THE NATIONAL COUNCIL FOR TECHNICAL AND VOCATIONAL EDUCATION AND TRAINING



MANUALS FOR ESTABLISHING A VET CENTRE FOR COSMETOLOGY SECTOR

DAR ES SALAAM JULY, 2022

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LIST OF ABBREVIATIONS

CBET - Competence Based Education and Training

FTC - Full Technician Certificate

TT - Trade Test

VET - Vocational Education and Training

NACTVET - National Council for Technical and Vocational Education and

Training

VTC - Vocational Training Centre

VTTC - Vocational Teachers Training College

PREAMBLE

Vocational Education and Training in Tanzania is governed by the National Council for Technical and Vocational Education and Training, established under the National Council for Technical and Vocational Education and Training Act, Cap. 129. This act empowers NACTVET to oversee and coordinate the provision of technical and vocational education in non-university institutions across the country. This manual therefore, gives guiding parameters so as to meet the minimum required standards set by the NACTVET Governing Council having in mind that one of its major roles is to ensure that vocational education and training provision satisfies the demands of the labour market with employees who have the required knowledge, skills and attitudes in order to improve production and productivity of our economy. When preparing the manual the following key areas were considered as essential for establishing Vocational Training Centres.

- A clearly defined organisation structure showing all the key positions for the efficient and effective operation of the Centre.
- NACTVET has set the standard required qualifications and competences which must be met by Vocational Teachers. The vocational teachers will be licensed and categorised by NACTVET according to their qualifications and experiences.
- This manual also provides criteria for a standard Vocational Training Centre (VTC) which will allow them to be registered and categorised accordingly. If the standards are not met, then the VTC will not be registered and Training Programmes will not be allowed.
- For the purpose of proper financial control of Centre funds, each VTC must keep proper records of all financial transactions showing the incomes and expenditures of the centre.
- Standard floor area requirements for workshops, classrooms, hostels, dining hall, offices, stores, library, toilets, playing fields etc, must be maintained. External and internal environment must also be conducive for training.
- Basic machines, equipment, tools and furniture must be provided to workshops and classrooms. Inventories must be well kept and updated. The items mentioned above must appear by proper name and specification in the inventory. Architectural drawings for all buildings, drawings for electrical wiring and drainage systems must be well kept by the Principal of the Centre.

NACTVET being vested with the role of overseeing and regulating the provision of Vocational Education and Training of other Providers will strictly observe these guidelines during the process of registration and categorisation of Vocational Training Centres.

Finally, it is believed that a VTC operating under these guidelines will produce the right outputs for the labour market, thereby increasing the productivity of our economy. It is also hoped that this manual will not remain static but is subject to updating when the conditions require so.

PART ONE

1. INTRODUCTION

The kind of VET system that is needed to spearhead socio-economic development in Tanzania will demonstrate itself in the kind of VTCs it will establish. There will be a close relationship between quality VTCs and products (trainees and services) it will produce. Countries with properly established VET centres are invariably placed to produce quality products.

This manual is intended to provide necessary information regarding requirements for the establishment of VTCs. In this manual quality parameters are defined. This will help to maintain consistency in training delivery.

Quality parameters are defined basing on three major areas which seek to address implementation of the Competence Based Education and Training (CBET) concept. These key areas are quality and sufficiency of tools and equipment, governance of the centre and infrastructure.

Vocational education and training is offered in 12 sectors which cover National vocational Award 1-3. The sectors include Civil and Building Engineering, Commercial and Business Support, Hospitality and Tourism, Automotive, Agriculture and Food Processing, Mining, Clothing and Textile Technology, Cosmetology, Transport, Mechanical and Printing. However, this manual focuses on the Agriculture and Food Processing occupations.

To ensure that each registered centre offers training according to its capacity. Registration of VET centres will be done according to the following categories:

1.1. Categorization of VTCs.

A Centre will be registered under any of the categories listed in Table R1.

Table R1: Criteria for Categorization of VTCs

CATEGORIZATI ON	CRITERIA	CATEGORY A	CATEGORY B	CATEGORY C	CATEGORY D
1. Occupation.	1.1. Number of occupations.	Minimum eight (8) occupations for multi-sectoral Centres or four (4) for sector specific Centres.	Minimum five (5) occupations for multi- sectoral Centres or two (2) for sector specific Centres.	Minimum one (1) occupation.	Minimum one (1) occupation.
	1.2. Qualifications levels.	Minimum of four (4) occupations offered above level II.	Minimum of two (2) occupations offered above level II.	Minimum of one (1) occupation offered up to level II.	Minimum of one (1) occupation up to level I.
2. Staff Qualifications 1.1 Principal	1.1.1 Academic qualifications	Minimum Form VI or equivalent.	Minimum Form VI or equivalent.	Minimum Form VI or equivalent.	Minimum Form IV or equivalent.
	1.1.2 Professional qualifications.	1st Degree in technical/vocational education or equivalent for VTCs with training up to level IV and Master above level IV.	1st Degree in technical/vocational education or equivalent for VTCs with training up to level IV and Master above level IV.	1st Degree in technical/vocationa I education or equivalent for VTCs with training up to level IV and Master above level IV.	Certificate in technical education or equivalent
	1.1.3 Work Experience in relevant field.	Minimum three (3) years.	Minimum three (3) years.	Minimum three (3) years.	Minimum five (5) years.
1.2 Vocational teacher	1.2.1 Academic qualifications.	Minimum Form IV.	Minimum Form IV.	Minimum Form IV.	NA
	1.2.2 Professional qualifications.	Minimum one level above the level taught in a relevant occupation or field. TEACHER MINIMUM LEVEL III.	Minimum one level above the level taught in a relevant occupation or field. TEACHER MINIMUM LEVEL III.	Minimum one level above the level taught in a relevant occupation or field. TEACHER MINIMUM LEVEL III.	National vocational certificate of competence or equivalent
	1.2.3 Teaching qualifications.	Minimum Teacher Certificate in education.	Minimum Teacher Certificate in education.	Minimum Teacher Certificate in education.	Minimum Instructional Methods Certificate (IMC).
	1.2.4 Work Experience in relevant field.	Minimum three (3) years.	Minimum three (3) years.	Minimum three (3) years.	Minimum five (5) years in relevant field.
1.3 Training Coordinato	1.3.1 Academic qualifications.	Minimum Form IV.	Minimum Form IV.	Minimum Form IV.	NA
r/ Registrar	1.3.2 Professional qualifications.	Minimum Ordinary Diploma in technical field or equivalent for VTCs with training up to level IV and 1st Degree above level IV.	Minimum Ordinary Diploma in technical field or equivalent for VTCs with training up to level IV and 1st Degree above level IV.	Minimum Ordinary Diploma in technical field or equivalent for VTCs with training up to level IV and 1st Degree above level IV.	NA
	1.3.3 Work Experience in training	Minimum three (3) years.	Minimum three (3) years.	Minimum three (3) years.	NA
1.4 Accountant	2.4.1. Academic qualifications.	Minimum Form VI.	Minimum Form IV.	Minimum Form IV.	NA
	2.4.2. Professional qualifications	Minimum Diploma or equivalent in relevant field	Minimum Diploma or equivalent in relevant field	Certificate equivalent in relevant field	NA
	2.4.3. Work Experience in relevant field	Minimum three (3) years.	Minimum three (3) years.	Minimum three (3) years.	NA

CATEGORIZATI ON	CRITERIA		CATEGORY A	CATEGORY B	CATEGORY C	CATEGORY D
2. Centre Capacity.	2.1 Teacher ratio per	trainee's r class.	1:20	1:20	1:20	1:5
	2.2 Infrastr	ucture.	As per Manual for establishing VET Centres.	As per Manual for establishing VET Centres.	As per Manual for establishing VET Centres.	Enough for five (5) trainees as per programme requirements
	2.3 Tools at equipme		As per Manual for establishing VET Centres.	As per Manual for establishing VET Centres.	As per Manual for establishing VET Centres.	Enough for five (5) trainees as per programme requirements

We hope that the guidelines will be useful not only to those who would like to establish a VTC for specific occupations but also to providers who wish to improve their existing VTCs for the purpose of registration.

The manual is divided into five main parts, namely: centre governance, staffing, centre financial management, infrastructure, tools and equipment.

PART TWO

2. VOCATIONAL TRAINING CENTRE GOVERNANCE

Good governance is an important aspect in establishing a VET centre. It ensures accountability, participation, transparency, equity and rule of law in operation of the VET centre. This will also play part in making the centre sustainable. Involvement of stakeholders in governing the centre is imperative. It is therefore mandatory for a VET centre with categories A - C to have an Advisory Board/Board of Trustees.

The composition of the Board will have the following representation:

- i. Centre owner;
- ii. Parents;
- iii. Employers;
- iv. Government at District /division level;
- v. Centre employees; and
- vi. Principal-Secretary to the Board.

PART THREE

3. STAFFING

Staffing of a Centre will consist of the following personnel:

(a) Principal

The Principal is the Chief Executive of the centre. He/she will develop strategies and policy matters that included soliciting donor fund, centre and VET promotion, sensitize stakeholders with view to meet the centre goals and plan. For the centre with categories A-C, he/she will be the secretary to the Centre Advisory Board/Centre Board of Trustees.

Under these categories the Principal will be assisted by the following tittles-Training Coordinator, Centre Administrator, Accountant, Entrepreneurship and Short course coordinator.

Minimum Qualifications of a Centre Principal:

For category A, B and C VET centres

- i. Degree in Technical / Vocational Education or equivalent.
- ii. Three (3) years work experience in the relevant field.

For category D VET centres

- i. Certificate in Technical / Vocational Education or equivalent.
- ii. Five (5) years work experience in the relevant field.

(b) Training Coordinator

The functions of a training coordinator in a VTC will be those activities related to training which include trainees' enrolment, coordination of trainees' assessment, monitoring training, discipline, guidance and counselling, Trainees' welfare in general and preserving centre

environment. The coordinator will be supported by Head of departments, warden/matron and head cook.

Minimum Qualifications of a Training Coordinator

- i. Ordinary Diploma or equivalent in any technical education field;
- ii. Certificate in teaching;
- iii. Three (3) years experience in training.

(c) Human Resource Officer

The Human Resource Officer will provide support for day to day administrative activities which include; staff welfare, staff development, security matters and stores.

Minimum Qualifications of a Human Resource Officer

- i. Certificate in Human Resources Management;
- ii. Three (3) years experience in relevant field.

(d) Accountant

The Accountant will keep all financial and accounts records of the centre.

Minimum Qualifications of the Accountant

- i. Diploma in accountancy;
- ii. Three (3) years experience in relevant field.

(e) Secretary

The secretary will be a personal assistant to the Principal and will perform all duties related to secretarial responsibilities.

Minimum Qualifications of the Secretary

- i. Form IV education;
- ii. Stage III certificate.

(f) Teaching staff

Vocational teachers have the central role of making the training relevant. Vocational teachers are the first-line practitioners of vocational training.

A befitting vocational teacher to carryout vocational training within the Tanzanian VET system will have the following attributes:

- i. Critically alert;
- ii. Imaginative, innovative, proactive, creative;
- iii. A cultivated person with the courage and ability to face and solve problems;
- iv. Active in the pursuit of truth and goodness within the overall accepted aspirations of a nation at large; and
- v. Willingness to learn.

To ensure efficiency and effectiveness in training delivery, the maximum vocational teacher – trainee's ratio will be 1:20.

Minimum Qualifications of a Vocational Teacher

Vocational teachers shall be licensed and categorised according to their qualifications and the level (s) in which they are allowed to teach. The required qualifications for vocational teachers are as described hereunder:

Vocational teachers for level I-III shall have the following qualifications:

- i. Holders of FTC, Diploma or other equivalent qualifications in the relevant field;
- ii. Teaching certificate obtained from VTTC or any other recognised institution; and
- iii. At least three (3) years of post training relevant practical work experience in his/her field of specialisation.

Vocational teachers for level I-II shall have the following qualifications:-

- i. Form IV secondary certificate;
- ii. Vocational Certificate of Competence or equivalent;
- iii. Teaching certificate obtained from VTTC or any other recognised institution; and
- iv. At least five (5) years of post training relevant work experience in his/her field of specialization.

Competences of a vocational teacher

A Vocational Teacher must possess the following competences:

- Able to interpret occupational training standards into learning process;
- ii. Evaluate training process and outcomes;
- iii. Compare training offered and the demand from the labour market;
- iv. Prepare report on training implementation in his/ her own workshop;
- v. Prepare maintenance schedule for training tools and equipment;
- vi. Counsel and guide trainees in the workshop; and
- vii. Ability to maintain a conducive environment for learning.

NB: Permanent teachers should be two thirds $(^2/_3)$ of all teachers in the centre.

PART FOUR

4. CENTRE FINANCIAL MANAGEMENT

Proper management of centre finances is very important. It is therefore advised for anyone who aspires to establish a VET centre at categories A-C has to ensure that proper systems for managing finances are in place. These will ensure stability and sustainability of a VTC in a long run.

The following are important pre requisites:

- a) Bank account;
- b) Qualified staff;
- c) Reliable sources of funds; and
- d) Management of Cash Flow

PART FIVE

5. INFRASTRUCTURE

Infrastructure of a VTC with categories A-C include, among other things, workshops, classrooms, trainees hostel, conference hall, storage facilities, staff houses, and external environment. All building infrastructure should be able to accommodate people with special needs.

For the VTC with category D should have proper premises to facilitate practical and theoretical training. It should have some storage facilities and provision facilities for hygiene.

In deriving the size of the area suitable for training, the following factors have been taken into account:

- i. The number of trainees in one workshop;
- ii. Type of equipment;
- iii. Air circulation in a room; and
- iv. Movement of users within a room and around the building for various activities.

The provided schematic drawings demonstrate how a workshop or a training space should look like. It is not obligatory to use the same design but one should adhere to specifications provided in the Table 1. Users are strongly advised to seek for technical expertise from professionals who will help them translate information contained in this work into proper architectural and engineering drawings required for erection of buildings.

In this respect, construction of centres should consider standards as elaborated in the Table 1.

TABLE 1: INFRASTRUCTURE SPECIFICATIONS

S/N	ITEM/DESCRIPTION	NORM/SPECIFICATIONS
1.	Vocational teacher— Trainee Ratio.	1:16 -20 (Capacity for a single class/workshop is between 16 to 20 trainees).
2.	Area per trainee. • Workshops (without offices).	• 5 -14sqm per Trainee (workshop with light equipment like tailoring, computer applications – 5sqm/trainee; those with large equipment e.g. machinery fitter, etc. 12 – 14sqm/trainee can be used).
	Classrooms (without offices).	• 2.5 – 3 sq m per trainee.
	Conference Hall (without offices).	• 1.5 – 2.5 sq m per trainee.
	Dining Hall (without kitchen).	• 1.5 – 2.5 sq m per trainee.
	Library.	• 2.5 – 3.5 sq m per trainee.
_	Kitchen facility.	• 0.2 – 0.3 sq m per trainee.
3.	Areas for other general facilities.	
	Administration Block.	• 200 – 250 sq m.
	Office (for a teacher, officer etc).	• 10 – 16 sq m.
	Office for Head of section/department	• 16 – 25 sq m.
4.	Toilets and change rooms.Number of persons per toilet Unit.	4 - 5 persons per toilet unit (staff).
	 Minimum unit area. 	8 -10 trainees per toilet unit (trainees).
	Change rooms.	• 1.5 – 2 sq m.
		• $1-1.5$ sq m per trainee (it is advised that each workshop
		should have a change room, which must be gender sensitive.
		Provision of washing basin and showers in a change room will depend on the type of occupation).
5.	Storage facilities.	depend on the type of occupation).
	General store.	• 12 - 30 sq m.
	Office store.	• 2 – 6 sq m.
	Workshop store.	 10 – 30 sq m (the shape of which has to depend on the type and nature of materials to be stored).
6.	Trainees Hostel.	
	• 4 trainees per room.	16-24 sq m per room with height 3.0m Provide study room for at least 30 trainess.
7	Staff house.	Provide study room for at least 20 trainees. 100 200 cg m per single family bourge.
7.	Stall House.	100 – 200 sq m per single family house.

S/N	ITEM/DESCRIPTION	NORM/SPECIFICATIONS
8.	Location.	Suitable location of the training facilities required; workshop with heavy duty equipment preferably to be located on the ground floor. Location should consider other surrounding activities.
9.	Floors.	Strong floors capable of withstanding operations of a particular occupation
10.	Structure condition.	The structure and materials to be used should be durable, sound, safe, strong, Impurities free, attractive and available at local market.
11.	Internal environment.	Should be smoke/dust free; well ventilated/air conditioned; enough natural and artificial lighting; appropriate colours in walls and ceiling necessary furniture and fixtures should be available.
		 Height of head room to be not less than 3m and above Room relationship to be considered to minimize unnecessary movement. Type of floor finish to match with the nature of activity performed.
12.	External environment	Provide access roads landscaping, walkways to allow movement people with disability.
13.	Utilities.	Proper electrical installation and power supply ² ; enough water supply; adequate sewerage disposal system; adequate solid waste disposal system; well functioning telecommunication facilities; fire fighting/prevention facilities as per regulations; dust/smoke removing mechanism for dust/smoke generating workshops.
14.	First – Aid facilities and safety gears.	Standard first-aid box with basic medication installed in a conspicuous position; safety gears must be available for both vocational teacher and trainees.
15.	Legality of VET Centre in guidelines and Council Regulations. • Birds class layer type	NACTVET plays a role of establishing and monitoring guideline to VET provider and not authorizing permission to commence construction activities. The respective regulatory Body is obliged to administer their regulations. • Brooding space 20-30 birds/m² • Growing space 10-20 birds/ m²
	Broiler birds	 Layer's birds 5-6 birds/ m² Brooding space 20-30/ m² Growing space 10-12 birds/ m²
16.	Space for seedling production (horticulture)	 Extra 1-5 Acres required for horticulture practical Provide reliable source of water for irrigation purposes. Head room height not less than 3.6 m high.
17.	Chick space:	38cm² per layer chick, 52cm² per broiler chick
18.	Size of foundation	The depth of the foundation to be determined at/in site, also nature of soil water table and the load to be imposed. But also the materials to be used

S/N	ITEM/DESCRIPTION	NORM/SPECIFICATIONS
19.	Safety awareness	Adherence to occupational health and safety should be taken on board to enhance high productivity and keep good working environment
20.	Others.	Master timetable placed at conspicuous area; at least one wall clock in each workshop; at least one suggestion box for each VTC. Each VTC has to have indoor or outdoor sports areas.

PART SIX

6. BASIC TOOLS AND EQUIPMENT

The minimum requirements of tools and equipment for a VTC with categories A-C for each occupation are provided. The same specifications of tools and equipment can be used for category D, but quantity and type will depend on curriculum contents to be covered.

The purpose of this list is to provide guidance and help management and authorities of vocational institutions to plan their equipment requirements with accuracy and produce precisely defined technical specifications.

It is advisable when purchasing tools and equipment to consider their durability, serviceability, accuracy, versatility and low operating costs.

APPENDIX 1 LIST OF TOOLS AND EQUIPMENT

BASIC TOOLS AND EQUIPMENT FOR BEAUTY THERAPY (20 TRAINEES)

S/N	ITEM	SPECIFICATIONS	UNIT	RATIO	O LE		EVEL	
					Ι	II	III	
1.	Manicure table	40-50 Centimeter wide 1-1.5 meters	Each	1:2	√	√	√	
		long, water proof top with drawer.						
2.	Pedicure/manicure	With foot rest	Each	1:5		√	√	
	chair	Supportive back						
		water proof						
		Resist staining and head rest			,	,	<u> </u>	
3.	Small cushion	Foam 8"x 12", water proof.	Each	1:2	√	√	√	
4.	Nail scissors	Stainless steel	Each	1:1		√	√	
5.	Cuticle cutter	Stainless steel	Each	1:1	√	√	√	
6.	Towels	Mixed size, cotton absorbent	Set	4:1		√		
7.	Stool/Ottoman	With cushioned seat, low	Each	1:1		√	√	
8.	Dustbin	Pedestal, 30 – 40L, plastic or steel	Each	1:5	√	√	√	
9.	Cuticle pusher	Stainless steel/plastic/wooden	Each	1:1				
10.	Acrylic nail clipper	Stainless steel				√	√	
11.	Nail cutters	All sizes, stainless steel	Set	1:1	√	√	√	
12.	Callus cutter	Disposable razors, stainless steel	Each	1:1		√	√	
13.	Abrasive nail files and	Two way files grits from 180 – 240sq	Each	4:1				
	buffers	inch						
14.	Nail files	Long, flexible and metallic	Each	4:1		√	\checkmark	
15.	Cuticle nippers	Stainless steel/sharp	Each	1:1		√	√	
		Hinged						
16.	Cotton wool container	Glass/plastic,	Each	1:1	√	√	√	
		With cover						
		Transparent, 1 Litre						
17.	Nail brush	Plastic	Set	1:1		√	\checkmark	
		With handle						
		Strong bristles						
18.	Foot spa machine	Electric	Each	1:5		√		
		Vibrate						
		Heat						
		Heavy duty/acupressure surface						
		• bubble						
19.	Foot scrapper	Wooden/plastic	Each	1:1		√	√	
		Long handle						
		• Grits from 180 – 240 sq inch						

S/N	ITEM	SPECIFICATIONS	UNIT	RATIO	LEVEL			
					Ι	II	III	
20.	Pumice hand buffer	Hard form,Airy	Each	1:1	√	√	√	
21.	Pumice stone	RoughAirly	Each	1:1	√	√	√	
22.	Ottoman	Water proof Stain resisting	Each	1:1	√	√	√	
23.	Liquid soap dispenser	 Pump type, 500 gm – 1 Litre plastic, transparent 	Each	1:4	√	√	√	
24.	Acrylic nail brush	Small synthetic bristlesLong handle	Each	1:1		√	√	
25.	Ultraviolet nail polish dier	Electric, with heater bulb, 6-9 watt	Each	1:5		√	√	
26.	Magnifying lamp	Electric/flexible with stand	Each	1:10		√	√	
27.	Supply/tools tray	Plastic, metal, ceramic water proof	Each	1:4	√	√	√	
28.	Finger bowl	Plastic, metal, ceramic, Slide proof	Each	1:4	√	√	√	
29.	Basins	Plastic, mixed sizes	Each	1:2	√	√	√	
30.	Sterilizer	CommercialElectricAutomatic	Each	1:10	√	√	√	
31.	Wet sanitizer	Plastic/glass 500g – 1 Litre, transparent with tight cover	Each	1:10	√	√	√	
32.	Apron	Plastic/water proof with pocket, fully cover clothing	Each	1:1	√	√	√	
33.	Facial/massage bed with head hole	Strong, metallic or wooden, water proof cover/pillow	Each	1:10	√	√	√	
34.	Bed sheet	Cotton/white fitted	Each	1:1	√	√	√	
35.	Extractor	Stainless steel, one sharp end, with loop	Each	1:1	√	√	√	
36.	Eyelash curler	Stainless steel	Each	1:1	√	√	√	
37.	Makeup brushes	Soft bristles, long hand, mixed sizes	Set	1:1	√	√	√	
38.	Tweezers	Stainless steel	Each	1:1	√	√	√	
39.	Water heater	Electric/Thermostat 40 Litre	Each	1:20	√	√	√	
40.	Facial steamer	Electric, transparent water container/timer with stand, temp control	Each	1:5	√	√	√	

S/N	ITEM	SPECIFICATIONS	UNIT	RATIO		LEVEL	
					I	II	III
41.	Wash basin	Ceramic with hot/cold water mixer	Each	1:20	√	√	√
42.	Salon gown	Cotton/absorbent/closing at the back	Each	1:1	√	√	√
43.	Wax heater	Electric/thermostat, stainless	Each	1:10	√	√	√
		steel/plastic cover					
44.	Mirrors	Wall mounted/hand mirror	Each	1:10	√	√	√
45.	Makeup cape	Plastic, fully cover clothes	Each	1:1	√	√	√
46.	Bowls	Plastic/Glass mixed sizes	Each	1:2	√	√	√
47.	Record card holder	Wooden/plastic/medium	Each	1:20	√	√	√
48.	Wall clock	Large face with second hand	Each	1:20	√	√	√

BASIC TOOLS AND EQUIPMENT FOR PHYSICAL FITNESS (20 TRAINEES) TOOLS AND EQUIPMENT

S/N	ITEM	SPECIFICATIONS	UNIT	RATIO	LEVEL		
					I	II	III
1	Abdominal Machine	Length 68 inches/ 173cm	Each	1:20		√	
		Width 36 inches/ 90cm					
		Height 38 inches/ 97cm					
		Weight 150 lbs/ 68kgs					
2	Fitness Abdominal	Size: 45cm x 50cm x 38cm	Each	1:20		√	
	Exercise Equipment						
3	Adjustable Cast Iron	Weighs 105lbs	Each	1:20		√	
	Dumbbells	Metal bar					
		Plates weigh 2kgs Maximum					
4	Kettler Aerobic	Weight: 1.5 Kg	Pair	1:10	√	√	√
	Dumbbells						
5	Body-Solid Aerobic	• Size: 15inches x 9 inches x 17.5	Pair	1:20	√	√	√
	Dumbbell Rack	inches (Length x Width x					
		Height)					
		Assemble Weight: 4lbs in each					
		pair					
		Weight: 3 or pairs 1lb to 15lbs					
6	Body-Solid 12 Pair	Weight: 1lb to 15lbs	Pair	1:20		√	$\sqrt{}$
	Vertical Dumbbell	24 vertical storage rungs to					
	Rack	hold 12 pairs equal					
		• Size: 29 inches x 26 inches x 52					
		inches (Length x Width x					
		Height)					
7	Dumbbells	Weighs 4 to 100 Kg	Pair	1:20		√	
		Like Barbells with a short rod					
8	Barbells	• 4 feet length (1.2 meter) to 8	Each	1:20	√	√	
		feet (2.4 meter) above					
		Diameter 25mm to 51mm					
		Men (2.2 meter long; 20kgs)					
		Women (2.1 meter long; 15					
		kgs)					
		Diameter 25mm					
		Can be Metallic.					

S/N	ITEM	SPECIFICATIONS UNIT RATIO LEV		SPECIFICATIONS UNIT RATIO LEVEL			EL				
					I	II	III				
9	Body-Solid Roman Chair	 Indoor Billiard Type with 2 inches 3 inches heavy-gauge steel Size: 43 inches x 45 inches x 26 inches (Height x Length x Width) 	Each	1:20	√	√					
10	Bulgarian Bag	Weighs 5kgs to 23kgsMade of Leather or Canvas and filled with Sand	Each	1:20	√	√					
11	Bumper Plates	Weighs 0.5kg to 25kgsAluminum or Plastic and may have Rubber edges	Each	1:20	√	√					
12	Dip Climb Station	 Weighs 26lb 2 inches x 3 inches Gauge Steel 1-7/8 inches Diameter Handles, angled for different grip widths 	Each	1:20	√	V					
13	Elliptical Bikes	 Build up size: 1600mmx690mm x1660mm Adjustable tension control: section 1-24 Flywheel: 8kg 	Each	1:10	V	√					
14	EZ Curl Bar (Easy Curl Bar)	25 mm in Diameter2.7lb / ftWeight 4.0 kg/ meter	Each	1:20	√	√					
15	Weight Sets Machine	Weighs 2 to 20kgs	Sets	1:10	√	√					
16	Gym hook Grips / Weight-lifting Training	Heavy duty	Pair	1:1	√	V					
17	Weight Lifting Gloves	Durable fabrics like, Nylon; Leather and Neoprene	Pair	1:1	√	√					
18	Kettlebell Adjustable	16 kg (35 lb)Cast Iron/ Steel	Each	1:20	√	√					
19	Medicine Ball	 Weighs 0.91 to 11.34kgs or 2 lbs to 25lbs Diameter 13.7 inches 	Each	1:20	√	√					

S/N	ITEM	SPECIFICATIONS	UNIT	RATIO	LEVEL		-		
					I	II	III		
20	Multi-gym Machines	Kettler Fitmaster Premium Multi-gym-BlackSize:170x109x200cm	Each	1:20	√	√			
21	Breaker Olympic Flat Bench	• Size: 173cm x168cm x 130cm (Length x Width x Height)/ 68inches x66inches x51inches	Each	1:20	√	√			
22	Olympic Curl Bar	 Weighs 11-20lb About 30.5 inches between the two handles Each handle is 8.25 inches long 	Each	1:20	√	√			
23	Pair Slim Wrist Weight	Weighs 4lb	Pair	1:1	√	√			
24	Pair Slim Ankle Weight	Weighs 6lb	Pair	1:1	√	√			
25	Recumbent Exercise Bike	 8 Level Tension Controller Made of Steel Size: 850 mm x 460 mm x 1350mm Maximum Weight: 120kgs Adjustable 1-24 sections 	Each	1:20	√	√			
26	Smith Machine	Weighs 400lb	Each	1:20	√	√			
27	Spinning/ station bikes	Maximum Loading weight 200kgs	Each	1:20	√	√	√		
28	Squat/ Power Racks	 Size: 184.7cmx160.8cmx195.6cm or 72.7 inches x 63.3 inches x 11.0 inches Weighs: 140kgs or 309lb 	Each	1:20	√	√			
29	Rogue Trap Bar Deadlift	 Weighs 80lb Size: 88 inches x 28.5 inches x 3 inches (Length x Width x Height) Diameter 1.25 inches x1.25 inches (Square Tube) Knurled Handles 16 inches Loadable Sleeve Space 	Each	1:20	√	√			
30	Cardio Power Machine	Welded Tubular Steel	Each	1:20	√	√	-		

S/N	ITEM	SPECIFICATIONS	UNIT	RATIO	LEV	'EL	
					I	II	III
		 27.25 inches x 76 inches x 65.5 inches (Width x Length x Height) Weight 300lbs Rungs: Steel tube with Polyurethane Sleeve Power: 110V (220V) Ceiling height: 7.5 Feet 					
31	Cross Trainer	 Weighs 240 lbs/ 109kgs Automatic Types: Belt or Magnetic Handlebars: Moving for total workout Ramp Angle: 15-30 degrees Resistance Level: 20 Chest Strap Transmitter: 5khz Foot Pedal Dimension: 7inches x 15 inches/ 18cm x 38cm (Width x Length) Set-up Height: 84 inches x 31 inches x 63 inches/ 213cm x 79cm x159cm (Length x Width x Height 	Each	1:20	V	V	√
32	Exercise Bike (Upright)	 Power: AC-120V (50/60nz) Size: 1050mm x 620mm x 970mm (Length x Width x Height) Stabilizer: Ellipse 40mm x 80mm x 1.5mm Belt Drive 	Each	1:10	√	√	
33	Stairs Climber Machine	 Step range: 1ft to 14ft Step Rate: 26 to 174 steps per Minute Power: Cordless-battery charger Max. user Weight: 300lbs (136kg) 	Each	1:10	V	√	V

S/N	ITEM	SPECIFICATIONS	UNIT	RATIO	<u> </u>	EL	
					I	II	III
		• Size: 43inches x 27inches x					
		68inches/ 109cmx68cmx173cm					
		(Length x Width x Height)				ļ <u>.</u>	
34	Treadmill	• Speed: AC: 1.6 -20km/h	Each	1:10	√	√	√
		• Speed: DC: 1.6 – 18km/h					
		Belt: 600mm width x 3510mm					
		(Width x Perimeter)					
		• Lane area: 3640mm x 580mm					
		(Length x Width)					
		Occupying area: 2400mm x					
		1130mm x 760mm (Length x					
		Width x Height)				ļ.,	
35	Bench Press Machine	Weight: 45kg/ 95lbs	Each	1:5		√	
		• Size: 180.6cm x 126.9cm x					
		135.4 cm/ 71.1 inches x 49.9					
		inches x 53.3 inches				,	
36	Biceps Curl Machine	Size: 105cm x 86cm x 162cm	Each	1:10		√	
		(Length x Width x Height)	<u> </u>	1.10	,	,	
37	Cable Cross Over	Size: 130 inches x 42 inches x 96	Each	1:10	√		
20	Dealine Banda	inches (Wide x Deep x High)	Fa ala	1.10		,	
38	Decline Bench	• Size: 24 inches wide x 58	Each	1:10		√	
		inches deep x 42 inches (Wide					
		x Deep x High)					
		Adjustable benchSteel Frame					
20	Flat Bench		Each	1:10		-/	
39	riat bench	• Size: 25 inches wide x 48	Each	1:10		√	
		inches deep x 19 inches (Wide					
		x Deep x High) • Steel Frame					
40	Horizontal Calf		Each	1:10		√	
70	Machine	Two standard weight stack horns	Lacii	1.10		\ \	
	Machine						
		29 Pounds of starting resistance					
		Hammer Strength Circuits					
		weighs 380 Pounds/ 173kgs					
		 Size: 63 inches x 54 inches x 53 					
		inches					
		IIICICS		1			

S/N	ITEM	SPECIFICATIONS	UNIT	RATIO	LEV	ÆL.	
					I	II	III
41	John Bike	Speed and Lap record: 17 Minutes and 11.591 seconds at an average	Each	1:20	√	√	
		speed of 131.668 mph					
42	Kettler Stroker Rower	Size: 86 inches x 24 inches x 32 inches (Length x Width x Height)	Each	1:20		√	
43	Lat Pull Down Machine	 Size: 183cm x 86cm x 231cm/ 72 inches x 34 inches x 91 inches (Length x Width x Height) Weight Stack: 101kg/ 222lbs 	Each	1:20		√	
44	Leg Curl Machine	 Power: 2AA batteries Size: 176.9cm x 113.3cm x 167.1 cm/ 69.7 inches x 44.6 inches x 65.8 inches (Length x Width x Height) Incremental weight: 2.3kg (5lbs) Total Stack weight: Light - 68 kg (150lbs) Heavy – 91kg (200lbs) 	Each	1:20	√	V	
45	Leg Extension Machine	 Weight Stack: 95 kg/ 190lbs Weight Stack Oversize: 15kg/ 250lbs Size: 1485mm x 1050mm x 1300mm/ 58 inches x 41 inches x 51 inches (Height x Width x Length) 	Each	1:20	√	V	
46	Seated Rowing Machine	 Size: 147cm x 77cm x 32cm (Length x Width x Height) DC wire of adapter: 215mm 	Each	1:20	√	√	
47	Shoulder and Chest Press Machine/ Multi- Press	 Weight Stack: 240 lbs/ 110kg with 5 lbs add-on system Add-on weight: 5 lbs/ 2.5kg Size: 183cm x 122cm x 175cm/ 72 inches x 48 inches x 69 inches Workout Area: 244cm x152cm/ 96 inches x 60 inches (Length x Width) 	Each	1:20	V	V	

S/N	ITEM	SPECIFICATIONS	UNIT	RATIO	LEV	/EL	
		 Weight Plates are 1 inch (25mm) thick, 10lbs(5kg) and 15 lbs (7kg) sizes Top weight Plate: Starting weight 10 lbs (5kg); 25lbs/ 11 Kg) on the Leg Press Custom end fittings tested to 250,000 cycles under a 4440 lbs (200kg) load 			I	п	III
48	Hip Abduction/ adduction Machine	 Size: 40 inches x 70 inches x 53 inches (Length x Width x Height) Working Area: 64 inches x 70 inches x 53 inches (Length x Width x Height) 	Each	1:20	√	√	
49	Triceps Machine	 Size: (157.7cm x 107.5cm x 167.1cm/ 62.1 inches x 42.3 inches x 65.8 inches Weight plate Heavy: 15lbs (6.8kg) & Total Stack Weight: Heavy 230 lbs (104kg) Total Stack Weight: Light 160lbs (73kg) Batteries: 2AA 	Each	1:20	√	√	
50	Aerobic Steps	 Size: 18 inches x 12 inches x 6 inches (Length x Wide x Width) Hard plastic or hard wood Materials 	Each	1:10	√	√	√
51	Fitness Balls	 Body Height: 4 ft/11 inches (55cm) Body Height: 5ft/5 inches (65cm) Body Height: 6ft – 6ft7inches (75cm) 	Each	1:5	√	✓	√
52	Training Mattress	Size: 2ft x 5ftThickness: 2 inchesMaterials: Shock Absorbed	Each	1:1	√	√	√
53	Training Floor Carpet	• Size: 0.5 inches	Each	1:20	√	√	

S/N	ITEM	SPECIFICATIONS	UNIT	RATIO	LEV	'EL	
					I	II	III
		Rubber Carpet					
		Materials: Shock absorbed					
54	Jumping Ropes	• Weight: 1lb (1kg)	Each	1:1			$\sqrt{}$
		• Length: 26cm (10 inches)					
55	Medicine Balls	• Diameter: (190mm to 286mm	Each	1:5	√		$\sqrt{}$
		Weight: 1kg to 10kg					
		Material: Natural Rubber					
56	Stepper	Maximum Weight: 100kg	Each	1:10	√	\checkmark	
		• Size: 45cm x 40cm x 24cm					
57	Training Sticks/	Weighs 1 pound to 2.5 pounds	Each	1:1	√	√	
	Zumba Tonic Sticks	Three types	Each	1:1	√	√	
		Original Body Stick: Medium					
		length stick					
		Marathon Stick: Short length	Each	1:1	√	√	
		Stick					
		Big Stick	Each	1:1	√		
58	First Aid Kit	Medium Size	Each	1:20	√	√	√
		With All Accessories as					
		follows:-					
		• 20 Gauze pads (at least 4 x 4					
		inches)					
		• Gauze pads (at least 8 x 10					
		inches)					
		Adhesive bandages (band-aids)					
		• Gauze roller bandage at least 2					
		inches wide.					
		Triangular bandages					
		Wound cleaning agent such as					
		sealed moistened towels					
		Pairs of Scissors					
		Blankets					
		Tweezers					
		Adhesive tape					
		Latex gloves					
		Resuscitation equipment such					
		as resuscitation bag, airway, or					
		pocket mask (Medical					
		Prescriptions)					

S/N	ITEM	SPECIFICATIONS	UNIT	RATIO	LEV	'EL	
					I	II	III
		Elastic wraps					
		Splints					
		Directions for requesting					
		emergency assistance (Guide					
		book)					
59	Mirror	Cover all Walls	Each	1:20			
60	Music System (DVD	Medium Size: 600watts	Each	1:20	√	√	√
	Home Theatre)	DVD/ CD Play Back					
		USB Direct Recording and					
		Playback					
61	Fire Extinguisher	Unit: As per Country's Fire	Each	1:20	√	√	√
		Extinguisher Specification and					
		Requirements.					
62	Television Set	Minimum Size: 32 inches	Each	1:20	√	√	√
		Maximum Size: 42 inches					
		Flat Screen					
63	Tape Measure	• Length: 60 inches to 80 inches	Each	1:20	√		
	(Tailor's Waist and	Width: 0.5 inches					
	Body)					<u> </u>	<u> </u>
64	Wrist Blood Pressure	• Size: 3.125 inches x 2.125	Each	1:20	√	√	√
	Monitor	inches x 1 inch					
		Weight: 0.23lbs					
		• Pressure = 0 to 300mmHg					
		• BP = +/-3mmHg				<u> </u>	
65	Weighing Scale	Weighing Units: kg/ lbs/ Stone	Each	1:20	√		√
	Machine	Materials: Plastic/ Glass					
		Maximum Weight:					
		150Kg/330lb/24 Stones					
		Size: 25mm to 34mm					

BASIC TOOLS AND EQUIPMENT FOR HAIR DRESSING – (FOR 20 TRAINEES)

S/N	ITEM	SPECIFICATIONS	UNIT	RATIO		LEVE	L
					I	II	III
1.	Sterilizer	Glass beads	Each	1:10	√	√	√
		Electrical					
		Automatic					
2.	Sanitizer	Medium size	Each	1:10		\checkmark	\checkmark
		Plastic or aluminum with cover					
3.	Dust bin	Plastic/stainless steel	Each	1:20		\checkmark	\checkmark
		Pedestal type					
		Large size (20L)					
4.	First Aid Kit	Standard	Each	1:20	√	√	\checkmark
5.	Mop and mop	10L bucket with handle	Each	1:20	√	√	√
	wringer	Plastic					
		Mop with wooden or plastic handle					
6.	Fire extinguishers	Foam	Each	1:20	√		√
		Water					
		Carbon dioxide as					
		recommended by Fire					
		department					
7.	Aprons	Plastic water proof with pockets	Each	1:1		√	
		covering all front clothing					
8.	Face shield	Plastic with long handle	Each	1:5			
		Fully cover face			ļ.,	ļ.,	,
9.	Wall clock	Large face with second hand	Each	1:20	√	√	√
10.	Shampooing Chair &	Ceramic/plastic with water mixer	Set	1:5		√	
	wash basin	(Hot and cold)			ļ ,	ļ.,	,
11.	Water Heater	• 40lt	Each	1:20	√	√	
		Electric/solar					
		Automatic			<u> </u>	ļ.,	<u> </u>
12.	Towels	Mixed size	Set	1:4	√	√	
		• 100% cotton					
		White and black color (black for					
		dyes)			ļ ,	ļ.,	,
13.	Draper capes	Water proof	Each	1:1	√	√	√
		Large size (covering all upper					
		body)					
		Small size (for kids)					

S/N	ITEM	SPECIFICATIONS	UNIT	RATIO		LEVE	:L
					I	II	III
14.	Storage rack/shelf	Two or more tier water proof	Each	1:20		√	\checkmark
15.	Mixing bowls	Plastic or glass	Each	1:1		√	\checkmark
		Small /medium size					
16.	Salon Chair	Swiveling	Each	1:5	√	√	√
		Water proof					
		Armrest					
		Back rest					
		Foot rest					
		Adjustable height					
17.	Salon Combs	Plastic with metallic or plastic	Set	1:1	√	√	\checkmark
		teeth				II √ √ √	
		Chemical and heat resistant					
		Very strong					
		• flexible					
		Tail/cutting/all purpose/Afro					
		styling/shampoo/Tint/wig					
		Non discoloring or peeling					
18.	Rollers trolley	• 5 shelves or 5 large bowls	Each	1:5			\checkmark
		Plastic, Movable					
		With mixing bowls on top					
19.	Rollers	Plastic	Set	1:1	√	√	\checkmark
		All size					
		Foam	Set	1:1	√	√	
		All size			ļ.,	ļ.,	ļ.,
		Magnetic type	Set	1:1		√	
		All size			,	,	,
		Perm Rods	Set	1:1	√	√ √ √ √ √ √ √ √	√
20	Dollar Dina	All size	Cot	1.1	-/	-/	-/
20.	Roller Pins	Plastic/heat proof	Set	1:1	√		√ /
21.	Heat Rollers	• Electric	Set	1:5		ν	√
		Thermostat					
22	NA/- L	Portable with pins	El.	1.5	,	,	,
22.	Water spray bottle	Plastic with pump/transparent	Each	1:5	√ /	 	√ /
23.	Hair Steamer	Automatic	Each	1:5	√	√	√
		Temperature control					
		Hood					
		Heavy duty stand or wall					
		mounted					

S/N	ITEM	SPECIFICATIONS	UNIT	RATIO		LEVE	:L
					I	II	III
24.	Hair Drier	 Temp control, Hood Timer Electric, Heavy duty Stand or wall mounted 	Each	1:5	√	√	√
25.	Blow drier	 Hot and cold air Heavy duty 1300w – 1500w Electric With comb, diffuser and other nozzle attachments 2 speeds 2 heat set up 	Set	1:5	V	√	√
26.	Tint cape	 With holes, With elastic or strings Heat proof Washable 	Each	1:5	√	√	√
27.	Hook	PlasticLarge size	Each	1:1	√	√	√
28.	Hair cutting scissors (shears)	 Different sizes Steel Sharp Straight Curved Long and short blades 	Each	1:5	√	√	√
29.	Thinning (texturizing) scissors (shears)	SteelMixed sizesMixed number of teeth in blades	Each	1:1	V	√	√
30.	Razors (shaper)	With safety guardsWithout safety guardsRemovable blades	Each	1:5		√	√
31.	Clippers	ElectricChangeable teeth/heavy dutyCutting guards	Each	1:5		√	√
32.	Mirrors	Plane large sizeWall mountedmagnifying	Each	1:5	√	√	√

S/N	ITEM	SPECIFICATIONS	UNIT	RATIO		LEVE	:L
					I	II	III
		Hand held/					
33.	Sectioning Clips	Aluminum or plastic	Doz	1:5			\checkmark
34.	Straightening iron	Electric	Set	1:5		√	
	(flat)	Temperature control					
		Thin/wide					
		Ceramic plates with changeable					
		crimpers					
		Commercial					
35.	Hair clamps	Plastic	Each	1:5	√		√
36.	Stove heated thermal	Ceramic inside,	Each	1:10			\checkmark
	iron and stove	• Curling irons ½"-3"					
		Temperature control					
		Electric					
		• 170°c					
		Automatic					
37.	Hair brushes	Wooden/plastic handles	Set	1:5	\checkmark	√	
		Heat proof bristles					
		All sizes					
		All shapes					
38.	Wig stand	Bald	Each	1:5			\checkmark
		Swiveling stand					
		With face					
		Plastic					
39.	Mannequin (dummy)	Swiveling stand	Each	1:5			\checkmark
		With face					
		Long hair					
40.	Color chart	Dyed hair catalogue including	Book	1:20	√		\checkmark
		highlights	File				
41.	Needles	Large/curved/stainless steel	Each	1:1	√	√	
42.	Soft tape measure	In inches and cm	Each	1:5	\checkmark	√	
		• 60/80 inches					
		Soft plastic					

APPENDIX 2 SCHEMATIC DRAWINGS