

# **Table Of Contents**

	Introduction	05
do de	Best Practice	06
+	First Aid at Work	13
	Sterilisation Methods	19
	Anatomy & Physiology	22

Skin Diseases & Disorders	24
The Consultation	28
Aqualyx	33
Microcanulas	29
Microcanulas - Techniques	30
Treatment Stages	31
Contraindications	31



### Welcome to your course!

#### Aim:

To ensure that all student practitioners will be able to perform the procedure, with the necessary skills and knowledge, to the highest professional standard. The lecture will cover all the necessary units to assist with this including anatomy and physiology, health and safety and the required legal elements. The course will also cover the Consultation process and provide you with product knowledge.

#### **Objective:**

On completion of the course all students will be competent and professional in relation to the procedure and be able to perform at the highest standard to ensure that clients receive the best possible advice and treatment and they will be confident to recommend you and your services to others.

## Introduction

Aqualyx is a fat dissolving treatment that targets fat removal from certain areas. Excess fat in stubborn areas can be an issue for many men and women, despite exercise and a good diet. These fatty areas sometimes just don't want to budge, but the likes of liposuction may seem too extreme a solution.



## **Best Practice**

#### **Health & Safety**

Before you begin work you will need to be aware of the legislation that you must comply with for the health and safety of yourself and your clients. You will need to understand what is expected of you as a professional. This includes how to conduct yourself in front of clients and interact with fellow professionals.

#### Health and Safety at work Act 1974

The Health and Safety at Work Act requires all employers to provide systems of work that are as far as reasonably practical, safe and without risks to any one's health. As an employee, you have the responsibility to take care of yourselves and others that may be affected by their work. Employees must also co-operate with their employer in this legal obligation.

As an employee, you see something which could be potentially harming, such as a hole in which a person could trip over, it is your immediate responsibility to report this to the management and to take some remedial action such as placing a sign or covering the hole, until a repair can be made. The act also requires employers to take regular risk assessments to identify potential problems, preventing accidents or injury from occurring. Health and safety is enforced by Environmental health officers who visit the workplace. Anyone who employs more than 5people must have written health and safety policies. This should identify how health and safety is managed, including individual roles staff may have, such as first aid or fire safety.

#### **Risk Assessments**

Risk Assessments should be carried out to identify what may cause harm in your workplace, who is at risk and how accidents could happen, as well as actions you need to take to prevent them. You should record all of this information and all staff should then act upon it. You can find templates for risk assessments on the website for Health & Safety Executive at www.hse.gov.uk

#### Management of Health and Safety at Work regulations (1999)

It is the responsibility of the employer to make formal arrangements for maintaining and improving safe working conditions and practices. This includes any training and risk assessments.



#### Health and Safety (Display Screen Equipment) Regulations (1992)

This covers the use of display screen equipment and computer screens. This specifies the acceptable levels of radiation emissions from the screen, as well as identifying the correct posture and number of rest periods.

#### Provision and use of Work Equipment Regulations (1998)

This states any duties for any users of equipment. It identifies the requirements in selecting and maintaining suitable equipment, as well as the training and safe use of it.

#### The Regulatory Reform (Fire Safety) Order (2005)

All premises must have adequate means of dealing with a fire and all members of staff should know where these are. This can include fire extinguishers and blankets; however, you should only operate a fire extinguisher if you have been properly trained to do so. All equipment should be checked and maintained regularly. Fire drill notices should be clearly displayed and should inform people of what do to in case of a fire. All staff should be trained in location of alarms, exits and meeting points.





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