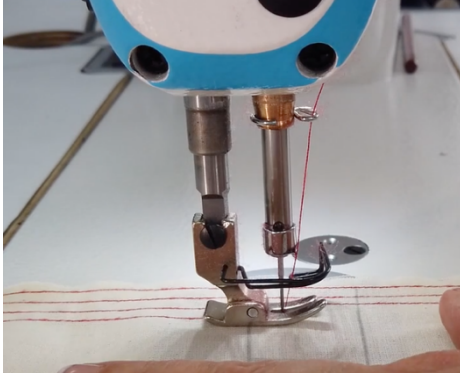


Lesson 3.2 Stop & Sew



THE TASK: Create a continuous loop that demonstrates sew stops within a given area. Approach stops with minimum slow down, align stitching rows and meet quality standards.

LEARNING OUTCOME: By completing this task you will

- Control the machine effectively, minimising slow down before stopping
- Gain the skills needed to sew straight, aligned long seams
- Learn how to stop sewing with the needle in the cloth. This will aid future skills as the needle will secure the cloth when pivoting fabric to create corners or angle. (New machines can be set to stop sewing with the needle in the cloth automatically)
- Gain material handling skills
- Understand the importance of continuous spool fill and get used to doing this as you sew
- Get used to working to quality standards at speed

PREPARATION: To prepare to complete the task you must:

- Cut two strips of plain fabric 92.5 cm long x 15 cm wide (if you are training in company use the type of fabric you will be expected to work on in production)
- Draw two lines 3cm apart approximately every 40cm
- Thread machine with contrast thread
- Ensure second thread is filling a spare spool/bobbin
- Set machine stitch to the correct length (2 or 3)
- Check tensions to ensure a well-balanced stitch

- Set auto cut off or have snips to hand
- Ensure a sharp, undamaged needle is inserted
- Create and position a continuous loop

QUALITY STANDARD: To meet the quality standard you must ensure




- The stitch is even and well balanced
- 10/12 per inch/ 2.5 cm (2 / 3 setting depending on the machine)
- Practices at least thirty stops between the lines
- Each row of stitches is aligned and approximately a presser foot's width apart

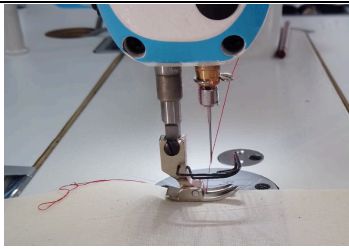
WORK SAFELY: To complete this task you must follow the safety rules below:

- Ensure a finger guard is fitted on the machine
- Long hair is tied back
- Flat, closed shoes are worn
- No scarfs, long or obstructive jewellery worn
- The chair is set at the right height and positioned correctly, and all tools are close to hand
- Turn the machine off when not sewing

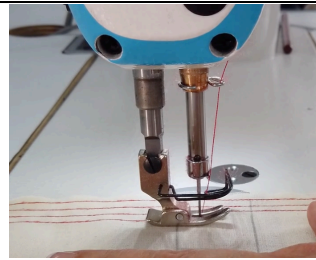
CARRY OUT THE TASK

To carry out this task see the instructions below:

		
1. Cut two lengths of fabric approx. 91.5cm x 15cm	2. Create and apply the loop, as in previous exercises	3. Draw lines 3cm apart approx. every 30cm along the cloth



4. Position the right edge of the fabric, aligning to the right edge of the presser foot



5. Start sewing, build up speed while keeping the edge of the fabric to the edge of the presser foot, stop sewing between the two drawn lines with the needle in the cloth - slowing as little as possible. Guide the fabric with both hands, right hand off the table, in front of the needle and left hand to the left of the needle, lightly guiding the fabric through. Do not, grasp, pull or push the fabric this will interfere with feed and cause tight or skipped stitches

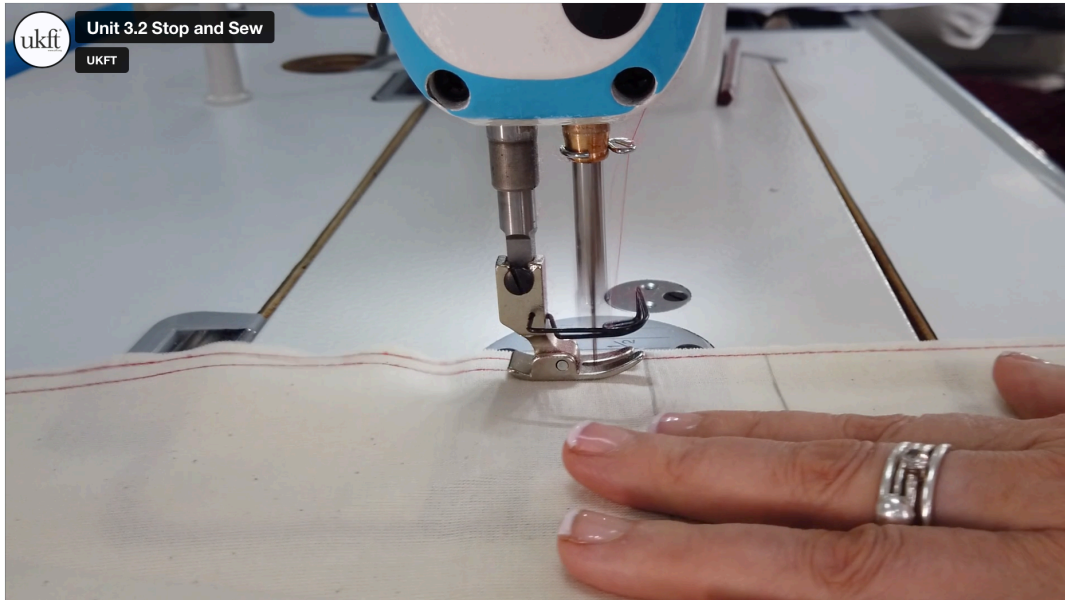


6. Continue sewing around the loop at speed, keeping the right edge of the presser foot aligned to the previous row of stitching. Stop sewing between the two lines each time you come to them with the needle in the cloth - slowing as little as possible. Continue sewing aligned rows until the width of the cloth is full.

Please note: new machines can be set to stop sewing with the needle in the cloth automatically. New machines may also have automatic thread trim or cut off settings.

If you have these setting available, please use them, Auto trim will save time, as you will not have to trim threads manually

Watch the stop and sew video below, this will provide further detail on how to carry out this exercise



Unit 3.2 Stop and Sew



<https://vimeo.com/580218515/e7e12fe1ce>

Do not proceed onto the next task until you have filled a continuous loop with rows of stitching that meet the quality standard and completed the Skills Challenges below:

Skills Challenge 3.5

1. Now you have completed the stop and sew continuous loop exercise and met the quality standard, what two key things did you learn?
 - How to stop sewing quickly in a limited space
 - How to fix the settings on your machine
 - How to Increase speed when sewing
 - How to keep 'slow down' to a minimum before stopping

2. Why is it useful to learn how to stop sewing with the needle in the cloth?

- Because this helps to keep the cloth in position
- Because this will secure the cloth when pivoting fabric to create corners or angle.
- Because this will keep the stitching balanced and even

3. Can all industrial sewing machines be set to automatically stop sewing with the needle in the cloth

- No, older machines cannot be set to stop automatically with the needle in the cloth
- Yes, all machines can be set to automatically stop with the needle in the cloth