

Task: Hairdressing Service		Role: Hairdresser			Site: Hairdressing Salons	
Description: The following tasks are completed by hairdressers on a regular basis but are not limited to <ul style="list-style-type: none"> - Receptions duties, including handling cash/cards, answering phones, customer service, taking bookings, product sales - Cleaning tasks, sweeping, wiping benches, washing dirty bowls - Mixing colours/toners for application - Facial, eyebrow tinting/waxing, false lash application, makeup applications/lessons - Shampooing, massaging & blow drying hair - Cutting and styling hair - Stocktake and restocking products 					Overall Physical Demand Rating: Medium	
Shift Times: 8 hour shifts generally, Thursday late night shifts up to 11 hours					PPE: Standard uniform with closed in shoes	
Physical Environment: Even indoor concrete flooring. Small floor space with a lot of potential hazards e.g. chairs, electrical cords, chemical base, trolleys					Client Base: Male, female and children of all ages	
Tools used in Environment: scissors, trimmers, clippers, blow-dryers, hair straighteners, combs, bowls, curling irons, brushes, tweezers, wax, hair products					Task Rotation: Tasks tend to be repetitious and require standing for long periods.	
Physical Demands of Working Day (Percentage of actual time spent doing task) R = Rare (0-5%) F = Frequent (34-66%) O = Occasional (6-33%) C = Constant (67-100%)						
Factors	R	O	F	C	Comment	
Standing & Walking				X	Eg. All tasks in the salon require staff to be on their feet constantly	
Sitting		X			Eg. Clients with very long hair	
Lifting < 5kg			X		Eg. Product sales, blow drying, straighteners, water bottles for spraying hair	
Lifting >10kg	X				Eg. When stock is received. Very minimal heavy lifting. 2 person lift where possible	
Carrying	X				Restocking products	
Push/ Pull			X		Eg. Moving trolley from 1 workstation to another, pushing in clients chairs	
Bending			X		Eg. Bending to trolley to get products/equipment	
Twisting		X			Eg. Doing foils, twisting to get to the front of the client.	
Squatting	X				Eg. Getting stock from display, reaching bottom of clients long hair	
Reaching		X			Eg. Getting stock form display on higher shelves, straightening long hair above shoulder height	
Grip				X	Eg. Most tasks involve gripping e.g. Blow drying, clippers, massaging, scissors, straighteners, water bottles, reception duties, product sales	
Fine Motor				X	Eg. Cutting, foiling	
Vibration		X			Eg. Clippers, blow dryers	



Activity Level (Act.)		
R = Rare O = Occasional F = Frequent C = Constant		
Tasks	Activity Level	Physical capacity
Reception duties	O	(C) standing and gripping (F) reaching, carrying
Answering phones		
Serving customers – Tea and coffee		
Handling cash – cash register		
Writing (taking bookings)		
Carrying products – sales/assistance		
Cleaning	O	(F) crouching, gripping (O) reaching, standing, bending
Sweeping floors		
Washing up bowls		
Wiping benches		
Mixing Colours/toners for application	O	(C) standing, bending, twisting, fine motor, gripping (30 min – 1 hr) full head
Mixing colours/toners – stirring		
Applying colours/toners with a brush		
Folding foil over hair after application		
Facials, eyebrow tinting/waxing, false lash application, makeup applications/lessons	O	(C) standing, bending, twisting, gripping (F) fine motor
Applying lashes		
Applying make up		
Applying and removing wax		
Teaching		
Cutting and styling hair – simple cuts	C	(C) standing, fine motor, gripping (F) reaching above 90 degree (O) bending (off trolley), lifting
<ul style="list-style-type: none"> • Ladies – medium/long hair – straight solid form, • fringe cuts Children haircuts 		
Cutting with scissor		
Using comb		
Spraying hair with water bottle		
Using straightener		
Using blow-dryer		
Shampooing hair		
Massaging scalp/head		
Brushing off – end of haircut		
Cutting and styling hair – complex cuts	C	(C) standing, fine motor, gripping (F) reaching above 90 degree (O) bending (off trolley), lifting
<ul style="list-style-type: none"> • Male cuts, clippers, scissor over comb • Ladies graduated bobs (medium) short uniform, layering (complex) 		
Cutting with scissor		
Using clipper/shaver		
Applying rollers		
Using comb		
Spraying hair with water bottle		
Using straightener		
Using blow-dryer		
Shampooing hair		
Massaging scalp/head		
Brushing off – end of haircut		