

# Brain into gear activity: Lesson 3



cushions

rugs

bedding

**What things in your home  
are made from fabric?**

carpets

sofa

curtains

tea towels

**Learning Focus:** To learn the parts of a sewing machine, considering Health and Safety.

### Learning Outcomes

Recognise all the parts of a sewing machine.

Understand how to use a sewing machine safely by completing the Health +Safety test. <https://drive.google.com/file/d/1hKENDU2SkoWpgOKbB9cOz-lo05Nr5iJh/view>

Design a Health +Safety poster to consolidate your learning.

### Extension of learning

**What products are made using a sewing machine and how does this technique benefit the product?**

# TURN TO PAGE 12

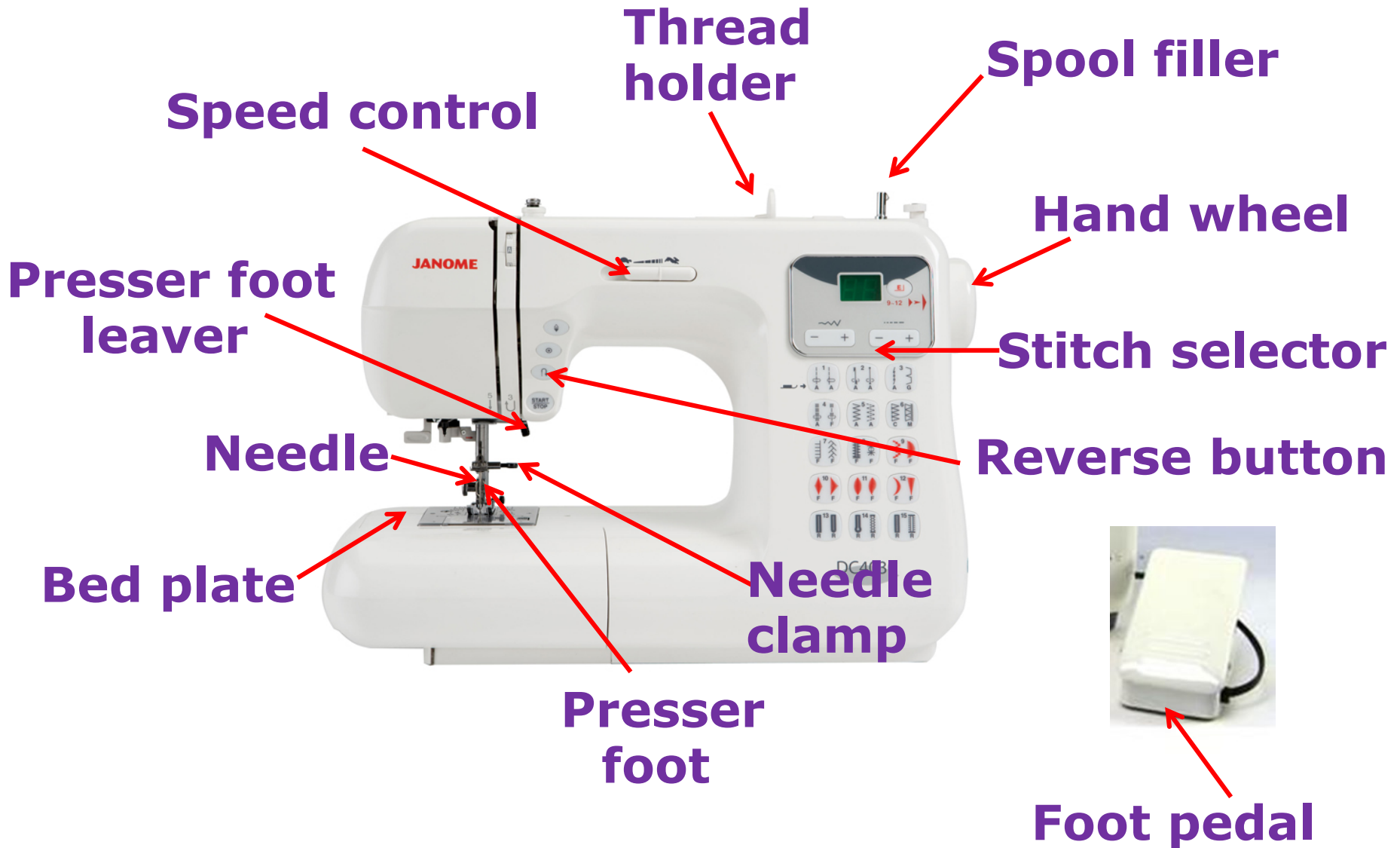
## Can you label the sewing machine?



<https://www.youtube.com/watch?v=Pit8anoj-gQ>

<https://www.youtube.com/watch?v=KbLwqBFcMN8>

# Safety on the Sewing Machine



## Health & Safety

# Sewing Machine

### Rules

1. Always ask permission to use machine
2. Only ONE person at a time
3. Tie long hair back
4. No drinks or liquids or wet fabric near machines
5. Keep fingers clear of needle
6. Sensible behaviour at ALL times
7. Tell the teacher if something breaks or stops working
8. **Ask for HELP if needed.**



### Hazard(s)

Cuts/scratches



### Keywords

BOBBIN  
THREAD  
NEEDLE  
PRESSER FOOT  
BALANCE WHEEL  
STITCH

# Sewing Machine



Constantly  
follow health  
and safety rules!

## Health + Safety

- ✓ REMEMBER TO REVERSE STITCH AT THE START
- ✓ REMEMBER TO TAKE PINS OUT JUST BEFORE YOU REACH THEM
- ✓ REMEMBER TO REVERSE STITCH AT THE END
- ✓ TIE LONG HAIR UP
- ✓ KEEP FINGERS AWAY FROM THE NEEDLE
- ✓ ALWAYS CONCENTRATE
- ✓ TUCK TIES IN YOUR SHIRT
- ✓ ONE PERSON ONLY TO OPERATE IT
- ✓ SENSIBLE BEHAVIOUR AT ALL TIMES
- ✓ ALWAYS TELL YOUR TEACHER IF SOMETHING ISN'T WORKING OR IF IT BREAKS

ONLY USE A SEWING  
MACHINE ONCE YOU  
HAVE BEEN TAUGHT

# IS THE SEWING MACHINE READY TO USE?



- ✓ DO A VISUAL CHECK FOR TWO THREADS (TOP THREAD AND SPOOL THREAD)
- ✓ PULL THEM LONG (APPROX 15CM)
- ✓ PLACE YOUR FABRIC UNDERNEATH THE PRESSER FOOT
- ✓ TAKE DOWN THE PRESSER FOOT LEVER
- ✓ CHECK THE SPEED CONTROL
- ✓ TURN ON THE SEWING MACHINE
- ✓ YOU ARE READY TO SEW

Constantly follow  
health and safety  
rules

ONLY USE A  
SEWING MACHINE  
ONCE YOU HAVE  
BEEN TAUGHT

WHEN YOU HAVE FINISHED

- \* RAISE THE PRESSER FOOT
- \* TAKE OUT YOUR WORK
- \* PULL THE THREADS LONG AGAIN
- \* CUT OFF YOUR WORK

Please follow the Safety and Hygiene rules when using the sewing machine in addition to the standard Safety Rules.

## Row 1

### Sewing Machine Safety and Hygiene Rules

1. You must only use your designated sewing machine.
2. Before using the sewing machine, hand sanitise and wipe down with anti bacterial wipes.
3. When finished with using the sewing machine turn off, check it is threaded for the next person and wipe down.

We show we are **Ready** by;  
Having the sewing machine set up and antibacterial wiped down.

We show **Respect** by leaving the machine;  
Switched off  
Threaded for the next person  
A tidy work surface

We show we are **Safe** by;  
Following the health, safety and hygiene rules



Produce a Health and Safety poster on how to use a sewing machine safely

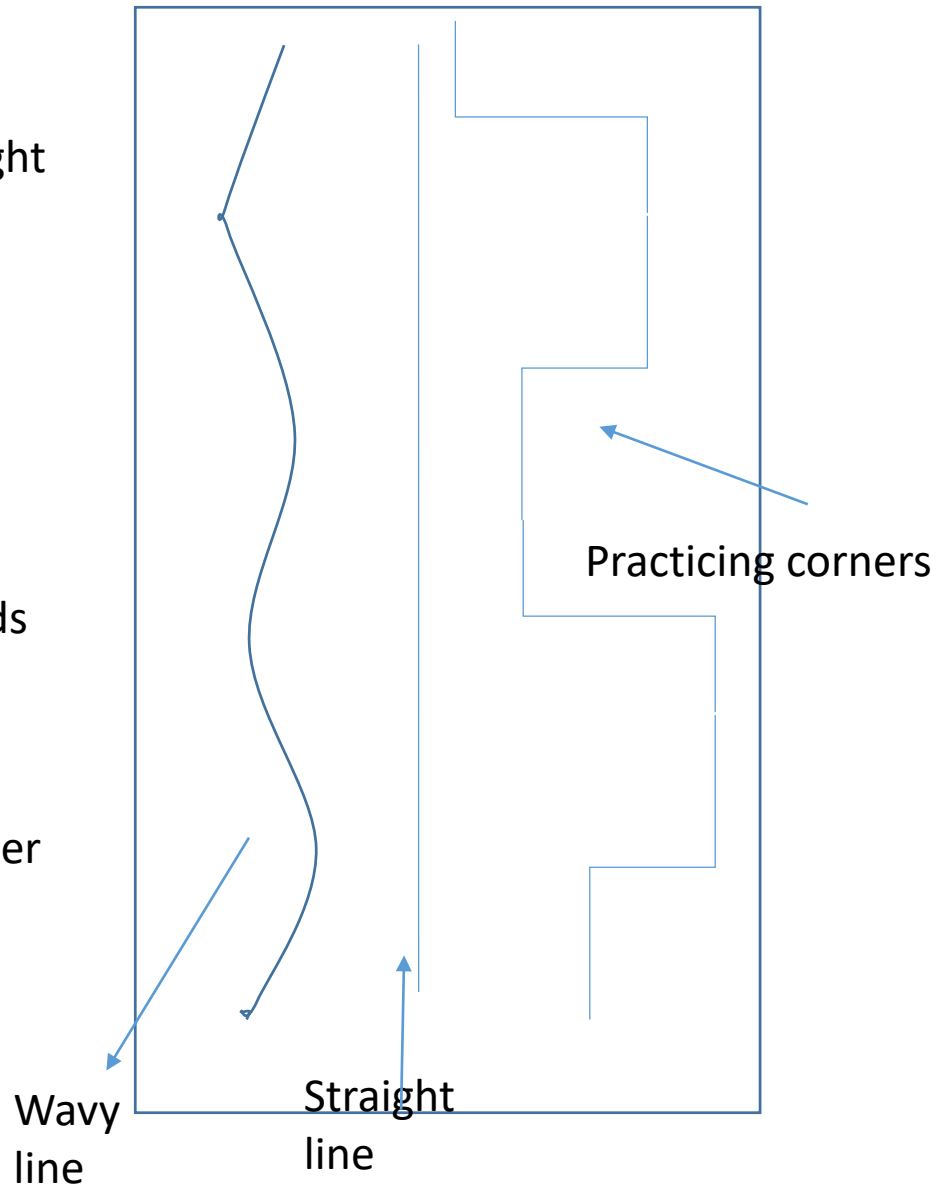
Include a picture of a sewing machine

Include labelling on your sewing machine



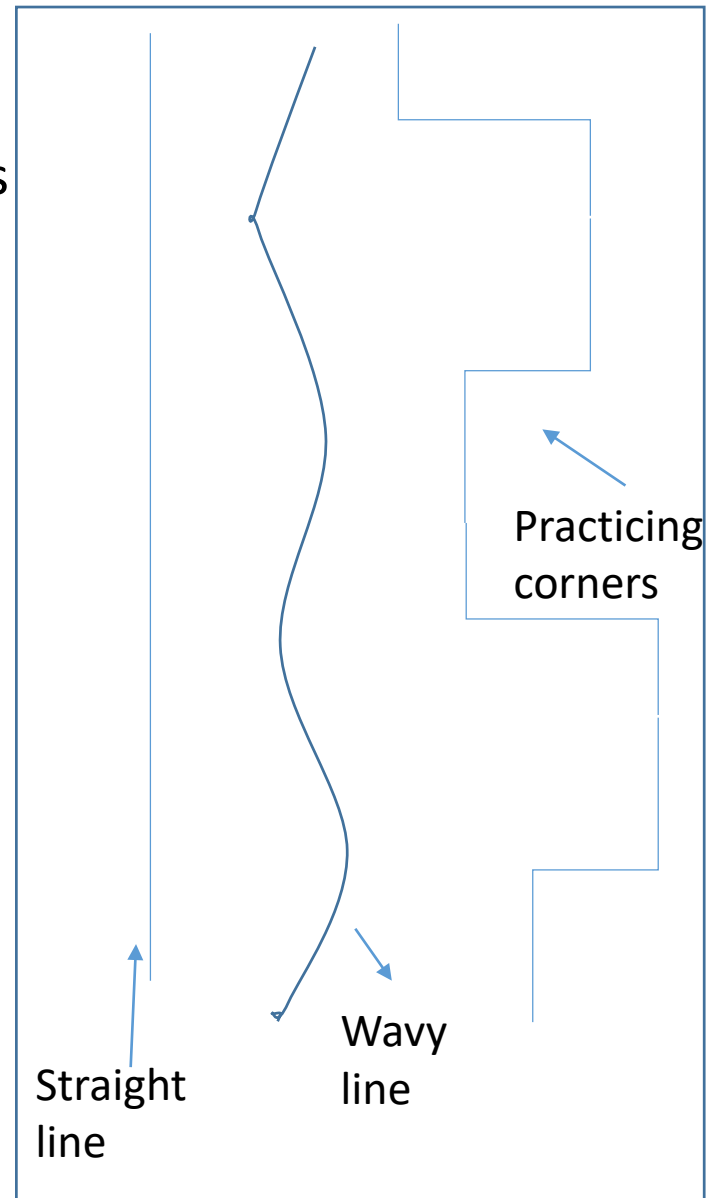
# Sewing Machine Driving Test on paper

- Draw on a piece of paper a wavy line, straight line and a line with 90 degrees shapes in it.
- Ensure no thread is in the sewing machine.
- Ensure you are sat comfortably and all is in reach.
- Presser foot up.
- Position your fabric at the starting line.
- Presser foot down.
- Ensure speed is in the middle (more towards slow)
- Turn machine on.
- Start sewing- guide your fabric through.
- Stop at big corners and reposition your paper (leave needle in paper)
- Slow down to avoid hazards.
- Take your time!
- Turn machine off.



# Sewing Machine Driving Test on Fabric

- Make sure there are two threads (top and bottom thread).
- Ensure you are sat comfortably and all is in reach.
- Presser foot up.
- Position your fabric at the starting line.
- Presser foot down.
- Ensure speed is in the middle (more towards slow)
- Turn machine on.
- Start sewing- guide your fabric through.
- Stop at big corners and reposition your paper (leave needle in the fabric)
- Take your time!
- Turn machine off.



Complete the Health and  
Safety **Assessment.**

## Quiz of knowledge Health and Safety .

1. Identify 2 health and safety rules when working in a textiles classroom. (2)

- 
- 

2. Can you list 3 important rules of using a sewing machine. (3)

- 
- 
- 

3. Why do you need to tie long hair back when using a sewing machine? (1)

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4. What are the 3 checks you would make before sewing? (3)

- 
- 
- 

5. What are the 3 checks you would make when you have finished sewing? (3)

- 
- 
-

6. How many students should use a sewing machine at one time? (1)

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7. When using an iron can you explain how to use it safely? (3)

8. Describe how to safely carry scissors in a textile classroom. (2)

9. What does PPE stand for? (1)

10. Identify what two pieces of PPE you would wear when using dyes? (1)

## Quiz of knowledge Health and Safety

1. Identify 2 health and safety rules when working in a textiles classroom. (2)

- Tie long hair up, always concentrate, one person to operate a sewing machine at a time
- never run, bags under the table, wear the correct PPE personal protective equipment, safe with tools

2. Can you list 3 important rules of using a sewing machine. (3)

- keep fingers away from the needle, hair up,
- only one person to operate it
- foot pedal kept under the desk

3. Why do you need to tie long hair back when using a sewing machine? (1)

It could get trapped in the sewing machine

4. What are the 3 checks you would make before sewing? (3)

- make sure threads are pulled long
- the sewing machine is plugged in
- foot pedal is on the floor, presser foot is down

5. What are the 3 checks you would make when you have finished sewing? (3)

- make sure threads are pulled long
- you have tidied the table, turned it off
- foot pedal is back on the desk, check its working

6. How many students should use a sewing machine at one time? One

7. When using an iron can you explain how to use it safely? (3)

Turn it on

Check the temperature

Never touch the hot plate

Turn off when finished

Always stand it upright

8. Describe how to safely carry scissors in a textile classroom. (2)

Safely by holding the blade, never run

9. What does PPE stand for? (1)

Personal protective equipment

10. Identify what two pieces of PPE you would wear when using dyes? (1)

Aprons

Gloves

goggles



Times (X) your score by 5  
to give you a percentage %

# Spellings IREACT

Learn these spellings for a test next week

1. Design
2. Recycle
3. Scissors
4. Pinking shears
5. Ideas
6. Colour
7. Fabric
8. Textiles
9. Quality
10. Pins

# What have you learnt?

| Learning Outcomes |   |
|-------------------|---|
|                   | Recognise all the parts of a sewing machine.                        |
|                   | Understand how to use a sewing machine safely through the H+S test. |
|                   | Design a H+S poster.  |

Have you successfully labelled your sewing machine?

Have you understood how to use a sewing machine and done the test?

Have you created a useful Health and Safety poster?