



GEL NAIL APPLICATION

Work Pack



KNOWLEDGE

Build your understanding



PRACTICAL SKILLS

Develop confidence and technique



PROFESSIONALISM

Work safely and with care



*Beautiful nails,
confident you*



GEL NAIL STUDENT WORK PACK

What Is a Gel Nail Treatment?

A gel nail treatment uses gel products that are cured using the appropriate nail lamp to create a durable coating over the natural nail.

Depending on the system being used, gel products may be used to provide:

- Colour
- Shine
- Strength and protection
- A longer-lasting finish
- Nail art or decorative effects

Important: The therapist must always follow the specific product manufacturer's instructions, including curing times, lamp compatibility, application and removal procedures.

Health and Safety

Area	Health & Safety Requirement
Hand hygiene	Wash and sanitise hands before and after the treatment.
Client hygiene	Ensure the client's hands and nails are clean before treatment.
Work surface	Clean and disinfect the work surface before and after each client.
Tools	Clean and disinfect reusable tools according to salon procedures and manufacturer guidance.
Disposable items	Dispose of single-use items appropriately after use.
PPE	Use appropriate PPE according to the products and salon risk assessment.
Ventilation	Ensure adequate ventilation, particularly when using products that produce vapours or dust.

Area	Health & Safety Requirement
Gel products	Prevent uncured gel from contacting the surrounding skin.
UV/LED lamp	Use the lamp recommended for the gel system and follow the manufacturer's curing instructions.
Electrical safety	Check lamps and electrical equipment before use and keep liquids away from electrical equipment.
Dust control	Avoid unnecessary inhalation of nail dust when filing or removing product.
Product storage	Keep products securely closed and stored according to manufacturer instructions.
Spillages	Clean product spillages immediately and safely.
Cross-infection	Never share contaminated files, buffers or disposable items between clients.
Client comfort	Maintain the client's comfort, privacy and safety throughout the treatment.

Treatment Set-Up

Therapist Preparation

Before the client arrives:

- Wash hands thoroughly.
- Clean and disinfect the work surface.
- Prepare all equipment and products.
- Check that the lamp is working correctly.
- Check product expiry dates and condition.
- Prepare clean and disposable items.
- Ensure adequate ventilation.
- Arrange products so they can be accessed safely.
- Have appropriate waste disposal available.