

HAND STITCHING

TALHS101

Perform Hand Stitching

Competence

REQF Level: 1

Credits: 3

Learning hours



30

Sector: Arts & Crafts

Sub-sector: Tailoring

Issue date: December 2020

Purpose statement

This module describes the skills, knowledge and attitudes required to perform hand stitching. At the end of this module, participants will be able to interpret garment assembly procedures for hand stitching requirements and perform hand stitching of the required parts in preparation for machine sewing.

Learning assumed to be in place

Not applicable

Elements of competency and performance criteria

Learning units describe the essential outcomes of a competency.

Performance criteria describe the required performance needed to demonstrate achievement of the learning unit.

By the end of the module, the trainee will be able to:

Elements of competence	Performance criteria
1. Perform hand stitches	1.1 Proper arrangement of the tools and equipment used for stitching based on the stitches to be carried out according to the design 1.2 Correct carrying out of the stitches according to the design Specifications 1.3 Neat finishing of the stitches in accordance with company finishing requirements
2. Perform basting of garment pieces	2.1 Proper arrangement of the tools and equipment used for basting the garments based on the stitching to be performed 2.2 Accurate pinning of all the pieces of fabric in accordance with the sewing preparation requirements 2.3 Proper basting of all applicable pieces of fabric as per the fabric and operational requirements
3. Perform stitching	3.1 Correct stitching of fabric parts in accordance with the design 3.2 Accurate stitching of trimmings according to the finishing detail requirements 3.3 Proper quality checking of the completed item in accordance with company standards

Learning unit



12 Hours

Learning unit 1: Perform hand stitching

Learning Outcomes:

1. Arrange the tools and equipment
2. Carry out the stitching
3. Finish the stitching

Learning Outcome 1.1: Arrange the tools and equipment

Content	Learning activities	Resources
• Setting up the hand sewing tools ✓ Correct needle ✓ Applicable color thread ✓ Threading the needle • Usage of sewing tools ✓ Needles ✓ Un-picker ✓ Scissors ✓ Seam gauge ✓ Point turner ✓ Fabric clippers • Health and safety precautions for sewing ✓ General hygiene ✓ Keep needles and sharp tools at a certain place ✓ Do not put needles and sharp tools in your mouth	✓ Teacher lecture and demonstration ✓ Practical exercise to set up and prepare for hand sewing ✓ Individual write-up to explain the safety precautions to take in sewing	- Hand needle - Thread - Un-picker - Scissor - Seam gauge - Point turner - Thimble - Fabric marker - Fabric clippers - Embroidery ring - Reference books / material of the different stitches - Fabric

- ✓ Do not put needles and sharp tools in your clothes
- ✓ Do not leave needles in the product
- ✓ Do not use rusty needles
- ✓ Collect and dispose of pieces of broken needles wrapped in paper
- ✓ Do not leave scissor blades open
- ✓ Do not hold scissors with sharp sides up

Formative Assessment 1.1



Performance criterion

Proper arrangement of the tools and equipment used for stitching based on the stitches to be carried out according to the design

The assessor may collect any of the following evidences and make judgements if the performance criterion has been achieved.

Types of evidence

Portfolio assessment tools

- ✓ Written evidence
- ✓ Performance evidence

- ✓ Assessor's observation list to assess the setting up process
- ✓ Assessor's completed checklist
- ✓ A write-up on the safety precautions to take for sewing

Checklist	Score	
	Yes	No
Indicator 1: Setting up the hand sewing tools is accurately done		
✓ Correct needle		
✓ Applicable color thread		
✓ Threading the needle		
Indicator 2: The usage of different sewing tools is properly understood		
✓ Needles		
✓ Un-picker		
✓ Scissors		
✓ Seam gauge		
✓ Point turner		
✓ Fabric clippers		
Indicator 3: Health and safety procedures for sewing is properly understood and followed		
✓ General hygiene		
✓ Keep needles and sharp tools at a certain place		
✓ Do not put needles and sharp tools in your mouth		
✓ Do not put needles and sharp tools in your clothes		
✓ Do not leave needles in the product		

✓ Do not use rusty needles		
✓ Collect and dispose of pieces of broken needles wrapped in paper		
✓ Do not leave scissor blades open		
✓ Do not hold scissors with sharp sides up		
Observation		

Learning Outcome 1.2: Carry out the stitches

Content	Learning activities	Resources
- Different hand stitches for garment assembly ✓ Straight / running stitch ✓ Basting stitch ✓ Backstitch - Different hand stitches for adding trims, closing hemlines, linings, pocket components and vents ✓ Catch stitch / Cross stitch ✓ Slip stitch ✓ Whip stitch ✓ Blind stitch ✓ Fell stitch - Other important hand stitches to know for edges and finishes ✓ Blanket stitch ✓ Buttonhole stitch ✓ Overcast stitch	✓ Teacher demonstrates ✓ Observation of demonstration ✓ Practical exercise of the different hand stitches	- Hand needle - Thread - Thread clipper - Un-picker - Scissors - Pins - Fabric - Fabric marker - Reference books / material of the different stitches - Thimble - Embroidery ring

Formative Assessment 1.2



Performance criterion

Correct carrying out of the stitches according to the design specifications

Assessor may collect among the following types of evidence and make judgements on whether the performance criterion has been achieved.

Types of evidence	Portfolio assessment tools
✓ Product evidence	✓ Samples of different hand stitches ✓ Assessor's completed checklist

Checklist	Score	
	Yes	No
<u>Indicator 1:</u> Different hand stitches for garment assembly are properly done		
✓ Straight / running stitch		
✓ Basting stitch		
✓ Backstitch		
<u>Indicator 2:</u> Different hand stitches for closing hemlines, linings, pocket components and vents		
✓ Catch stitch / Cross stitch		
✓ Slip stitch		
✓ Blind stitch		
✓ Whip stitch		
✓ Fell stitch		

<u>Indicator 3:</u> Other important hand stitches to know for edges and finishes		
✓ Blanket stitch		
✓ Buttonhole stitch		
✓ Overcast stitch		
✓ Different hand stitches for garment assembly		
✓ Straight / running stitch		
Observation		

Learning Outcome 1.3: Finish the stitches

Content	Learning activities	Resources
- Ending off stitches ✓ Correct procedure for holding the needle and thread when finishing off ✓ How to end a stitch ✓ How to tie off a stitch with a single thread ✓ How to tie off a stitch with a double thread - Creating sewing knots ✓ Figure 8 knot ✓ Backstitch ✓ Double overhand knot - Cleaning up your sewing work ✓ Clipping of excess threads off the front ✓ Clipping of excess threads of the back	✓ Teacher demonstrates ✓ Observation of demonstration ✓ Practical exercise of knotting and finishing off stitches	- Hand needle - Thread - Thread clipper - Un-picker - Scissors - Pins - Fabric - Reference books / material of the different stitches - Thimble - Embroidery ring

Formative Assessment 1.3



Performance criterion

Neat finishing of the stitches in accordance with company finishing requirements

Assessor may collect among the following types of evidence and make judgements on whether the performance criterion has been achieved

Types of evidence	Portfolio assessment tools	
✓ Product evidence ✓ Performance	✓ Samples of finished off stitches and knots ✓ Assessor's completed checklist	
Checklist		Score
		Yes No
Indicator 1: Ending off stitches is properly performed		
✓ Correct procedure for holding the needle and thread		
✓ How to end a stitch		
✓ How to tie off a stitch with a single thread		
✓ How to tie off a stitch with a double thread		
Indicator 2: Sewing knots are properly created		
✓ Figure 8 knot		
✓ Backstitch		
✓ Double overhand knot		
Indicator 3: Sewing work is properly cleaned up		
✓ Clipping of excess threads off the front		
✓ Clipping of excess threads of the back		
Observation		



Learning unit



6 Hours

Learning unit 2: Perform basting of garment pieces

Learning Outcomes:

1. Arrange the tools and equipment used for basting
2. Pin the pieces
3. Baste all the pieces

Learning Outcome 2.1: Arrange the tools and equipment used for basting

Content	Learning activities	Resources
• An introduction to basting stitches ✓ When are basting stitches used? ✓ Mock-ups ✓ Indicate markings ✓ Matching plaids ✓ Matching seam lines ✓ Holding layered fabric pieces together ✓ Attaching interfacing • Hand sewing tools for basting ✓ Appropriate hand needles ✓ Threads ✓ Thread clippers	✓ Teacher demonstrations ✓ Practical exercise of hand basting for different purposes	- Hand needle - Thread - Thread clipper - Un-picker - Scissors - Pins - Fabric / garments - Reference books / material of the different stitches - Thimble - Embroidery ring

Formative Assessment 2.1



Performance criterion

Proper arrangement of the tools and equipment used for basting the garments based on the stitching to be performed

The assessor may collect any of the following evidences and make judgements if the performance criterion has been achieved.

Types of evidence

✓ Practical evidence

Portfolio assessment tools

✓ Assessor's observation and completed checklist ✓
Open questions

Checklist	Score	
	Yes	No
Indicator 1: When to use basting stitches is properly understood		
✓ Mock-ups		
✓ Indicate markings		
✓ Matching plaids		
✓ Matching seam lines		
✓ Holding layered fabric pieces together		
✓ Attaching interfacing		
Indicator 2: Correct set up of tools		

✓ Correct tools selected		
✓ Appropriate hand needles		
✓ Threads		
✓ Thread clippers		
Observation		

Learning Outcome 2.2: Pin the pieces

Content	Learning activities	Resources
• The importance of good quality dressmaking pins ✓ Thin ✓ Sharp ✓ No rust ✓ Eliminates snags on garments • The sequence of pinning garment pieces together for assembly preparations ✓ Identifying the right parts to pin together ✓ Identify the direction of the parts ✓ Check for notches (balance points) to align pieces ✓ Match up the top and bottom ends and the notches ✓ Pin with the head of the pin facing down in the direction of your sewing, or to the side ✓ Do not over pin • Alignment of notches and seams / panels ✓ Straight seams ✓ Shaped seams ✓ Armholes & sleeves ✓ Fabric layers (e.g. fabric and lace)	✓ Teacher's demonstrations ✓ Individual practical exercises of pinning different garment parts together	- Cut fabric parts - Trims - Sewing instructions - Drawing / image of the finished item being pinned - Dressmaking pins

Formative Assessment 2.2



Performance criterion

Accurate pinning of all the pieces of fabric in accordance with the sewing preparation requirements

The assessor may collect any of the following evidences and make judgements if the performance criterion has been achieved.

Types of evidence

- ✓ Product evidence
- ✓ Performance evidence

Portfolio assessment tools

- ✓ Pinned garment parts / trims
- ✓ Assessor's observation list used to assess the process of pinning
- ✓ Assessor's completed checklist

Checklist	Score	
	Yes	No
Indicator 1: The importance of good quality dressmaking pins is properly understood		
✓ Thin		
✓ Sharp		
✓ No rust		
✓ Eliminates snags		
Indicator 2: The sequence of pinning garment pieces together is properly followed		

✓ Identifying the right parts to pin together		
✓ Identify the direction of the parts		
✓ Check for notches (balance points) to align pieces		
✓ Match up the top and bottom ends and the notches		
✓ Pin with the head of the pin facing down in the direction of your sewing, or to the side		
✓ Do not over pin		
<u>Indicator 3:</u> Alignment of notches and seams / panels is properly done		
✓ Straight seams		
✓ Shaped seams		
✓ Armholes & sleeves		
✓ Fabric layers (eg fabric and lace)		
Observation		

Learning Outcome 2.3: Baste all the pieces

Content	Learning activities	Resources
• Correct interpretation of ✓ Patterns ✓ Technical drawings ✓ Sewing instructions • The correct order of construction to determine the basting process	✓ Teacher lecture and demonstrations ✓ Practical exercise of hand basting for different purposes according to the order of the sewing / pattern instruction interpretation	- Hand needle - Thread - Un-picker - Scissor - Fabric marker - Pins - Drawing of the garment / item to be made
✓ Garment parts • ✓ Garment components ✓ Finishing edges Perform basting ✓ Garment parts (panels) ✓ Layers (fabric and lace) ✓ Components (pockets onto garments)		- Sewing instructions of the garment / item to be made

Formative Assessment 2.3



Performance criterion

Proper basting of all applicable pieces of fabric as per the fabric and operational requirements

The assessor may collect any of the following evidences and make judgements if the performance criterion has been achieved.

Types of evidence	Portfolio assessment tools
✓ Product evidence ✓ Performance	✓ Assessor's observation list to assess the hand basting process ✓ Assessor's completed checklist

Checklist	Score	
	Yes	No
<u>Indicator 1:</u> Interpretation of the design to determine the baste is properly understood		
✓ Patterns		
✓ Technical drawings		
✓ Sewing instructions		
<u>Indicator 2:</u> The correct order of construction to determine the basting process is properly understood and followed		
✓ Garment parts		

✓ Garment components		
✓ Finishing edges		
<u>Indicator 3:</u> Basting is properly performed		
✓ Garment parts (panels)		
✓ Layers (fabric and lace)		
✓ Components (pockets onto garments)		
✓ Garment parts (panels)		
Observation		

Learning unit



3

12 Hours

Learning unit 3: Perform stitching

Learning Outcomes:

1. Stitch fabric parts
2. Stitch trimmings
3. Check the quality of the finished product

Learning Outcome 3.1: Stitch fabric parts

Content	Learning activities	Resources
• Identification of the correct thread and stitch types for garment and garment component construction ✓ Fabric type ✓ Garment component type ✓ Function ✓ Aesthetics ✓ Finishing requirements ✓ Design requirements • The correct sequence and method of stitching ✓ Laying out the pieces in the correct order ✓ Alignment of seams edges and panels ✓ Straight seam edges ✓ Shaped seam edges ✓ Dealing with corners ✓ Dealing with curves ✓ Handling of multiple layers (eg. fabric and lace) ✓ How to best stitch edges that are tucked in	✓ Teacher demonstrates ✓ Observation of demonstration ✓ Practical exercise of stitching fabric parts together	- Hand needle - Thread - Un-picker - Scissor - Fabric marker - Pins - Thread - Fabric and / or garment parts - Iron - Pressing tools ✓ Tailor's ham ✓ Clapper ✓ Point presser ✓ Point turner ✓ Seam roll ✓ Press cloth

- Ironing / pressing of seams during construction ✓
- When to iron
- ✓ How to iron
- ✓ Which tools to use for which purpose and best result

Formative Assessment 3.1



Performance criterion

Correct stitching of fabric parts in accordance with the design

Assessor may collect among the following types of evidence and make judgements on whether the performance criterion has been achieved.

Types of evidence

- ✓ Product evidence

Portfolio assessment tools

- ✓ An item with assembled parts
- ✓ Assessor's completed checklist

Checklist	Score	
	Yes	No
Indicator 1: Identification of the correct thread and stitch types for garment and garment component construction is properly understood		
✓ Fabric type		

✓ Garment component type		
✓ Function		
✓ Aesthetics		
✓ Finishing requirements		
✓ Design requirements		
<u>Indicator 2:</u> The correct sequence and method of stitching is accurately followed		
✓ Laying out the pieces in the correct order		
✓ Alignment of seams edges and panels		
✓ Straight seam edges		
✓ Shaped seam edges		
✓ Dealing with corners		
✓ Dealing with curves		
✓ Handling of multiple layers (eg. fabric and lace)		
✓ How to best stitch edges that are tucked in		
<u>Indicator 3:</u> Ironing / pressing of seams during construction is properly done		
✓ When to iron		
✓ How to iron		
✓ Which tools to use for which purpose and best result		
Observation		



Learning Outcome 3.2: Stitch trimmings

Content	Learning activities	Resources
- Plan the work ✓ Determining best stitches to use for the type of trimming and fabric it will be attached to ✓ Determine the best thread to use for the type of trimming and fabric ✓ Determine the best position for the trimming - Pin and test the layout ✓ Correct placement of the trimmings ✓ Pin into position ✓ Check the position ✓ Check that trimmings are symmetrical where necessary ✓ Re-align trimmings where necessary after checking - Prepare for stitching ✓ Determine the best method of threading for the fabric and trimming type - Single thread - Double thread - Knotting ✓ Determine the best method of stitching - Outside - Inside - Overcast stitches - Invisible stitches - Stitching of the trimmings ✓ Lace trimmings ✓ Braids ✓ Beaded / diamante strips	✓ Teacher demonstrates ✓ Observation of demonstration ✓ Practical exercise of stitching different types of trimmings onto fabric or a garment	- Hand needle - Thread - Thread clipper - Un-picker - Scissors - Pins - Fabric / garments - Trimmings - Reference books / material of the different stitches - Thimble - Embroidery ring - Fabric marker

- ✓ Buttons
- ✓ Hooks & eyes
- ✓ Press studs
- ✓ Flowers and bows

Formative Assessment 3.2



Performance criterion

Accurate stitching of trimmings according to the finishing detail requirements

Assessor may collect among the following types of evidence and make judgements on whether the performance criterion has been achieved.

Types of evidence

- ✓ Product evidence

Portfolio assessment tools

- ✓ Stitched trimmings onto fabric / garment
- ✓ Assessor's completed checklist

Checklist	Score	
	Yes	No
Indicator 1: The work is properly planned		
✓ Determining best stitches to use for the type of trimming and fabric it will be attached to		
✓ Determine the best thread to use for the type of trimming and fabric		
✓ Determine the best position for the trimming		
Indicator 2: The layout is accurately pinned and tested		

✓ Correct placement of the trimmings		
✓ Pin into position		
✓ Check the position		
✓ Check that trimmings are symmetrical where necessary		
✓ Re-align trimmings where necessary after checking		
<u>Indicator 3:</u> Stitching preparations are properly followed		
✓ Determine the best method of threading for the fabric and trimming type		
- Single thread		
- Double thread		
- Knotting		
✓ Determine the best method of stitching		
- Outside		
- Inside		
- Overcast stitches		
<u>Indicator 4:</u> Stitching of the trimmings is properly performed		
✓ Lace trimmings		
✓ Braids		
✓ Beaded / diamante strips		
✓ Buttons		
✓ Hooks & eyes		
✓ Press studs		
✓ Flowers and bows		

✓ Stitching of the trimmings		
Observation		

Learning Outcome 3.3: Check the quality of the finished product

Content	Learning activities	Resources
• Checking of threads and stitches ✓ Pulled threads or stitches ✓ Missed stitches ✓ Perform thread trimming ✓ Holes in the seams • Checking of fabric and trim quality ✓ Check for stains ✓ Check for holes ✓ Inspect the lace / trim for defects ✓ Inspect decorative patterns ✓ Check the measurements • Checking of metal & plastic parts ✓ for sharp metal parts (needles, pins, etc) ✓ Inspect buttons and buttonholes ✓ Inspect zips and accessories ✓ Inspect studs and hooks • Apply corrective measures ✓ Fixing the stitching ✓ Re-assignment of the work ✓ Replacement of the trims ✓ Arrangement for the item to be put on sale	✓ Teacher demonstrations ✓ Individual exercise to check the quality of finished hand sewn items	- Unpicker - Scissors - Fabric clipper - Magnifying glass

Formative Assessment 3.3



Performance criterion

Proper quality checking of the completed item in accordance with company standards

The assessor may collect any of the following evidences and make judgements if the performance criterion has been achieved.

Types of evidence

- ✓ Product evidence
- ✓ Performance evidence

Portfolio assessment tools

- ✓ A thoroughly checked item
- ✓ Assessor's completed checklist to assess the final product

Checklist	Score	
	Yes	No
Indicator 1: Checking of threads and stitches is properly performed		
✓ Pulled threads or stitches		
✓ Missed stitches		
✓ Perform thread trimming		
✓ Holes in the seams		
Indicator 2: Checking of fabric and trim quality is thoroughly done		
✓ Check for stains		
✓ Check for holes		
✓ Inspect the lace / trim for defects		
✓ Inspect decorative patterns		

✓ Check the measurements		
Indicator 3: Checking of metal & plastic parts is accurately done		
✓ for sharp metal parts (needles, pins, etc)		
✓ Inspect buttons and buttonholes		
✓ Inspect zips and accessories		
✓ Inspect studs and hooks		
Indicator 4: Corrective measures are properly applied		
✓ Fixing the stitching		
✓ Re-assignment of the work		
✓ Replacement of the trims		
✓ Arrangement for the item to be put on sale		
Observation		

References:

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2. www.sewing.com
3. Hand Sewing Magic: Essential Know-How for Hand Stitching--*10 Easy, Creative Projects
*Master Tension and Other Techniques – by Lynn Krawcsyk
4. www.sewguide.com
5. [Hand Stitching \(thesewingdirectory.co.uk\)](http://thesewingdirectory.co.uk)
6. Modern Hand Stitching: Dozens of Stitches with Creative Free-Form Variations - by [Ruth Chandler](#) - ISBN: 9781935726487