

1. Title	Perform basic foot massage
2. Code	BEZZNA202A
3. Range	Master basic massage techniques and perform basic foot massage for customers at beauty salons or workplaces engaged in nail and hand/foot treatments.
4. Level	2
5. Credit	6 (for reference only)
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Knowledge of foot structure and foot massage</p> <ul style="list-style-type: none"> ◆ Understand the positions of major foot bones and muscles ◆ Know about the basic methods and effects of foot massage, such as reflexology and pressure points massage ◆ Understand the procedures and techniques of foot massage, such as pressure, speed and duration ◆ Understand the contraindications of foot massage ◆ Know about hand exercises and their effects, such as the hand shake, toss the ball, palm press and massage the fingers ◆ Understand the importance of keeping correct posture and position to the beautician when performing massage ◆ Understand relevant code of safety and precautions against occupational diseases <p>6.2 Perform basic foot massage</p> <ul style="list-style-type: none"> ◆ Make preparations for massage, such as: <ul style="list-style-type: none"> • Cleaning the feet • Performing hand exercises • Preparing the required products and materials ◆ Use appropriate techniques to perform basic foot massage according to the treatment needs of customers and the agreed treatment plans ◆ Observe adverse effects on customers in the process of massage and take remedial actions according to established procedures
7. Assessment Criteria	<p>The integrated outcome requirement of this unit of competency is:</p> <p>(i) Capable to master basic foot massage techniques and perform basic foot massage for customers according to the code of practice for personal and working hygiene.</p>
8. Remarks	