

## Operator Training Manual

### Sewing Exercise

Exercise number: 2 Page 1 of 3

Machine: Basic Single needle lockstitch machine.

Material: Any woven fabric

**Diagram of exercise piece:** 2 x pieces. 20cms x 15cms. With cut mark middle of top edge.



#### **Purpose of this exercise:**

- To practice all skills from exercise 1 (Sew 20cm straight seam)
- To match cut marks.
- To backstitch start and finish of seam.

#### **Quality standard:**

- Stitching line straight & no pucker
- Ends level +/- 1mm.
- Cut marks match.
- Back stitch of 3 stitches. Stitches neat & on top of original sewing.

#### **Time target:**

- 10 seconds per piece.
- 12 seconds de-chain 10 pieces

## Sewing exercise continuation sheet

Exercise number. 2

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Stage	Movements	Attention points
Pick up 2 pieces	At corners as seen on WSL. Both hands thumb on top and use finger 4 to insert between plies and pinch hold.	Simultaneous. Moving to match corners as lifted & lift foot.
Load pieces under foot	Align corners as picked up. Hold between LH thumb on top and f4 and place under machine foot with edge to foot edge.	Resist temptation to raise pieces to eye level to align. Lift sufficient to place under foot. Remember to lift foot whilst picking up pieces.
Align bottom corners prior to sew	With top right corners held secure by foot align bottom edges. Bottom ply rests on F4 of RH held almost vertical. Top ply is aligned to corner by Rh holding between F4 and thumb.	LH stretches top ply to match corners exact as necessary
Backstitch	LH fingers use tips to hold pieces whilst RH operates backstitch lever.	
Sew	LH F3&4 travel with pieces towards foot applying slight to maintain control. RH F4 on top & thumb under hold pieces at corner until just before finish.	Use of left hand fingers is crucial to ensure control of pieces under foot to keep edge straight & to control to ensure cut marks are level. Allowed to slow to match cut marks but <u>NOT to stop</u> . Seam completed in one sewing burst. Ensure RH fingers maintain control for as

<p>Backstitch</p>	<p>LH fingers use tips to hold pieces whilst RH operates backstitch lever.</p> <p>Repeat from Pick up next piece until 10 assemblies are in chain.</p>	<p>long as possible using F3 on top when no longer possible to use f4 and thumb.</p>
<p>Cut thread &amp; dispose</p>	<p>Pull back grasping short edge with LH. RH holds snips &amp; cuts threads. Aside with RH</p>	<p>LH holds next piece so it does not fall</p>

**Note:** F3 = Middle finger & F4 = Index finger

### Work station layout for Exercise - 2

- Basic single needle machine
- No labour saving devices

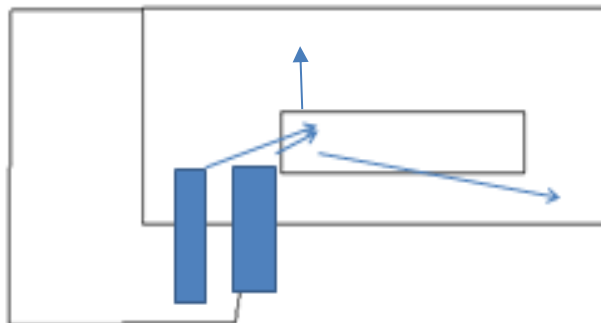


Figure 1: Workstation layout exercise#2

## **Operator training manual**

### **Sewing Exercise**

**Exercise number.**            **23**                    **Page 1 of 4**

#### **Exercise piece**

Collar stand attached to collar; Product of exercise 19 (attach collar stand).  
Turned through and corners correctly pushed to shape.

#### **Purpose of this exercise:**

- To practice skills from exercise 17 (use compensating foot to top sew straight edge)
- To learn to use special foot for top sewing collar stand
- To simulate top sew collar stand (right angle corners not round corners)

#### **Quality standard:**

- Even stitching width
- Stitching follows seam i.e. does not go onto collar

#### **Time standard**

- 25 seconds per piece
- 8 seconds to de-chain 5 pieces

## Sewing exercise continuation sheet

**Operation.** Top sew collar stand

**Exercise number.** 23

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<b>Stage</b>	<b>Movements</b>	<b>Attention points</b>
Pick up component	LH at end of stand. Thumb on top F4 under. Raise & transfer to RH.	Only raise sufficient to allow aligning of turnings i.e. NOT to eye level.
Align turnings	RH holds. LH squeezes edges on stand to ensure turnings are in position and not turned back.	
Load to m/c foot	RH F4 & thumb hold at collar corner. LH F3 & F4 fingertips slide stand into position under m/c foot.	Stand edge to “lip” of foot. Positioned so 0.5cm of stand can be sewn.
Sew to corner	LH F3 & F4 finger tips controlling with RH F4 assisting.	
Make stitch into corner	LH F4 hold stand whilst one stitch is made to corner	Ensure needle is in fabric
Reposition component around needle	Finger tips of both hands either side of stand seam	

## Sewing exercise continuation sheet

**Operation** Top sew collar stand

**Exercise number.** 23

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Stage	Movements	Attention points
Sew to secure	Both hands finger tips either side of seam	1- 2 cms
Re-grasp collar stand	LH F4 fingertip onto under ply of stand. LH F1, 2 & 3 on top ply to allow top ply to flow between F3 & F4 whilst sewing. RH F4 tip alongside LH F3 to assist	
Sew stand edge to corner	Allowing top ply of stand to go through between LH F3& F4. Just prior to corner F4 of both hands use tips to ensure turning at corner is flat.	3 bursts of sewing but not stopping.
Repeat	Repeat from Pick up next piece until 5 assemblies are in chain.	
Cut threads & dispose	Pull back grasping short edge with LH. RH holds snips & cuts threads. Aside with RH	Maximum 2mm thread end

**Note:** F3 = Middle finger & F4 = Index finger

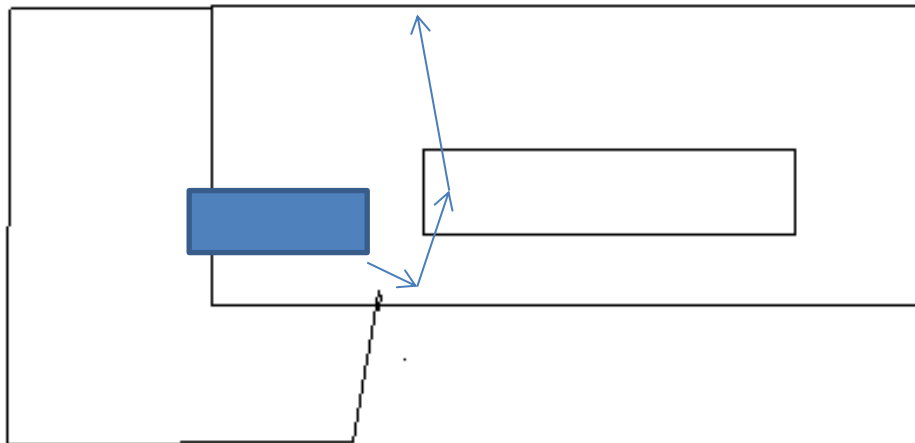
## Sewing exercise continuation sheet

**Operation** Top sew collar stand

**Exercise number.** 23                      **Page** 4 of 4

### **Work station layout for Exercise 23**

- Basic Single needle lockstitch machine fitted with special foot for top sew collar stand.
- Collar and stand component to left of machine



*Figure 2: Workstation layout Exercise#23*

### **Read other articles by Paul Collyer**

1. [Implementation of Systematic Training for Sewing Industry Operators](#)
2. [Systematic Training of Sewing Industry Operators – An Introduction](#)