

Sewing Safely

There are some big fish in the sea, and you can catch them.

Share the Right Road for the Right

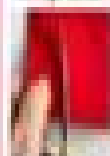
- use strong, short, concrete real-life stories
- match the words to the story: use a flower words for lighter stories
- when using the register, point it away from you and away from the story

the study.

- work at tables with plenty of space between you and other people to avoid touching them with sharp tools
- make sure you have good lighting
- keep you in a container with a lid or use a pet carrier
- use a magnet to pick up any pins that drop
- when you have completed your project, tidy everything away carefully



Always avoid sharp tools away from the body when you work.



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See page 10 for details on the new 2004-2005 season. For more information, visit www.rockwell.com.

Editorial Board

Long file names on individual pages will make this too long.

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Sewing Safely

Here are some top tips to help you sew safely:

Choose the Right Tool for the Job

- use sharp fabric scissors to cut fabric
- match the needle to the fabric - use a thinner needle for lighter fabric
- when using the unpicker, point it away from you as it's very sharp

Be Tides

- work at a table with plenty of space between you and other people to avoid touching them with sharp tools
 - make sure you have good lighting
 - keep pins in a container with a lid or use a pin cushion
 - use a magnet to pick up any pins that drop
 - when you have completed your project, tidy every
- 
- ink saving Eco



ink saving Eco

Health Equity

Sewing Guide To Health An Safety

Rose Parr



Sewing Guide To Health An Safety:

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ergonomics and international ergonomics

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