

# Sewing Safety Guidelines

## Family and Consumer Science

### A. Sewing Machines

1. Keep sewing machine cords away from your feet or chair legs.
2. Keep hands at a safe distance from the needle and presser foot when stitching.
3. While threading the needle, have the power off and/or your foot off the foot control.
4. Keep eyes on work when operating the machine.
5. Place hand on the plug, not the cord, when unplugging the machine.
6. Only one student permitted at the machine at a time.
7. If the machine is jammed or making strange noises, stop immediately and tell the teacher.

### B. Pins and Needles

1. Keep pins and needles out of mouth.
2. Keep pins in pin cushion or pin box.
3. Place pins at right angles to direction of stitching so pins can be removed before needle reaches them.

### C. Scissors

1. Avoid gestures when using scissors and other sharp equipment.
2. Pass the scissors with the handles toward the other person.
3. Use a seam ripper for removing stitches.

### D. Irons

1. Follow instructions when filling and emptying the iron with water.
2. Be sure your hands are dry when handling iron.
3. Before you begin to press, always test the temperature of the iron on a scrap of fabric or on the ironing board.
4. Do not test iron temperature with your fingers or a drop of water.
5. Stand a hot iron on heel rest, not flat on ironing board.
6. Unplug the iron when not in use – pulling from the plug rather than the cord.

### E. Other Hazards

1. Report to the teacher any dangerous conditions such as damaged cords, plugs, outlets or burns.
2. Shoes must be worn at all times in lab.
3. Practice appropriate behavior for classroom safety.

**The following is to be read and signed by each clothing lab student and his/her parent/guardian:**

1. Each student will be assigned a sewing machine. Each student will be responsible for any damage that occurs to their machine or its case/cover.
2. Each student will be responsible for equipment used.
3. All students must read the lab safety rules. Each is responsible for his/her own safety and the safety of classmates. **Any action deemed unsafe or potentially dangerous by the teacher will result in dismissal from class, detention or other appropriate discipline.** Students must use caution with irons, sewing machines, needles, pins, shears, seam rippers, etc.
4. Permission must be given before a project is taken home and only those steps previously agreed upon may be completed. Projects must be in class for the next class period.
5. The required project must be successfully completed in order to receive a passing grade.

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I understand and will follow the above rules. My parents/guardians have read them. Please sign & return only the bottom.

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Student signature \_\_\_\_\_ Date \_\_\_\_\_

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Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

Print Student Name \_\_\_\_\_

Hour \_\_\_\_ Day \_\_\_\_