

## COURSE OUTLINE

### **COURSE TITLE:**

Cosmetology Theory (16 hours)

**COURSE GOALS:** To review principles, practices and theories of :  
Sanitation and Sterilization  
OSHA Regulations  
Composition and Structure of Hair, Skin and Nails  
Environmental Issues  
Employment as a Salon Professional

### **COURSE OUTLINE:**

#### **Lesson 1. Sanitation and Sterilization**

##### **Outline**

- Sanitation
- Disinfection
- Sterilization
- Hand washing
- MRSA

##### **Learning objectives**

After completing this lesson you will be able to:

- define sanitation
- define disinfection
- define sterilization
- describe procedures for sanitation
- describe procedures for disinfection
- define procedures for sterilization
- identify hand washing procedures
- describe the importance of hand washing as it relates to infection control
- identify ingredients in hand washing agents and their purpose
- identify precautions for preventing dermatitis
- define MRSA

#### **Lesson 2. OSHA Regulations**

##### **Outline**

- OSHA Standards
- MSDS (Material Safety Data Sheets)
- HAZCOM (Hazard Communication Standard)
- OSHA News Release (Hazardous Chemical Discovery Public Notice)

**Learning objectives:**

After completing this lesson you will be able to:

- explain how chemicals must be labeled
- define MSDS
- identify facts that are included on a Material Safety Data Sheet
- explain the purpose and importance of HAZCOM
- describe the purpose of an OSHA News Release

**Lesson 3. Composition and Structure of Hair, Skin and Nails****Outline**

- Composition of hair
- Types of hair
- Composition of skin
- Attributes and conditions of the skin
- Composition of Nails
- Attributes and conditions of the nails

**Learning objectives:**

**After completing this lesson you will be able to:**

- Identify structural attributes of the hair, skin and nails
- Describe functions of their parts
- Define pigmentation
- Identify purposes
- Describe conditions and disorders
- Identify factors that effect health
- Explain infection prevention

**Lesson 4: Environmental Issues****Outline**

- Protecting the salon professional
- Salon cleanliness
- Hazardous product ingredients

**Learning objectives:**

**After completing this lesson you will be able to:**

- List ways to minimize inhalation
- List ways to minimize skin exposure
- Describe shop cleanliness
- Explain protective gear and it's use

## **Lesson 5: Employment as a Salon Professional Outline**

Keys to Successful Employment

- a. Self-evaluation
- b. The resume
- c. Establishment evaluation
- d. Job interview
- e. Prospering in the salon

### **Learning objectives:**

**After completing this lesson you will be able to:**

- Define Key Terms
- Identify elements of self-evaluation
- Define elements of a well planned resume and portfolio
- Explain how to evaluate prospective establishments
- List elements of a successful job interview
- List elements of a team mentality

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