

PENANG SANGAM HIGH SCHOOL
P.O.BOX 44, RAKIRAKI
LESSON NOTES BATCH 5 – WEEK 2

Subject: Home Economics Year/Level: 9

Strand	Clothing and Textiles
Sub Strand	Safety Rules and Sewing Equipment
Content Learning Outcome	<ol style="list-style-type: none"> 1. Follow and adhere to the rules in the sewing room. 2. Identify the various sewing equipment, their uses and care.

Safety rules in the sewing room

Dressing:

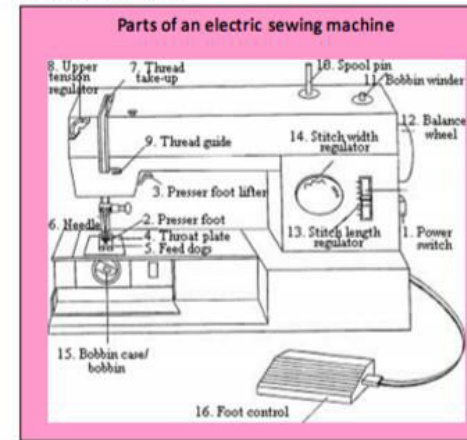
1. Put on protective clothing e.g apron
2. Roll up sleeves
3. Tie up long hair

Working

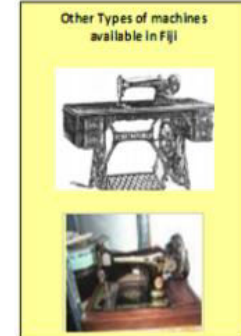
1. Enter the workshop only with your teachers permission.
2. Never work alone in the sewing room.
3. Use correct tools for your work and do not play with the equipment.
4. Never use any tools or machines unless you have been properly instructed by the teacher.
5. Do not leave any tools or materials, and wastes on benches, machines or floor after working.
6. When carrying tools like scissors or hand sewing needles, sharp edges should be pointed downwards.
7. A machine must always be operated by one student at a time.
8. Switch off the power before cleaning/ adjusting and storing the machines.
9. In case of accidents, inform the teacher immediately.

SANGAM EDUCATION BOARD – ONLINE RESOURCES

SEWING MACHINES



Brands in Fiji
 Singer, Necchi, Brother, Janome, PFAFF,



Parts and Functions of a Sewing Machine

Part	Function
1. Power Switch	Switches on the light
2. Presser foot	Holds fabric in place while sewing
3. Presser foot lifter	Lowens and raises the presser foot
4. Throat plate	Metal plate that covers the feed dog.
5. Feed dog	Moves fabric while sewing.
6. Needle clamp	Holds needle in place.
7. Thread take-up lever	Controls the thread as it flows through the needle.
8. Upper tension regulator	Regulates tightness and looseness of thread
9. Thread guide	Keeps thread in correct position
10. Spool pin	Holds the spool of thread
11. Bobbin winder	Winds thread on the bobbin
12. Balance wheel	Controls the movement of the needle.
13. Stitch length regulator	Regulates length of stitches
14. Stitch width regulator	Regulates width of pattern stitches
15. Bobbin case	Holds bobbin and regulates bottom thread tension as stitches are formed.
16. Bobbin	Round plastic or metal spool which holds the bottom thread in the machine.
17. Foot control	Moves and stops the machine safely

Care and storage of sewing machine

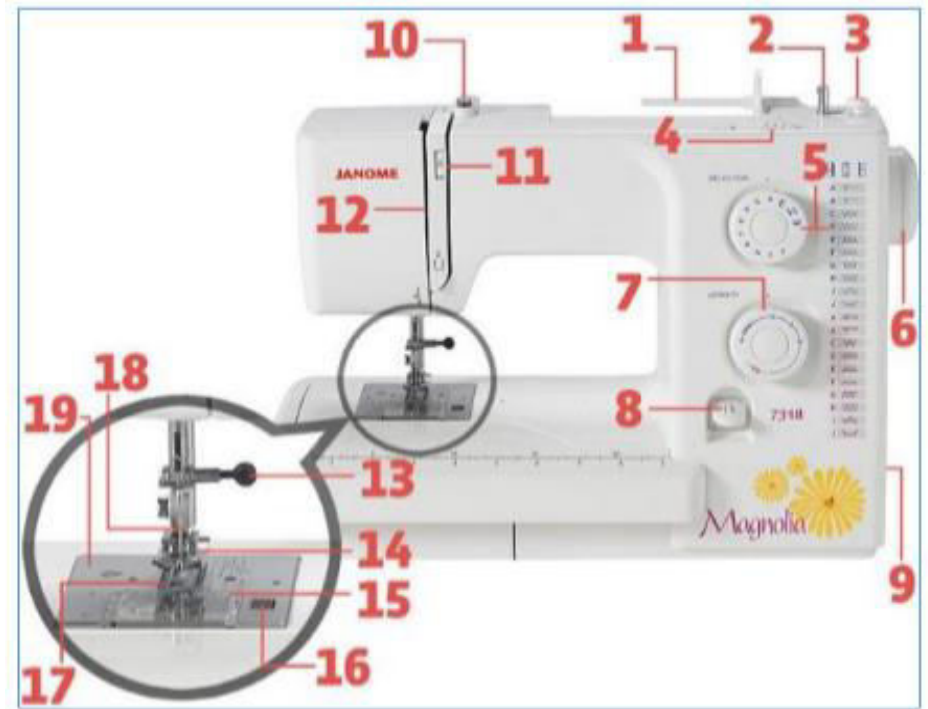
- Unplug your machine – for your own safety and to prevent damage to your machine.

- Clean your machine- blow off excess lint from your machine, paying particular attention to the needle bar area and bobbin case area.
- Oil your machine- using your manual, oil your machine at all oiling points with high grade white sewing machine oil containing no paraffin.
- Cover your machine- if there is a case, place the machine in it. If your machine is in a cabinet, wrap a towel or piece of soft fabric around the head and lower it into the cabinet.
- Place your machine in storage- if possible store your machine in a temperature controlled environment. Outside storage in a shed or garage is unacceptable.



Activity

1. Label the parts of the sewing machine given below.



2. List two safety rules in the sewing room.