

## Lesson 3.3: Back Tack

**THE TASK:** Create a continuous loop that demonstrates back tacks, within a given area. Back tacks must meet quality standards.

**LEARNING OUTCOME:** By completing this task you will:

- Learn how to control the machine
- Learn how to back tack to the required length
- Learn how to align stitching to meet quality standards
- Learn how to minimise slow down before back tack
- Create straight, aligned long seams
- 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 this 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 along the loop
- Thread machine with contrast thread, ensuring a full spool is inserted
- 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
- Locate the back tack lever
- Ensure the right type of needle is inserted and it is undamaged
- Create and position a continuous loop

**QUALITY STANDARD:** To meet the quality standard you must ensure






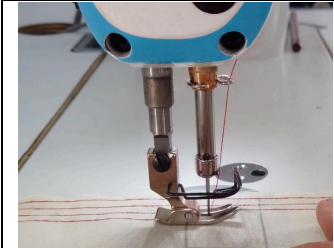

- The stitch is even and well balanced
- 10/12 per inch/ 2.5 cm (2 / 3 setting depending on the machine)
- Back tacks are 3 to 5 stitches in length and aligned (on top of the previous line of stitching)
- At least twenty-five back tacks, that meet quality standards between the lines
- Each row of stitches is aligned and approximately a presser foot 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 or long obstructive jewellery is worn
- the chair is set at the right height and positioned correctly, and all tools are to hand
- turn the machine off when not sewing

## CARRY OUT THE TASK

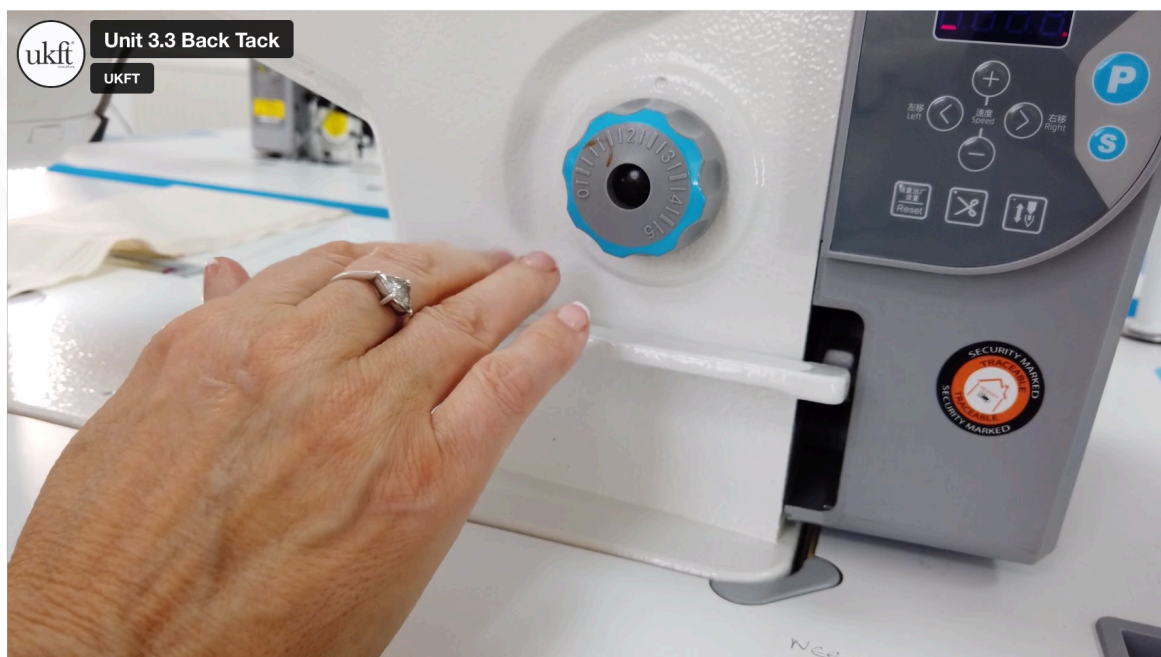
To carry out the task see the instructions below:

		
1. Create a continuous loop cutting two lengths of fabric approx. 91.5cm x 15.cm	2. Draw lines 3cm apart approx. every 30cm/40cm along the cloth	3. Create and apply the loop as in previous tasks
		
4. Position the right edge of the fabric under 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, 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. On approach of the first line start to slow down, and prepare to back tack, by placing the right hand on back tack lever, get to the centre of the two lines and back tack 3 to 5 stitches, following quality standards.

7. Continue sewing around the loop at speed, back tacking between each set of lines until the width is filled, keeping the right edge of the presser foot to the previous row of stitching.

Watch the back tack process video below, this will provide further detail on how to carry out this task.



## Unit 3.3 Back Tack

<https://vimeo.com/585722962/d7ecd17cd7>



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

## Skills Challenge 3.6

1. Now you have completed the back tack exercise and met the quality standards. What two key things did you learn?
  - To back tack between 3 to 5 stitches quickly
  - To sew fast without slowing down
  - To make sure the back tack stitches were aligned neatly
  - To use the foot pedal in the machine
  
2. What is the purpose of back tack?
  - To look decorative
  - To create a different type of seam
  - To secure and strengthen the start and finish of a seam
  
3. Finish the statement below by filling in the blanks
  - It is important to back tack at the \_\_\_\_\_ and at the end of a seam. This will make the seam \_\_\_\_\_ and ensure it will not become loose and \_\_\_\_\_ up.