of it. Shampooing your hair on a frequent basis therefore helps to add moisture back into dry strands.

A full head of healthy hair gathered together can support 23 tonnes of weight! Improve your hair's strength by using a conditioning spray that defends your hair against damage and weakness.

Your hair's disulphide bonds are one of the strongest bonds occurring in nature. They can only be broken by extremely high heat and chemicals.

HAIR GROWTH & HAIR LOSS

Hair grows on average half an inch a month - that's 6 inches each year. If you have hair below your shoulders, your ends will be over 4 years old! Protect them with a lightweight smoothing cream.

The average number of hairs on the human scalp is 120,000, but natural blondes tend to have more, redheads less. This is because blonde hair is usually finer than densely pigmented hair, meaning there is room on the scalp for more of them!

It is natural for you to shed up to 100 hairs a day, provided they grow back. Your whole head of hair is in fact replaced every four years or so! However, as your hair grows in unsynchronized cycles you don't notice this.

COMPOSITION & NUTRITIONAL REQUIREMENTS

Hair is composed primarily of special amino acids, otherwise known as proteins. We suggest eating a portion of first class protein with breakfast and lunch to provide your hair with its daily requirements for growth.

Research shows that lack of B Vitamins, especially Vitamin B12, can speed up the hair greying process. Help sustain your intake of Vitamin B by eating B12 rich foods, such as cod, milk, eggs yolks and salmon.

Hair cells are the second fastest growing cells in the body, second only to intestinal cells. However, as hair is non-essential tissue its high energy needs are never given priority, making diet very important. Support hair growth energy requirements by eating complex carbohydrates with every meal.

SCALP FACTS

Dandruff is not from a dry scalp. It in fact usually accompanies an oily scalp, so don't rub in oil to improve it – you'll only get oilier flakes. Dandruff is actually commonly caused by an overgrowth of a certain type of yeast called 'malassezia furfur', and the best products that combat it are those that target the growth of the yeast itself, such as Flaky Itchy Scalp Shampoo.

Every follicle on your scalp has an oil gland attached. And as those with fine hair have more hairs on their scalp than people with coarse hair, finer hair types frequently find their scalps get greasy quite quickly. The cure? Shampoo with a product formulated for your hair texture's unique needs.

HISTORY

The Bob, or 'Castle Bob' was in fact made popular by the famous ballroom dancer, Irene Castle, who cut her hair short in 1915 for convenience sake. And the bobby pin was invented specifically to hold these new shorter styles in place!

Fan of the 'beehive' look? During the 1950s, the beehive or 'B-52' was nicknamed after the B-52 Stratofortress Bomber because of its resemblance to the plane's bulbous nose.

Hair colouring used to be relatively rare, especially as the chemicals used were often dangerously harsh. However, due to improved ingredients & changing fashions at-home hair colouring became so popular by the late 1960s that 'hair colour' was no longer a pre-requisite to supply on passports!

Text 12. THE HAIR STRUCTURE

Your hair is a fascinating structure, made up of different layers, chemical bonds and amino acids (proteins).

THE HAIR BULB

The hair bulb is a structure of actively growing cells which eventually produce hair. Cells continually divide in the lower part of the bulb and push upwards, gradually hardening. When they reach the upper part of the bulb they arrange themselves into six cylindrical layers.

The three inner layers become the hair, made up of the cuticle, the cortex and the medulla – although the medulla isn't always present, especially in hairs with a thinner diameter. The outer three layers become the lining of the follicle and form the inner root sheath and basement membrane, around which lie undifferentiated cells. Specific cells in the hair bulb, called melanocytes, make the pigment called melanin that gives your hair its colour.

HAIR SHAFT

Your hair shaft is the part of your hair that can be seen above your scalp. It's made of a protein called keratin, compacted and cemented together. Keratin is a remarkably strong protein, which is very resistant to wear and tear. It is in fact the same material that feathers, claws, nails and hoofs are composed of! Keratin is a sulphur-rich protein, with strong disulphide bonds holding the protein strands together. This plays an important role in any chemical processing like perming

and relaxing, as these break disulphide bonds and reset them to a different configuration to change the shape of your hair.

Your hair shaft also consists of hydrogen bonds, which help to give your hair its flexibility. They are weaker and more numerous than disulphide bonds and are easily broken with the application of water. This is what allows you to temporarily change the natural configuration of your hair with heated styling aids after washing.

Your hair shaft consists of three layers:

THE CUTICLE

A protective layer composed of overlapping cells, like fish scales or roof tiles, but facing downwards. The outer cuticle holds your hair in your hair follicle by means of a Velcro-like bond. It also minimizes the movement of water (moisture) in and out of the underlying cortex. However, chemical processes and weathering can lift the cuticle and disrupt this balance. When healthy, i.e. smooth and intact, your outer cuticle gives your hair shine and protects the inner layers from damage.

THE CORTEX

Forms your hairs' main bulk and pigment (colour). It consists of long keratin filaments, which are held together by disulphide and hydrogen bonds. The health of your cortex depends largely on the integrity of the cuticle protecting it.

THE MEDULLA

If present, this consists of a thin core of transparent cells and air spaces.

Text 13. HAIR BIOLOGY & BONDS

Your hair is composed of keratin, a strong fibrous protein, and is built from cells similar to those of your skin. The average number of hairs on the human scalp is 120,000, although blondes tend to have more and redheads less. Hair is a remarkable fibre.

A healthy hair can stretch up to 30% of its length, can absorb its weight in water and swell up to 20% of its diameter. A single scalp hair can hold a weight of 100g and an average head of hair twisted together can support 23 tons. However, this is only if your hair is in good condition!

DISULPHIDE AND HYDROGEN BONDS

'Disulphide bonds are one of the strongest naturally-occurring bonds in nature.' The protein structures of the hair shaft are held together by chemical bonds called disulphide and hydrogen bonds.

While the curliness (or straightness) of your hair depends on the shape of the follicle, it's the disulphide bonds that keep the hair in the shape it was formed, and they can only be altered by perming or relaxing.

Disulphide bonds also give your hair its elasticity and strength. Hydrogen bonds, on the other hand, are easily broken by the application of water and can be temporarily reset with heat until they become wet again (either from washing or humidity).

Text 14. THE HAIR GROWTH CYCLE

It's very important to understand the hair growth cycle in order to recognize and understand many of the problems you can encounter with your hair. The hair growth cycle consists of three distinct stages – anagen, catagen and telogen.

ANAGEN PHASE

Your hair grows around half an inch a month, and faster in the summer than in winter. The growth phase, or anagen phase, lasts an average of 3-5 years, so a full-length hair averages 18 to 30 inches. The anagen phase is generally longer in Asians, and can last as much as 7 years with hair being able to grow to 1 metre.

CATAGEN PHASE

At the end of the anagen phase, your hair enters the catagen phase. A short transitional phase that lasts approximately 10 days.

TELOGEN PHASE

Lastly, your hair enters the telogen phase, a resting phase when your hair is released and falls out. The follicle then remains inactive for 3 months and the whole process is repeated. Each hair follicle is independent and goes through the growth cycle at different times, otherwise all your hair would fall out at once. Instead, you only shed a certain number of hairs a day – up to 80 hairs on a healthy head of hair.

Hair loss, hair thinning and problems with hair growth occur when your growth cycle is disrupted. This can be triggered by conditions such as metabolic imbalances, illness or improper nutrition.

For instance, 6 weeks after restrictive dieting or a high fever you can experience telogen effluvium (diffuse hair fall). This occurs when your anagen phase is cut short and many hairs enter the telogen phase all at the same time. If your hair growth cycle is constantly challenged, or not supported, you may find that your hair won't grow as long as it used to. This is because your hairs are never allowed to stay in the anagen (growing) phase long enough for your hairs to reach the desired length.

Text 15. Hair Myths

here are a lot of myths built up around product ingredients, many of which were started by the beauty industry!

ALCOHOL IN PRODUCTS WILL DRY YOUR SCALP

Many cosmetic manufacturers will have you believe that alcohol as an ingredient will do dreadful things to your skin, scalp and hair. However, this is really a gimmick. There are many different types of alcohol – types to rub on your skin to disinfect, forms which you drink, and even gas alcohols. While some alcohols are certainly drying agents, others are actually moisturizing, emollient, protective, smooth to the touch and highly beneficial when dryness is a problem. These types of alcohols are used extensively in cosmetics for this reason. An ‘alcohol free’ product is not necessarily better than one containing alcohol – it may even be worse.

PRODUCTS LABELLED AS 'NATURAL' ARE HEALTHIER

While eating fresh, organic foods has proven benefits to your body, should the description ‘natural’ or ‘organic’ on a hair product label influence your choice? It's really a case of personal preference, but in terms of results, probably not. In order to be labelled organic a formulation only needs to contain a very small amount of an organic ingredient. It will then need to have preservatives added, or else it would go off as fast as milk or fresh juice when left out of the fridge. By the time a natural ingredient has reached a commercial product it is completely different to its original form.

Furthermore, the terms ‘natural’, ‘botanical’, and ‘herbal’ carry the connotation that they are healthier and better for us. Well, poison ivy is also ‘natural’ and many ‘herbs’ are highly dangerous. It really depends on what herb or botanical extract is contained within the product, and then highly dependent on the quality and amount of it. In fact, everything including water is ‘chemical’ - with water being composed of the chemical elements hydrogen and oxygen. The ingredients on labels are printed in descending order of percentages, the highest first – so look to see where the ‘natural’ ingredients are!

HAIR SUFFERS FROM BUILD-UP OR PRODUCT OVERLOAD

Hair and make-up products often have similar ingredients. If and when you use make-up, you probably remove it at the end of the day with a cleanser suitable for your skin type, regardless of how much you may have applied. The only thing that may change is how thoroughly you wash your face. Similarly, you can remove whatever you put on your hair simply by washing it with a well formulated shampoo that is correct for your hair texture - and if you have used a lot of hair product, give your locks a more thorough lather than usual. You don't need special ‘clarifying’ shampoos to remove excess residue - shampoos, by nature, are already clarifying!

LISTENING COMPREHENSION

Download the following videos and do the listening comprehension. Be ready to answer the teacher's questions to the texts:

1. Roles and Responsibilities: Jury President
2. Roles and Responsibilities: Chief and Deputy Chief Experts
3. Roles and Responsibilities: Experts
4. Roles and Responsibilities: Skill Management Team
5. Roles and Responsibilities: Experts with Special Responsibilities
6. Technical Descriptions
7. Infrastructure List
8. Test Projects
9. Assessment
10. Competitor Communication
11. Competitor Duty of Care
12. Skill Management Plan
13. Health Safety and Environment
14. A New Look at Skills
15. World Skills - Hairdressing Competition Event
16. Worldskills Italy 2014 – Hairdressing
17. WorldSkills Leipzig 2013
18. Hairdressing 2

VOCABULARY

PROFESSIONAL TERMS AND EXPRESSIONS

A

an accelerator	[ək'seləreɪtə]	ускоритель
to add colour	[tu: æd 'kʌlə]	добавить
an adverse effect	[ən 'ædvɜ:s ɪ'fekt]	негативное воздействие, побочный эффект
an advice	[əd'vaɪs]	совет
an advisability	[əd'vaɪzə'bɪlɪti]	целесообразность
an ailment	[ˈeɪlmənt]	болезнь
allergy tests	[ˈælədʒi tests]	аллергическая проба
an application	[ˌæplɪ'keɪʃ(ə)n]	применение
an appraisal	[ə'preɪzəl]	оценка
appropriate	[ə'prəʊprɪət]	подходящий
available	[ə'veɪləbl]	доступный
avant-garde style	[ˈævɒŋ-ga:d stɑɪl]	авангардный стиль

B

beard design	[brəd dɪ'zaɪn]	дизайн бороды
bleach	[bli:tʃ]	осветлитель
bleaching	[ˈbli:tʃɪŋ]	осветление
blunt	[blʌnt]	скошенная стрижка
bobby pin	[ˈbɒbi pɪn]	заколка-невидимка
bridal hairstyle	[ˈbraɪdl 'heə stɑɪl]	свадебная прическа
brief	[bri:f]	инструктаж, задание
brush	[brʌʃ]	щетка
budget	[ˈbʌdʒɪt]	бюджет

C

chemically treated hair	[ˈkɛmɪkəli 'tri:tɪd heə]	волосы, обработанные химическим составом
chemicals	[ˈkɛmɪkəlz]	химические вещества

classic style	['klæsɪk stɑɪl]	классический стиль
clips	[klɪps]	зажимы
collar	['kɒlə]	воротник
colour correction	['kʌlə kə'rekʃən]	коррекция цвета
coloured crayons	['kʌləd 'kreɪənz]	цветные мелки
colouring	['kʌləɪŋ]	окрашивание
comb	[kəʊm]	гребень
crimping	['krɪmpɪŋ]	гофрирование
curling iron	['kɜ:lɪŋ 'aɪən]	плойка
curly hair	['kɜ:li heə]	кудрявые волосы
cutting methods	['kʌtɪŋ 'meθədz]	способы стрижки
cutting tools	['kʌtɪŋ tu:lz]	инструменты для стрижки

D

darken	['dɑ:kən]	придавать цвету темный оттенок
decolouring	[di:'kʌləɪŋ]	обесцвечивание
desired effect	[dɪ'zaɪəd ɪ'fekt]	желаемый эффект
development	[dɪ'veləpmənt]	действие
disconnected hair cut	[,dɪskə'nektɪd heə kʌt]	Маллет (прическа)
draw	[drɔ:]	жребий
dry hair	[draɪ heə]	сухие волосы
drying and thermal equipment	['draɪɪŋ ænd 'θɜ:məl ɪ'kwɪpmənt]	оборудование для сушки волос

E

earrings	['ɪə,rɪŋz]	серьги
electric clippers, with and without guards	[ɪ'lektrɪk 'klɪpəz]	машинка для стрижки / с ограничителями и без
equipment	[ɪ'kwɪpmənt]	оборудование
expectations	[,ekspek'teɪʃənz]	ожидания

F

facial hair	['feɪʃəl heə]	волосяной покров лица
facilities	[fə'sɪlɪtɪz]	оснащение
fashion trends	['fæʃən trændz]	модные тенденции
feasibility	[,fi:zə'bɪlɪti]	осуществимость, выполнимость
finishing products	['fɪnɪʃɪŋ 'prɒdʌkts]	средства для укладки
foil	[fɔɪl]	фольга

G

glitter	['glɪtə]	блестки
graduation	[,grædʒʊ'eɪʃən]	градуированная стрижка

H

hair attachments and accessories	[heər ə'tæʃmənts ænd ək'sesəriz]	украшения для волос
hair care	[heə keə]	уход за волосами
hair types	[heə taɪps]	типы волос
hair wefts	[heə wefts]	накладки для волос
Hairdressing	['heə, drɛsɪŋ]	Парикмахерское искусство
hairdressing treatment	['heə, drɛsɪŋ 'tri:tment]	уход за волосами
hairpin	['heəpɪn]	шпилька
hand held dryer	[hænd held 'draɪə]	ручной фен
heat	[hi:t]	тепло, нагрев

I

impact	['ɪmpækt]	влияние, воздействие
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In conformity with/In compliance with/According to		В соответствии с / Согласно
intention	[ɪn'tenʃən]	намерение

J

jewellery	['dʒu:əlri]	ювелирные украшения
judgments	['dʒʌdʒmənts]	взгляд, мнение

L

layering	['leəriŋ]	стрижка слоями
length of hair	[lɛŋθ ɒv heə]	длина волос
lighten	['laɪtn]	придавать цвету светлый оттенок

M

maintenance	['meɪntənəns]	обслуживание
mixing	['mɪksɪŋ]	смешивание

N

nape	[neɪp]	затылок
neck lace	[nek leɪs]	ожерелье

O

open razor	['əʊpən 'reɪzə]	опасная бритва
options	['ɒpʃənz]	варианты
oxidizing colour	['ɒksɪdaɪzɪŋ 'kʌlə]	окисляющий краситель

P

perm	[pɜ:m]	завивка
perm rods	[pɜ:m rɒdz]	стержни для завивки/коклюшки
permanent	[ˈpɜ:mənənt]	стойкое окрашивание
permanent waving	[ˈpɜ:mənənt ˈweɪvɪŋ]	перманентная завивка
pin curls	[pɪn kɜ:lz]	зажимы для завивки
preferences	[ˈprɛfərənsɪz]	предпочтения
preparation	[ˌprɛpəˈreɪʃən]	подготовка
property	[ˈprɒpəti]	свойство, качество
purpose	[ˈpɜ:pəs]	цель

R

range of techniques	[reɪndʒ ɒv tɛkˈni:ks]	разнообразие приемов
removal	[rɪˈmu:vəl]	удаление
remove colour	[rɪˈmu:v ˈkʌlə]	удалить / убрать цвет
requirement	[rɪˈkwaɪəmənt]	требование
rollers	[ˈrəʊləz]	бигуди
rubber band	[ˈrʌbə bænd]	эластичная резинка

S

safeguard of the hair	[ˈseɪfgɑ:d ɒv ðə heə]	защита волос
safety	[ˈseɪfti]	безопасность
scalp	[skælp]	скальп
scissors	[ˈsɪzəz]	ножницы
selection	[sɪˈlekʃən]	выбор
shape of hair	[ʃeɪp ɒv heə]	форма волос
shoulders	[ˈʃəʊldəz]	плечи
smooth hair	[smu:ð heə]	гладкие волосы
straight hair	[streɪt heə]	прямые волосы
straightening	[ˈstreɪtnɪŋ]	выпрямление волос

straightening iron	['streɪtnɪŋ 'aɪən]	утюжок для выпрямления волос
styling	['stɑɪlɪŋ]	укладка волос
styling products and materials	['stɑɪlɪŋ 'prɒdʌkts ænd mə'tɪəriəlz]	продукция и материалы для укладки волос
suitability	[,sju:tə'bɪlɪti]	пригодность, уместность

T

tapering	['teɪpərɪŋ]	сведение «на нет»
template	['tæmplɪt]	шаблон
temporary	['tæmpərəri]	временное окрашивание
testing	['tɛstɪŋ]	тестирование
texturizing	[teks'fraɪzɪŋ]	текстурированная стрижка
thinning scissors	['θɪnɪŋ 'sɪzəz]	филировочные ножницы
timetable	['taɪm, teɪb(ə)l]	расписание
to replicate	['rɛplɪkeɪt]	повторять, копировать
to review	[rɪ'vju:]	рассматривать
to rinse	[rɪns]	ополаскивать, смывать
treatment	['tri:tmənt]	обработка, метод, процедура
tweezers	['twi:zəz]	щипчики / пинцет

W

wavy hair	['weɪvi heə]	волнистые волосы
wet hair	[wɛt heə]	влажные волосы
wishes	['wɪʃɪz]	пожелания

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