

HAIR Training Participatory Activities

Quiz Bowl

Questions will be asked throughout the training session.

Purpose: To reinforce learning of the primary educational objectives. Incorrect answers will help us identify topics or slides that need revision and/or additional explanation.

Method:

Following each section of the presentation slides, "Quiz Bowl" slides will display on the screen. The question will be read aloud, and the participants will be asked to provide their responses via the Audience Response System, verbally, or by raising separate pieces of paper or cards on which the numbers 1-4, true and false have been printed. If using an audience response system, the participants' answers will be displayed in graphical form on the screen. The correct and incorrect answers will be discussed

Materials: Audience Response System or six answer cards (numbers 1-4, true and false) for each participant

Ergonomics Training Activity

To be presented during the Ergonomics Training section, after the definition of ergonomics and musculoskeletal disorders (MSDs) is presented.

Purpose: To reinforce the importance of minimizing force and using proper posture to minimize the adverse impact of repetitive tasks on musculoskeletal discomfort and development of MSDs.

Method: A series of questions will be asked using the QuizBowl slide format for students to ask themselves about factors that affect hand grip force. The first question is, "Do you have a stronger handgrip when you hold one or two fingers?" After their answers have been recorded on the slide, the students will be asked to grasp one of their fingers with the other hand. They will then be asked to grasp two fingers. The initial question about strength of grip will be asked again, with expectation of verbal response and any comments they wish to make. The second question is, "Do you have a stronger grip when you use a hand grip or a pinch grip?" After their answers have been recorded on the slide, the students will be asked to grasp two of their fingers using a pinch grip with the other hand. They will then be asked to grab the fingers again using a full hand grip. The initial question about strength of grip will be asked again, with expectation of verbal response and any comments they wish to make. The third question is, "Do you have a stronger grip when your wrist is straight or bent?" After their answers have been recorded on the slide, the students will be asked to grasp two of their fingers using a

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straight wrist, wrist bent up, wrist bent down, and wrist in ulnar deviation with the other hand. The initial question about strength of grip will be asked again, with expectation of verbal response and any comments they wish to make. The importance of neutral posture will be shown, using slides that show (clearly labeled) improper posture while sitting (feet not flat on floor, back and head bent, arms out to the side, improper hand and wrist position) and an accompanying photo with proper neutral posture. This will be shown with a hair stylist in standing and an esthetician in sitting. The students will then be asked to follow the directions given to sit and stand in neutral posture: feet flat on floor equally weighted between both legs, upright back and head, arms comfortable at the sides, wrists in neutral.

Materials: The student's own hands. Accommodations will be made if students are unable to use both hands, stand or sit.