



COURSE OUTLINE: HSP111 - HEALTH AND SAFETY

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Approved: Karen Hudson - Dean

Course Code: Title	HSP111: HEALTH AND SAFETY
Program Number: Name	1054: HAIRSTYLING
Department:	HAIRSTYLIST
Academic Year:	2025-2026
Course Description:	The health and safety of both the client and stylist is an essential factor of a successful career. This course provides the theory, procedures and practices of a safe and healthy workplace. Students acquire the knowledge and skills to comply in accordance with the Occupational Health and Safety Act (OHSA), Workplace Hazardous Material Information System and Public Health guidelines. In this course students also learn about personal health and wellness routines to extend the longevity of their career.
Total Credits:	4
Hours/Week:	4
Total Hours:	56
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
This course is a pre-requisite for:	HSP120, HSP123
Vocational Learning Outcomes (VLO's) addressed in this course:	1054 - HAIRSTYLING
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 1 Complete all work in adherence to professional ethics, government regulations, workplace standards and policies, and according to manufacturers specifications as applicable.
	VLO 2 Facilitate the provision of healthy and safe working environments and perform sanitization procedures in accordance with related health regulations and legislation.
Essential Employability Skills (EES) addressed in this course:	EES 5 Use a variety of thinking skills to anticipate and solve problems.
Course Evaluation:	Passing Grade: 50%, D A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.
Other Course Evaluation & Assessment Requirements:	Employability skills in all classes will be assessed and calculated in final grades.
Books and Required Resources:	Milady Cosmetology and Foundations Bundle by Milady Publisher: Milady Binding Edition: 14th Edition



ISBN: 9780357871492

Workbook package by Milady
Publisher: Milady Binding Edition: 14th edition
ISBN: 9780357922170

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Describe the characteristics and classifications of bacteria and viruses to protect self and others in the workplace.	1.1 Define bacteria 1.2 Distinguish between pathogenic and non-pathogenic types of bacteria 1.3 Distinguish the three types of infectious micro-organisms 1.4 Distinguish the active and inactive (spore-forming) stages of bacteria growth and reproduction 1.5 Distinguish between bacterial infections and viruses 1.6 Differentiate the ways that different bacteria spread 1.7 Distinguish parasites from one another
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Implement methods of sanitation, disinfection, infection control and materials disposal to maintain a safe, organized and sanitary workplace.	2.1 Sanitation, disinfection and sterilization for: Salon and work space surfaces, salon implements such as scissors, combs, multi-use items such as towels, capes and electrical equipment such as hair clippers, dryers. 2.2 Apply strategies for decontamination using protective and specialized equipment according to regulation, including: - PPE (personal protective equipment) - Chemical products 2.3 Apply methods of disposal for: - Disposable items such as neck strips, cotton, paper towels, anything containing blood - Blades used in razors or any other sharp implement - Items used for protection of self, such as gloves 2.4 Use decontamination products following manufacturer's recommendations, including: - Disinfectants - Mixing procedures - Safe storage
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Identify and assess emergency situations and apply safety equipment for the protection of self and others.	3.1 Recognize an emergency situation in a salon 3.2 Assess an emergency situation 3.3 Describe strategies that can be implemented in an emergency situation following workplace/legal policies, using WHMIS, MSDS and OSHA guidelines 3.4 Describe the safety equipment used for emergency situations as well as location and emergency contact numbers
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Assess and demonstrate the fundamentals of electrical safety within the workplace.	4.1 Describe the fundamentals of electrical safety within the salon, including: - Voltage - Amperage



	<ul style="list-style-type: none"> - Wattage - Resistance <p>4.2 Apply electrical safety within the salon, including use of:</p> <ul style="list-style-type: none"> - Blow dryers - Curling irons - Flat irons - Hood dryers and other electric tools and equipment used for hair services <p>4.3 Inspect and maintain electrical equipment, including:</p> <ul style="list-style-type: none"> - Cords - Electrical outlets - Switches - Filters - Equipment and tool holders - Safe storage
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Demonstrate and maintain effective techniques to ensure health and well-being while performing services.	<p>5.1 Present a professional outward appearance by adhering to personal grooming habits, including:</p> <ul style="list-style-type: none"> - Daily cleansing of hair, nails, skin and body - Laundered clothes - Use of deodorants and other personal grooming products <p>5.2 Recognize factors that impact health and well-being, such as:</p> <ul style="list-style-type: none"> - Nutrition - Stress - Sleep <p>5.3 Demonstrate a positive attitude to remain motivated and to stimulate a healthy mind for learning and success</p> <p>5.4 Demonstrate proper posture and ergonomics when administering services, to reinforce a healthy body</p> <p>5.5 Recognize ergonomically correct cutting positions</p> <p>5.6 Adapt holding and use of tools and implements to avoid muscle stress</p> <p>5.7 Practice effective and ergonomically correct body positioning</p>
Course Outcome 6	Learning Objectives for Course Outcome 6
6. Recognize personal health care as it pertains to the longevity in the hairstyling career.	<p>6.1 Understand nutrition in food in relation to maintenance, growth, health and disease.</p> <p>6.2 Demonstrate exercises to maintain healthy posture and pain relieving activities</p> <p>6.3 Demonstrate the ergonomics of proper posture and health at work</p> <p>6.4 Apply wellness and mindfulness techniques in self-care for stress-relief</p>

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight

	Employability Skills	30%
	Milady workbook	20%
	Practical evaluation	20%
	Projects and assignments	10%
	Quizzes and exam	20%

Date: June 17, 2025

Addendum: Please refer to the course outline addendum on the Learning Management System for further information.