

Hair Care



Brushing someone's hair

Follow infection control procedures, wear appropriate protective equipment – apron

- Ask the service user if they wish to have their hair brushed / combed
- Encourage them to do this themselves
- Explain to the service user what you are about to do
- Make sure to use their own brush/comb to prevent cross contamination
- Is the brush/comb clean?
- Start at the end of the hair, gently working upwards towards the scalp easing out any tangles
- Be careful not to pull their hair, **take your time**
- Brush and style their hair way they like it done
- Use any gel, mousse, spray etc. that they prefer
- Give them a mirror to check they are happy
- Clean the brush / comb before putting it away
- Wash your hands

Hair washing:



- Ask Service User what they prefer - head tilted forwards or backwards
- Wet hair, apply shampoo, avoiding their eyes, be aware that many people do not like the spray of the shower running over their head and face
- If you are assisting them to wash their hair, ask how they prefer it to be done. Use your fingers tips to massage the shampoo into their scalp to remove debris & oil from their scalp and hair, rinse hair and repeat if required.
- Ask if they wish to use conditioner in their hair, apply to the ends and the lengths of the hair only

Styling Hair:

- Ask how the Service User wishes to style their hair, for example, air dry, hair dryer or styling tools – such as straighteners or curling wands, .
- Styling equipment should only be used on dry hair, ask if the person if they wish to use heat protection or styling products
- Read the user instructions before using products on their hair.
- Prevent the hair from encountering hot styling tools (hair dryers, straighteners, or curling wands) for long periods, as this will damage the hair.



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