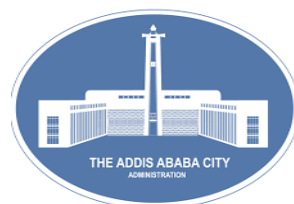


GARMENT PRODUCTION

LEVEL - III

Based March, 2022 Curriculum Version I,



Module Title: Sew Woven and Stretch Knit Fabrics

Module Code: [IND GAP3 M06 0322](#)

Nominal duration: 150 Hrs

Prepared By: Addis Ababa TVET Bureau

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Addis Ababa, Ethiopia



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Module units

UNIT 1. Prepare workstation

UNIT 2. Plan garment construction

UNIT 3. Prepare work pieces

UNIT 4. Adjust Machine Settings

UNIT 5 Identify Machine Performances

UNIT 6 Sew Garment

UNIT 7 Complete Works

At the end of this session, the students will able to:

- **Prepared workstation**
- **Planned garment construction**
- **Prepared work pieces**
- **Adjusted Machine Settings**
- **Identified Machine Performances**
- **Sew Garment**
- **Completed Work**

Module Learning Instructions:

1. Read the specific objectives of this Learning Guide.
2. Follow the instructions described below.
3. Read the information written in the information Sheets
4. Accomplish the Self-checks

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Unit one: Prepare Workstation sew woven and stretch knit fabric

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- 1.1 Follow OHS practice
- 1.2 Set up tools and equipment

.This unit will also assist you to attain the learning outcomes stated in the cover page.

Specifically, upon completion of this learning guide, you will be able to:

- Following OHS practice
- Setting up tools and equipment

1. Prepare Workstation Sew Woven and Stretch Knit Fabrics

To prepare a workstation for sewing woven and stretch knit fabrics, you will need the following:

- A sewing machine that is capable of sewing both woven and stretch knit fabrics.
- A variety of needles and threads that are appropriate for the fabrics you will be sewing.
- Stabilizer (optional).
- Other tools and supplies, such as scissors, pins, a measuring tape, and an iron.
- Here are some tips for preparing your workstation:
 - Make sure that your sewing machine is clean and well-maintained.
 - Use the appropriate needle and thread for the fabric you will be sewing. For woven fabrics, use a universal needle and a thread that matches the weight of the fabric. For stretch knit fabrics, use a ballpoint needle or a stretch needle and a thread that is designed for stretch knits.
 - If you are sewing a stretch knit fabric that is very stretchy, you may want to use a stabilizer to prevent the fabric from puckering or stretching out of shape.
 - Make sure that your workstation is well-lit and that you have enough space to work comfortably.
 - Place all of your tools and supplies within reach so that you don't have to waste time getting up and down.

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Here are some additional tips for sewing woven and stretch knit fabrics:

- Use a longer stitch length when sewing stretch knit fabrics. This will help to prevent the fabric from puckering.
- Use a zigzag stitch or a stretch stitch when sewing stretch knit fabrics. These stitches will allow the fabric to stretch without breaking.
- Be careful not to overstretch the fabric when sewing. This can cause the fabric to lose its shape.
- If you are sewing a seam that will be under a lot of stress, such as a waistband or a neckline, you may want to reinforce the seam with a stay tape or a zigzag stitch.
- With a little practice, you will be able to sew woven and stretch knit fabrics like a pro!

1.1 Follow OHS practice Sew Woven and Stretch Knit Fabrics

Here are some tips on how to follow OHS practices when sewing woven and stretch knit fabrics:

- Use the correct needle and thread for the fabric you are sewing. Using the wrong needle or thread can damage the fabric and make it more likely to tear or pucker.
- Use the correct stitch length and tension. Using the wrong stitch length or tension can also damage the fabric and make it more likely to tear or pucker.
- Be careful not to overstretch the fabric when sewing. Overstretching the fabric can cause it to lose its shape.
- Use a stabilizer if you are sewing a stretch knit fabric that is very stretchy. A stabilizer will help to prevent the fabric from puckering or stretching out of shape.
- Be careful not to trap your fingers in the sewing machine needles. Always use a finger guard when sewing.
- Keep your sewing machine clean and well-maintained. A well-maintained sewing machine is less likely to malfunction and cause an injury.
- Be aware of your surroundings and take breaks when needed. Sewing can be repetitive and tiring, so it is important to take breaks to stretch and rest your hands and eyes.
- Here are some additional tips for following OHS practices when sewing:
 - Use a well-lit workspace. This will help you to see the fabric and the sewing machine clearly, which can help to prevent accidents.
 - Keep your cords organized and out of the way. Tripping over cords is a common hazard in sewing rooms.
 - Wear appropriate safety gear. This may include safety glasses, a dust mask, and gloves. Safety glasses will protect your eyes from flying debris, a dust mask will protect your

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lungs from dust and fumes, and gloves will protect your hands from needles and other sharp objects.

- Be careful when using sharp objects. This includes needles, scissors, and rotary cutters. Always use these objects carefully and keep them away from children and pets.
- Keep your sewing room clean and organized. This will help to prevent accidents and make it easier to find the tools and supplies you need.
- By following these tips, you can help to protect yourself from injuries when sewing woven and stretch knit fabrics.

1.2 Setting up tools and equipment Sew Woven and Stretch Knit Fabrics

When setting up your tools and equipment to sew woven and stretch knit fabrics, you will need to make a few adjustments depending on the type of fabric you are using. Here are some tips:

Sewing machine:

- Use the correct needle and thread for the fabric you are sewing. For woven fabrics, use a universal needle and a thread that matches the weight of the fabric. For stretch knit fabrics, use a ballpoint needle or a stretch needle and a thread that is designed for stretch knits.
- Adjust the stitch length and tension. For woven fabrics, use a shorter stitch length and a tighter tension. For stretch knit fabrics, use a longer stitch length and a looser tension.
- Use a differential feed if your sewing machine has one. A differential feed will help to prevent the fabric from puckering when sewing stretch knits.
- Other tools and equipment:
 - Use a ballpoint pin or a stretch pin when pinning stretch knits. These pins will not damage the fabric.
 - Use a stabilizer if you are sewing a stretch knit fabric that is very stretchy. A stabilizer will help to prevent the fabric from puckering or stretching out of shape.
 - Use a rotary cutter and a cutting mat to cut your fabric. This will give you a clean, straight cut.
 - Use an iron to press your seams after sewing. This will give your garment a finished look.
 - Here are some additional tips for setting up your tools and equipment to sew woven and stretch knit fabrics:
 - Make sure that your sewing machine is clean and well-maintained.

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- Have all of your tools and supplies within reach so that you don't have to waste time getting up and down.
- Place your sewing machine in a well-lit area.
- Use a comfortable chair that will allow you to maintain good posture while sewing.
- With a little practice, you will be able to set up your tools and equipment to sew woven and stretch knit fabrics like a pro! .

Self-check-1

Multiple Choices

1. Which of the following is NOT a tool needed to sew woven and stretch knit fabric in a garment?
(A) Sewing machine (B) Needles (C) Thread (D) Scissors (E) Iron
2. Which of the following is a good tip for sewing with stretch knit fabric?
(A) Use a ballpoint needle. (B) Use a stretch stitch. (C) Use a zigzag stitch. (D) All of the above
3. Which of the following is a good tip for sewing with woven fabric?
 1. It is important to iron your fabric before sewing
 2. You should use the same needle for all types of fabric.
 3. You should use a stretch stitch for sewing with stretch knit fabric.
 4. You should use a sharp needle for sewing with woven fabric
 5. You should backstitch to secure the beginning and end of seams.

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Unit two: - Plan garment construction sew woven and stretch knit fabrics

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- 2.1 Identifying Garment requirements
- 2.2 Determining machine requirement
- 2.3 Developing Garment construction plan

.This unit will also assist you to attain the learning outcomes stated in the cover page.

Specifically, upon completion of this learning guide, you will be able to:

- Identifying Garment requirements
 - Identifying stretchable fabric
 - Preparing work pieces, accessories and trims
 - Analyzing tech packs, design brief
 - Performing operation break down
- Determining machine requirement
- Developing Garment construction plan

2. Plan garment construction sew woven and stretch knit fabrics

When planning garment construction for woven and stretch knit fabrics, there are a few key things to keep in mind:

Fabric choice: The type of fabric you choose will affect the overall construction of your garment. Woven fabrics are typically more stable and easier to work with than stretch knit fabrics. However, stretch knit fabrics are more comfortable to wear and can be used to create a wider variety of garment styles.

Pattern selection: When choosing a pattern, make sure to select one that is designed for the type of fabric you will be using. Woven fabric patterns typically have more darts and seams to create a fitted look. Stretch knit fabric patterns are typically more forgiving and can be used to create a variety of different looks, from fitted to loose-fitting.

Seam allowances: Seam allowances should be adjusted depending on the type of fabric you are using. Woven fabrics typically require a smaller seam allowance (1/4 inch) than stretch knit fabrics (1/2 inch). This is because stretch knit fabrics need more room to stretch.

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Construction techniques: Certain construction techniques are better suited for woven fabrics, while others are better suited for stretch knit fabrics. For example, French seams are a good choice for woven fabrics, while flat felled seams are a good choice for stretch knit fabrics.

Here are some additional tips for planning garment construction for woven and stretch knit fabrics:

- Prewash your fabric. This will help to prevent the fabric from shrinking or puckering after you sew it.
 - ❖ Cut your fabric accurately. This will ensure that your garment fits well.
 - ❖ Use the correct needle and thread for the fabric you are sewing. Using the wrong needle or thread can damage the fabric and make it more likely to tear or pucker.
 - ❖ Be careful not to overstretch the fabric when sewing. Overstretching the fabric can cause it to lose its shape.
 - ❖ Use a stabilizer if you are sewing a stretch knit fabric that is very stretchy. A stabilizer will help to prevent the fabric from puckering or stretching out of shape.
 - ❖ Finish your seams neatly. This will give your garment a finished look and help to prevent the fabric from fraying.

With a little planning, you can create beautiful and well-fitting garments from both woven and stretch knit fabrics.

2.1 Identifying Garment requirements sew woven and stretch knit fabric

To identify garment requirements for sewing woven and stretch knit fabrics, you need to consider the following factors:

Fabric type: The type of fabric you choose will determine the overall construction of your garment. Woven fabrics are typically more stable and easier to work with than stretch knit fabrics. However, stretch knit fabrics are more comfortable to wear and can be used to create a wider variety of garment styles.

Garment style: The style of garment you want to create will also dictate the requirements for construction. For example, a fitted garment will require different construction techniques than a loose-fitting garment.

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Body type: Your body type will also play a role in determining the garment requirements. For example, if you have a curvy figure, you may need to make adjustments to the pattern or use different construction techniques to ensure a good fit.

Here are some specific garment requirements for sewing woven and stretch knit fabrics:

Woven fabrics:

- ❖ Woven fabrics can be used to create a wide variety of garment styles, from casual to formal.
- ❖ Woven fabrics require a shorter stitch length and a tighter tension than stretch knit fabrics.
- ❖ Woven fabrics can be pressed with a hot iron to create sharp seams and crisp edges.

❖ Stretch knit fabrics:

- ❖ Stretch knit fabrics are typically used to create comfortable, casual garments.
- ❖ Stretch knit fabrics require a longer stitch length and a looser tension than woven fabrics.
- ❖ Stretch knit fabrics should be pressed with a cool iron to avoid stretching the fabric.
- ❖ Here are some additional tips for identifying garment requirements for sewing woven and stretch knit fabrics:
 - ❖ Read the pattern instructions carefully. The pattern instructions will tell you what type of fabric to use and what construction techniques to follow.
 - ❖ If you are unsure about a particular garment requirement, consult a sewing book or website for guidance.
 - ❖ Experiment with different fabrics and construction techniques to find what works best for you.
- ❖ With a little practice, you will be able to identify the garment requirements for sewing woven and stretch knit fabrics and create beautiful, well-fitting garments.

2.2 Identifying stretchable fabric

To identify a stretchable fabric, you can look for the following characteristics:

- Content: Stretchable fabrics typically contain a high percentage of synthetic fibers, such as spandex, lycra, or polyester.

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- Weave: Stretchable fabrics are often woven or knitted in a way that allows them to stretch. For example, jersey fabric is a knitted fabric that is known for its stretchiness.
- Hand: Stretchable fabrics will feel soft and stretchy to the touch.

Here are some common examples of stretchable fabrics:

- ✓ Spandex
- ✓ Lycra
- ✓ Jersey
- ✓ Knit
- ✓ Neoprene
- ✓ Swimsuit fabric
- ✓ Dancewear fabric

If you are unsure whether or not a fabric is stretchable, you can try stretching it gently. If the fabric stretches easily and returns to its original shape, then it is a stretchable fabric.

Here are some additional tips for identifying stretchable fabrics:

- Read the fabric label. The fabric label will list the content of the fabric, which can give you an indication of whether or not it is stretchable.
- Ask a fabric salesperson for help. If you are shopping for fabric and you are unsure whether or not it is stretchable, ask a salesperson for help. They will be able to tell you whether or not the fabric is stretchable and what types of garments it is best suited for.
- Experiment with different fabrics. The best way to learn how to identify stretchable fabrics is to experiment with different fabrics. Try stretching different types of fabrics to see how they feel and how they return to their original shape.

2.3 Work pieces, accessories and trims sew woven and stretch knit fabric

To prepare work pieces, accessories, and trims for sewing woven and stretch knit fabrics, you will need to consider the following factors:

Fabric type: The type of fabric you are using will determine how you need to prepare your work pieces, accessories, and trims. Woven fabrics are typically more stable and easier to work with than stretch knit fabrics. However, stretch knit fabrics are more comfortable to wear and can be used to create a wider variety of garment styles.

Garment style: The style of garment you want to create will also dictate how you need to prepare your work pieces, accessories, and trims. For example, a fitted garment will require different preparation steps than a loose-fitting garment.

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Body type: Your body type will also play a role in how you need to prepare your work pieces, accessories, and trims. For example, if you have a curvy figure, you may need to make adjustments to the pattern or use different preparation techniques to ensure a good fit.

Here are some general tips for preparing work pieces, accessories, and trims for sewing woven and stretch knit fabrics:

- Prewash your fabric. This will help to prevent the fabric from shrinking or puckering after you sew it.
- Cut your fabric accurately. This will ensure that your garment fits well.
- Use the correct needle and thread for the fabric you are sewing. Using the wrong needle or thread can damage the fabric and make it more likely to tear or pucker.
- Be careful not to overstretch the fabric when sewing. Overstretching the fabric can cause it to lose its shape.
- Use a stabilizer if you are sewing a stretch knit fabric that is very stretchy. A stabilizer will help to prevent the fabric from puckering or stretching out of shape.
- Finish your seams neatly. This will give your garment a finished look and help to prevent the fabric from fraying.
- Here are some specific tips for preparing work pieces, accessories, and trims for sewing woven and stretch knit fabrics:
 - Woven fabrics:
 - Cut your work pieces accurately. Woven fabrics can be more difficult to cut than stretch knit fabrics, so it is important to cut your work pieces accurately. You can use a rotary cutter and a cutting mat to get a clean, straight cut.
 - Use a seam allowance that is appropriate for the fabric type and garment style. Woven fabrics typically require a smaller seam allowance (1/4 inch) than stretch knit fabrics (1/2 inch).
 - Use a stabilizer if you are sewing a woven fabric that is very lightweight or delicate. A stabilizer will help to prevent the fabric from puckering or stretching out of shape.
 - Press your seams after sewing. This will give your garment a finished look and help to prevent the fabric from fraying.
 - Stretch knit fabrics:
 - Cut your work pieces on the straight grain. This will help to prevent the fabric from stretching out of shape.

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- Use a seam allowance that is appropriate for the fabric type and garment style. Stretch knit fabrics typically require a larger seam allowance (1/2 inch) than woven fabrics (1/4 inch).
- Use a stabilizer if you are sewing a stretch knit fabric that is very lightweight or delicate. A stabilizer will help to prevent the fabric from puckering or stretching out of shape.
- Use a stretch needle and thread when sewing stretch knit fabrics. This will help to prevent the fabric from puckering or tearing.
- Do not overstretch the fabric when sewing. Overstretching the fabric can cause it to lose its shape.
- Accessories and trims:
 - Choose accessories and trims that are appropriate for the fabric type and garment style. For example, you would not want to use heavy-duty zippers on a lightweight fabric.
 - Prepare your accessories and trims according to the manufacturer's instructions. For example, you may need to prewash some accessories and trims before using them.

With a little planning and preparation, you can create beautiful and well-fitting garments from both woven and stretch knit fabrics.

2.4 Analyzing tech packs, design brief

Analyzing tech packs, design brief sew woven and stretch knite fabric

When analyzing tech packs and design briefs for sewing woven and stretch knit fabrics, it is important to consider the following factors:

Fabric type: The type of fabric you are using will affect the overall construction of your garment. Woven fabrics are typically more stable and easier to work with than stretch knit fabrics. However, stretch knit fabrics are more comfortable to wear and can be used to create a wider variety of garment styles.

Garment style: The style of garment you want to create will also dictate the construction techniques you need to use. For example, a fitted garment will require different construction techniques than a loose-fitting garment.

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Body type: Your body type will also play a role in determining the construction techniques you need to use. For example, if you have a curvy figure, you may need to make adjustments to the pattern or use different construction techniques to ensure a good fit.

Tech pack: The tech pack is a document that provides detailed instructions for sewing a garment. It will include information on the following:

- ❖ Fabric type and quantity
- ❖ Garment style and construction techniques
- ❖ Hardware and trim requirements
- ❖ Packaging and shipping instructions

Design brief: The design brief is a document that describes the desired look and feel of the garment. It will include information on the following:

- ❖ Target audience
- ❖ Garment style and silhouette
- ❖ Color palette and fabric textures
- ❖ Embellishments and trims

Analyzing the tech pack and design brief:

When analyzing the tech pack and design brief, it is important to make sure that the two documents are aligned. The tech pack should provide the information needed to sew a garment that meets the design brief.

Here are some specific things to look for when analyzing the tech pack and design brief:

- Make sure that the fabric type and quantity specified in the tech pack are appropriate for the garment style and silhouette described in the design brief. For example, you would not want to use a lightweight fabric for a fitted garment.
- Make sure that the construction techniques specified in the tech pack are appropriate for the garment style and fabric type. For example, you would not want to use French seams on a stretch knit fabric.
- Make sure that the hardware and trim requirements specified in the tech pack are appropriate for the garment style and target audience. For example, you would not want to use heavy-duty zippers on a delicate fabric.
- Make sure that the packaging and shipping instructions specified in the tech pack are appropriate for the garment style and fabric type. For example, you would not want to ship a delicate garment in a plastic bag.

By carefully analyzing the tech pack and design brief, you can ensure that you are able to sew a garment that meets the designer's vision and that is also well-made and durable.

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2.5 Performing operation break down sew woven and stretch knit fabric

To perform an operation breakdown for sewing woven and stretch knit fabrics, you will need to consider the following factors:

Fabric type: The type of fabric you are using will affect the overall construction of your garment. Woven fabrics are typically more stable and easier to work with than stretch knit fabrics. However, stretch knit fabrics are more comfortable to wear and can be used to create a wider variety of garment styles.

Garment style: The style of garment you want to create will also dictate the construction techniques you need to use. For example, a fitted garment will require different construction techniques than a loose-fitting garment.

Body type: Your body type will also play a role in determining the construction techniques you need to use. For example, if you have a curvy figure, you may need to make adjustments to the pattern or use different construction techniques to ensure a good fit.

Construction techniques: There are a variety of construction techniques that can be used to sew woven and stretch knit fabrics. Some common construction techniques include:

* **French seams:** French seams are a good choice for woven fabrics because they enclose the raw edges of the fabric, preventing fraying.

Operation breakdown:

Once you have considered the fabric type, garment style, body type, and construction techniques, you can begin to perform an operation breakdown. This involves breaking down the sewing process into individual steps.

For example, here is a sample operation breakdown for sewing a simple woven skirt:

1. Prepare the fabric by prewashing and ironing it.
2. Cut out the skirt pieces according to the pattern.
3. Sew the darts together.
4. Sew the side seams together.
5. Hem the skirt.
6. Attach the waistband.
7. Press the finished skirt.

For a stretch knit skirt, the operation breakdown would be similar, but you would need to use different construction techniques, such as flat felled seams or serged seams.

Here are some additional tips for performing an operation breakdown:

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- Break down the sewing process into small, manageable steps.
- Consider the fabric type, garment style, body type, and construction techniques when developing your operation breakdown.
- Be flexible and adapt your operation breakdown as needed. For example, you may need to add or remove steps depending on the specific garment you are sewing.

By following these tips, you can develop an operation breakdown that will help you to sew woven and stretch knit fabrics efficiently and effectively.

2.6 Determining machine requirement sew woven and stretch knit fabric

To determine the machine requirement for sewing woven and stretch knit fabrics, you need to consider the following factors:

Fabric type: The type of fabric you are using will determine the type of sewing machine you need. Woven fabrics can be sewn on a standard sewing machine. However, stretch knit fabrics require a serger or a sewing machine with a stretch stitch capability.

Garment style: The style of garment you want to create will also dictate the type of sewing machine you need. For example, if you are sewing a garment with a lot of intricate details, you may need a sewing machine with more features.

Budget: Sewing machines can range in price from a few hundred dollars to several thousand dollars. It is important to set a budget before you start shopping for a sewing machine.

Here are some specific sewing machine recommendations for sewing woven and stretch knit fabrics:

Woven fabrics:

- **Standard sewing machine:** Any standard sewing machine will be able to sew woven fabrics. However, if you are seeing a lot of woven fabrics, you may want to invest in a sewing machine with more features, such as a needle threaded and a built-in bobbin winder.
- **Stretch knit fabrics:**
- **Serger:** A serger is the ideal machine for sewing stretch knit fabrics. It trims, sews, and finishes the seam all in one step.
- **Sewing machine with a stretch stitch capability:** If you do not have a serger, you can still sew stretch knit fabrics on a sewing machine with a stretch stitch capability. However, it is important to use a ballpoint needle and a stretch thread when sewing stretch knit fabrics on a sewing machine.
- **Additional tips for choosing a sewing machine:**

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- Read reviews of different sewing machines before you make a purchase.
- Try out different sewing machines at a local sewing machine store.
- Consider your needs and budget when choosing a sewing machine.

By following these tips, you can choose the right sewing machine for your needs and budget.

Developing Garment construction plan sew woven and stretch knit fabric

o develop a garment construction plan for sewing woven and stretch knit fabrics, you will need to consider the following factors:

- Fabric type: The type of fabric you are using will determine the construction techniques you need to use. Woven fabrics are typically more stable and easier to work with than stretch knit fabrics. However, stretch knit fabrics are more comfortable to wear and can be used to create a wider variety of garment styles.
- Garment style: The style of garment you want to create will also dictate the construction techniques you need to use. For example, a fitted garment will require different construction techniques than a loose-fitting garment.
- Body type: Your body type will also play a role in determining the construction techniques you need to use. For example, if you have a curvy figure, you may need to make adjustments to the pattern or use different construction techniques to ensure a good fit.
- Construction techniques: There are a variety of construction techniques that can be used to sew woven and stretch knit fabrics. Some common construction techniques include:
 - ✓ French seams: French seams are a good choice for woven fabrics because they enclose the raw edges of the fabric, preventing fraying.
 - ✓ Flat felled seams: Flat felled seams are a good choice for stretch knit fabrics because they are durable and stretchy.

Once you have considered all of these factors, you can begin to develop a garment construction plan. Here are some general steps to follow:

1. Read the pattern instructions carefully. The pattern instructions will tell you what construction techniques to use and what order to sew the garment pieces together.
2. Make a muslin prototype. A muslin prototype is a practice garment made from inexpensive fabric. It is a good way to test the fit of the pattern and to make any necessary adjustments.
3. Prepare your fabric. This includes prewashing and ironing the fabric.
4. Cut out the garment pieces according to the pattern.

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5. Sew the garment pieces together. Be sure to use the appropriate construction techniques for the fabric type and garment style.
6. Press the finished garment.

Self-check-2

Multiple choices

1. Which of the following is the most important factor to consider when planning the construction of a garment?
 - A. The type of fabric
 - B. The style of the garment
 - C. The skill level of the seamstress
 - D. The budget
2. Which of the following is the best way to sew a seam in a woven fabric?
 - A. Use a straight stitch
 - B. Use a zigzag stitch
 - C. Use a serger
 - D. Use a combination of stitches
3. Which of the following is the best way to sew a seam in a stretch knit fabric?
 - A. Use a straight stitch
 - B. Use True
 - C. Use a serger
 - D. Use a combination of stitches
1. It is important to pre-wash all fabrics before sewing.
2. You should use a sharp needle when sewing woven fabrics.
3. You should use a ballpoint needle when sewing stretch knit fabrics.
4. You should use a longer stitch length when sewing woven fabrics.

You should use a shorter stitch length when sewing stretch knit fabrics.

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Unit three: - Prepare work pieces sew woven and stretch knit fabrics

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- 3.1 Sorting work pieces in accordance to assembling requirement.
- 3.2 Receiving work bundle with information.
- 3.3 Checking work pieces according to assembling plan.

.This unit will also assist you to attain the learning outcomes stated in the cover page.

Specifically, upon completion of this learning guide, you will be able to:

- Sorting work pieces in accordance to assembling requirement.
- Receiving work bundle with information.
- Checking work pieces according to assembling plan.

3Prepare work pieces sew woven and stretch knit fabrics

To prepare work pieces for sewing woven and stretch knit fabrics, you will need to consider the

Following factors:

Fabric type: The type of fabric you are using will determine how you need to prepare your work pieces. Woven fabrics are typically more stable and easier to work with than stretch knit fabrics. However, stretch knit fabrics are more comfortable to wear and can be used to create a wider variety of garment styles.

Garment style: The style of garment you want to create will also dictate how you need to prepare your work pieces. For example, a fitted garment will require different preparation steps than a loose-fitting garment.

Body type: Your body type will also play a role in how you need to prepare your work pieces. For example, if you have a curvy figure, you may need to make adjustments to the pattern or use different preparation techniques to ensure a good fit.

Here are some general tips for preparing work pieces for sewing woven and stretch knit fabrics:

- ❖ Prewash your fabric. This will help to prevent the fabric from shrinking or puckering after you sew it.

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- ❖ Cut your fabric accurately. This will ensure that your garment fits well.
- ❖ Use the correct needle and thread for the fabric type you are sewing. Using the wrong needle or thread can damage the fabric and make it more likely to tear or pucker.
- ❖ Be careful not to overstretch the fabric when sewing. Overstretching the fabric can cause it to lose its shape.
- ❖ Use a stabilizer if you are sewing a stretch knit fabric that is very stretchy. A stabilizer will help to prevent the fabric from puckering or stretching out of shape.
- ❖ Here are some specific tips for preparing work pieces for sewing woven and stretch knit fabrics:
 - ❖ Woven fabrics:
 - ❖ Cut your work pieces accurately. Woven fabrics can be more difficult to cut than stretch knit fabrics, so it is important to cut your work pieces accurately. You can use a rotary cutter and a cutting mat to get a clean, straight cut.
 - ❖ Use a seam allowance that is appropriate for the fabric type and garment style. Woven fabrics typically require a smaller seam allowance (1/4 inch) than stretch knit fabrics (1/2 inch).
 - ❖ Use a stabilizer if you are sewing a woven fabric that is very lightweight or delicate. A stabilizer will help to prevent the fabric from puckering or stretching out of shape.
 - ❖ Press your seams after sewing. This will give your garment a finished look and help to prevent the fabric from fraying.
 - ❖ Stretch knit fabrics:
 - ❖ Cut your work pieces on the straight grain. This will help to prevent the fabric from stretching out of shape.
 - ❖ Use a seam allowance that is appropriate for the fabric type and garment style. Stretch knit fabrics typically require a larger seam allowance (1/2 inch) than woven fabrics (1/4 inch).
 - ❖ Use a stabilizer if you are sewing a stretch knit fabric that is very lightweight or delicate. A stabilizer will help to prevent the fabric from puckering or stretching out of shape.
 - ❖ Use a stretch needle and thread when sewing stretch knit fabrics. This will help to prevent the fabric from puckering or tearing.
 - ❖ Do not overstretch the fabric when sewing. Overstretching the fabric can cause it to lose its shape.
- ❖ Once you have prepared your work pieces, you are ready to start sewing!

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3.1 Assembling requirement sew woven and stretch knit fabric

To sort work pieces in accordance with assembling requirements for sewing woven and stretch knit fabrics, you can follow these steps:

1. Identify the assembling requirements. This includes identifying the order in which the work pieces need to be sewn together, as well as any special requirements, such as using a stabilizer or using a stretch stitch.
2. Group the work pieces according to the assembling requirements. For example, you might group all of the work pieces that need to be sewn together with a French seam, or all of the work pieces that need to be sewn together with a stretch stitch.
3. Within each group, sort the work pieces in the order in which they need to be sewn together. For example, if you are sewing a skirt, you would sort the skirt pieces in the order in which they need to be sewn together, such as from the waistband to the hem.
4. Place the work pieces in a convenient location so that you can easily access them when you are ready to sew.

Here are some additional tips for sorting work pieces in accordance with assembling requirements:

- ✓ Use a work order system to help you keep track of the work pieces and the assembling requirements.
- ✓ Label the work pieces with their corresponding assembling requirements. This will help you to quickly identify the work pieces that you need to sew together.
- ✓ If you are sewing a complex garment, it may be helpful to create a diagram that shows the assembling requirements.
- ✓ Take your time and be careful when sorting the work pieces. It is important to make sure that the work pieces are sorted in the correct order so that you can sew the garment together correctly.
- ✓ By following these tips, you can sort work pieces in accordance with assembling requirements efficiently and effectively. This will help you to sew woven and stretch knit fabrics with ease and confidence.

3.2. Work bundle with information sew woven and stretch knit fabric

To receive a work bundle with information to sew woven and stretch knit fabrics, you can follow these steps:

1. Identify the source of the work bundle. This could be a customer, a supervisor, or a colleague.
2. Determine the format of the work bundle. This could be a physical bundle of paperwork, a digital file, or an email.

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3. Receive the work bundle. If the work bundle is physical, you can pick it up from the source or have it delivered to you. If the work bundle is digital, you can download it from the source or have it emailed to you.
4. Review the work bundle information. This includes reviewing the garment style, the fabric type, the construction techniques required, and any other relevant information.
5. Ask clarifying questions if needed. If you have any questions about the work bundle information, be sure to ask the source for clarification.

Here are some additional tips for receiving a work bundle with information to sew woven and stretch knit fabrics:

- ❖ Make sure that the work bundle is complete and that all of the necessary information is included.
- ❖ Review the work bundle information carefully to make sure that you understand the requirements.
- ❖ Ask clarifying questions if needed.
- ❖ Keep the work bundle information in a safe place so that you can refer to it as needed.
- ❖ By following these tips, you can receive a work bundle with information to sew woven and stretch knit fabrics efficiently and effectively. This will help you to ensure that you have all of the necessary information to sew the garment correctly.

Here are some examples of information that may be included in a work bundle for sewing woven and stretch knit fabrics:

- ✓ Garment style
- ✓ Fabric type
- ✓ Construction techniques required
- ✓ Sizing information
- ✓ Hardware and trim requirements
- ✓ Packaging and shipping instructions
- ✓ Any other relevant information, such as special requests from the customer

Once you have received the work bundle information, you can begin to plan and prepare for the sewing process.

3.3 Assembling plan sew woven and stretch knit fabric

To check work pieces according to assembling plan for sewing woven and stretch knit fabrics, you can follow these steps:

1. Review the assembling plan. This will help you to understand the order in which the work pieces need to be sewn together, as well as any special requirements, such as using a stabilizer or using a stretch stitch.

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2. Inspect each work piece. Make sure that the work pieces are cut accurately, that the seams are finished neatly, and that there are no defects in the fabric.
3. Compare the work pieces to the assembling plan. Make sure that the work pieces are the correct size and that they are cut in the correct direction.
4. Identify any discrepancies. If you find any discrepancies between the work pieces and the assembling plan, make the necessary corrections before proceeding with the sewing process.

Here are some additional tips for checking work pieces according to assembling plan:

- ❖ Use a good quality light source to inspect the work pieces. This will help you to identify any defects in the fabric or the seams.
- ❖ Use a magnifying glass to inspect the work pieces closely. This can be helpful for identifying small defects.
- ❖ If you are sewing a complex garment, it may be helpful to create a checklist to help you track the work pieces and ensure that they are all checked.
- ❖ Take your time and be careful when checking the work pieces. It is important to make sure that all of the work pieces are in good condition before proceeding with the sewing process.
- ❖ By following these tips, you can check work pieces according to assembling plan efficiently and effectively. This will help you to ensure that the garment is sewn correctly and that it has a high-quality finish.
- ❖ Here are some specific things to look for when checking work pieces according to assembling plan:
 - ❖ Make sure that the work pieces are the correct size and that they are cut in the correct direction.
 - ❖ Make sure that the seams are finished neatly and that there are no loose threads.
 - ❖ Make sure that there are no defects in the fabric, such as holes, tears, or stains.
 - ❖ Once you have checked all of the work pieces and verified that they are in good condition, you can begin the sewing process.

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Self-check-3

Multiple Choices

- Which of the following is NOT a type of woven fabric?
 - Denim
 - Knit
 - Cotton
 - Poplin
 - Which of the following is a type of stitch that is often used to sew seams in knit fabrics?
 - Backstitch
 - Zigzag stitch
 - Serger stitch
 - All of the above
 - What is the best way to prepare a woven fabric for sewing?
 - Iron it flat
 - Preshrink it
 - Both A and B
 - None of the above
- Knit fabrics are stretchier than woven fabrics.
 - It is important to use a sharp needle when sewing knit fabrics.
 - You should use a longer stitch length when sewing knit fabrics.
 - You should always use serge to finish the seams in knit fabrics.

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Unit four: - Adjust Machine Settings sew woven and stretch knit fabrics

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

4.1 Setting up workbench

4.2 Setting up sewing and pressing tools and equipment.

.This unit will also assist you to attain the learning outcomes stated in the cover page.

Specifically, upon completion of this learning guide, you will be able to:

- Setting up workbench
- Setting up sewing and pressing tools and equipment.
- Checking work pieces according to assembling plan

1. Sew woven and stretch knit fabrics

To adjust machine settings for sewing woven and stretch knit fabrics, you will need to consider the following factors:

- ❖ Fabric type: The type of fabric you are using will determine the machine settings you need to use. Woven fabrics are typically more stable and easier to work with than stretch knit fabrics. However, stretch knit fabrics are more comfortable to wear and can be used to create a wider variety of garment styles.
- ❖ Garment style: The style of garment you want to create will also dictate the machine settings you need to use. For example, a fitted garment will require different machine settings than a loose-fitting garment.
- ❖ Body type: Your body type will also play a role in determining the machine settings you need to use. For example, if you have a curvy figure, you may need to adjust the stitch length or tension to ensure a good fit.
- ❖ Woven fabrics:
 - ✓ Use a standard sewing needle and thread.
 - ✓ Set the stitch length to 2.5-3.0 mm.
 - ✓ Set the stitch tension to 4-5.
- ❖ Stretch knit fabrics:

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- ✓ Use a stretch needle and thread.
- ✓ Set the stitch length to 3.0-3.5 mm.
- ✓ Set the stitch tension to 3-4.

It is important to note that these are just general guidelines. You may need to adjust the machine settings depending on the specific fabric type and garment style. It is a good idea to sew a test seam on a scrap of fabric before starting to sew the garment. This will help you to ensure that the machine settings are correct and that the fabric is sewing well.

Here are some additional tips for adjusting machine settings for sewing woven and stretch knit fabrics:

- ❖ If you are sewing a very stretchy fabric, you may need to use a stabilizer to prevent the fabric from puckering or stretching out of shape.
- ❖ If you are sewing a garment with a lot of curves, you may need to use a differential feed to prevent the fabric from puckering.
- ❖ If you are having trouble sewing a particular fabric, consult your sewing machine manual or ask a more experienced sewist for help.
- ❖ By following these tips, you can adjust machine settings for sewing woven and stretch knit fabrics efficiently and effectively. This will help you to produce high-quality garments that will last for years to come.

4.1 Work bench sew woven and stretch knit fabric

To set up a workbench for sewing woven and stretch knit fabrics, you will need the following:

- A sturdy table or workbench
- A good quality sewing machine
- A variety of sewing needles and threads
- Other sewing supplies, such as scissors, pins, and a seam ripper
- A light source
- A comfortable chair

Once you have gathered your supplies, you can begin to set up your workbench.

Here are some tips:

- ❖ Place your sewing machine in a well-lit area.
- ❖ Make sure that your workbench is at a comfortable height for you.
- ❖ Arrange your supplies so that they are within easy reach.
- ❖ Have a trash can or recycling bin nearby for disposing of scraps and waste.



- ❖ Here are some additional tips for setting up your workbench for sewing woven and stretch knit fabrics:
- ❖ If you have a lot of sewing supplies, you may want to invest in a storage cart or organizer. This will help you to keep your supplies organized and tidy.
- ❖ If you have a small workspace, you may want to consider using a folding sewing table. This type of table can be folded up and stored away when you are not using it.
- ❖ If you are sewing a lot of stretch knit fabrics, you may want to consider using a differential feed. A differential feed will help to prevent the fabric from puckering or stretching out of shape.
- ❖ By following these tips, you can set up a workbench for sewing woven and stretch knit fabrics that is efficient, functional, and comfortable.
- ❖ Here are some additional items that you may want to include on your workbench:
- ❖ A pressing iron and ironing board
- ❖ A cutting mat and rotary cutter
- ❖ A serger (optional)
- ❖ A variety of sewing machine attachments (optional)

The specific items that you need on your workbench will depend on the types of projects that you sew and your personal preferences.

4.2 Pressing tools and equipment sew woven and stretch knit fabric

To set up sewing and pressing tools and equipment to sew woven and stretch knit fabrics, you will need the following:

Sewing tools and equipment:

- ✓ Sewing machine
- ✓ Variety of sewing needles and threads
- ✓ Scissors
- ✓ Pins
- ✓ Seam ripper
- ✓ Measuring tape
- ✓ Marking pen or pencil
- ✓ Seam gauge
- ✓ Iron
- ✓ Ironing board
- ✓ Pressing cloth
- ✓ Tailor's ham (optional)
- ✓ Clapper (optional)
- ✓ Serger (optional)

Additional tools and equipment for sewing stretch knit fabrics:

- ✓ Stretch needles
- ✓ Stretch thread
- ✓ Ballpoint pins
- ✓ Stabilizer (optional)
- ✓ Differential feed (optional)

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Once you have gathered your supplies, you can begin to set up your sewing and pressing area.

Here are some tips:

- ❖ Place your sewing machine in a well-lit area.
- ❖ Make sure that your sewing table or workbench is at a comfortable height for you.
- ❖ Arrange your supplies so that they are within easy reach.
- ❖ Have a trash can or recycling bin nearby for disposing of scraps and waste.
- ❖ Setting up your sewing machine:
 - ❖ Insert the correct needle and thread for the fabric type you are sewing.
 - ❖ Set the stitch length and tension to the appropriate settings for the fabric type and garment style.
 - ❖ If you are sewing a stretch knit fabric, use a stretch needle and thread. You may also want to use a stabilizer to prevent the fabric from puckering or stretching out of shape.
- ❖ Setting up your ironing board:
 - ❖ Place your ironing board at a comfortable height for you.
 - ❖ Cover the ironing board with a pressing cloth. This will help to protect the fabric and prevent it from sticking to the iron.
 - ❖ Always press seams on the wrong side of the fabric.
 - ❖ Use the appropriate heat setting for the fabric type you are sewing.
 - ❖ Test the heat setting on a scrap of fabric before pressing the garment.
 - ❖ Use steam to help press seams flat.
 - ❖ Be careful not to over-press, as this can damage the fabric.



Self-check-4

Multiple choices:

1. Which of the following needle types is best for sewing stretch knit fabrics?

- (a) Universal needle
- (b) Ballpoint needle
- (c) Stretch needle
- (d) All of the above

2. Which of the following stitch types is best for sewing stretch knit fabrics?

- (a) Straight stitch
- (b) Zigzag stitch
- (c) Stretch stitch
- (d) All of the above

3. Which of the following presser foot pressures is best for sewing stretch knit fabrics?

- (a) Low
- (b) Medium
- (c) High
- (d) All of the above

True or false:

- 1. You should use a straight stitch when sewing stretch knit fabrics.
- 2. You should use a universal needle when sewing stretch knit fabrics.
- 3. You should use a high presser foot pressure when sewing stretch knit fabrics.

Operation Sheet Procedures: Adjust Machine Settings for Sewing Woven and Stretch Knit Fabric

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Unit five: - Identify Machine Performances sew woven and stretch knit fabrics

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

5.1 Check Performance of machine.

.This unit will also assist you to attain the learning outcomes stated in the cover page.

Specifically, upon completion of this learning guide, you will be able to:

- Checking Performance of machine.

Identify machine performances for sewing woven and stretch knit fabrics, you can consider the

5. Machine Performances woven and stretch knit fabrics sewing

following factors:

Fabric type: The type of fabric you are sewing will determine the machine performance requirements. Woven fabrics are typically more stable and easier to work with than stretch knit fabrics. However, stretch knit fabrics are more comfortable to wear and can be used to create a wider variety of garment styles.

Garment style: The style of garment you want to create will also dictate the machine performance requirements. For example, a fitted garment will require different machine performance capabilities than a loose-fitting garment.

Body type: Your body type will also play a role in determining the machine performance requirements. For example, if you have a curvy figure, you may need to use a sewing machine with a differential feed to prevent the fabric from puckering or stretching out of shape.

Here are some specific machine performance features to consider when sewing woven and stretch knit fabrics:

- ❖ **Stitch quality:** The sewing machine should be able to produce high-quality stitches that are consistent and even.
- ❖ **Stitch variety:** The sewing machine should have a variety of stitch options to choose from, including straight stitch, zigzag stitch, stretch stitch, and serger stitch.
- ❖ **Stitch length and tension adjustability:** The sewing machine should allow you to adjust the stitch length and tension to suit the fabric type and garment style.

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- ❖ Differential feed: A differential feed is a feature that helps to prevent the fabric from puckering or stretching out of shape. This is especially important when sewing stretch knit fabrics.
- ❖ Needle and thread compatibility: The sewing machine should be compatible with a variety of needle and thread types. This will allow you to sew a wide variety of fabrics.

Here are some additional tips for identifying machine performances for sewing woven and stretch knit fabrics:

- ❖ Read the sewing machine manual carefully to learn about the different features and capabilities of the machine.
- ❖ Experiment with different stitch settings and needle and thread types to see what works best for the fabric type and garment style you are sewing.
- ❖ Ask a more experienced sewist for help if you are having trouble with your sewing machine.

By considering the factors listed above, you can identify the machine performance requirements for sewing woven and stretch knit fabrics. This will help you to choose the right sewing machine for your needs and to produce high-quality garments.

5.1 Performance of woven and stretch knit fabric sewing machine

To check the performance of your sewing machine for sewing woven and stretch knit fabrics, you can follow these steps:

1. Clean and lubricate your sewing machine. This will help to ensure that the machine is running smoothly.
2. Sew a test seam on a scrap of fabric. This will help you to identify any problems with the machine's performance.
3. Inspect the test seam. Make sure that the stitches are even and consistent. There should be no puckering or stretching of the fabric.
4. Adjust the stitch length and tension if needed.
5. Repeat steps 2-4 until you are satisfied with the results.

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Self-check-5

Multiple choices:

1. What is the most important factor to consider when choosing a sewing machine for sewing woven and stretch knit fabrics?

A. The type of fabric you will be sewing C. The price of the sewing machine
B. The features of the sewing machine D. The brand of the sewing machine

2. Which of the following sewing machine features is most important for sewing stretch knit fabrics?

A. A differential feed C. A stretch needle
B. A walking foot D. All of the above

3. Which of the following settings is typically recommended for sewing woven fabrics?

A. A longer stitch length C. A higher stitch tension
B. A shorter stitch length D. A lower stitch tension

4. Which of the following settings is typically recommended for sewing stretch knit fabrics?

A. A longer stitch length C. A higher stitch tension
B. A shorter stitch length D. A lower stitch tension

5. Which of the following tips is helpful for sewing stretch knit fabrics without puckering?

A. Use a ballpoint needle. D. All of the above

B. Use a stretch needle.

True/false:

C. Use a stretch stitch.

1. It is important to use a sharp needle when sewing both woven and stretch knit fabrics.
2. You should use a longer stitch length when sewing woven fabrics than when sewing stretch knit fabrics
3. You should use a higher stitch tension when sewing stretch knit fabrics than when sewing woven fabrics.
4. It is helpful to use a ballpoint needle when sewing stretch knit fabrics to prevent puckering.
5. You should use a differential feed and a walking foot when sewing stretch knit fabrics to help prevent puckering.

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Unit six:- Sew Garment sew woven and stretch knit fabrics

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- 6.1 Sewing stretchable woven and knitted fabric
- 6.2 Checking the garment as per quality standard /requirement
- 6.3 Follow OHS practice.

.This unit will also assist you to attain the learning outcomes stated in the cover page.

Specifically, upon completion of this learning guide, you will be able to:

- Sewing stretchable woven and knitted fabric
- Checking the garment as per quality standard /requirement
- Following OHS practice.

1. Sew woven and stretch knit fabrics Garment

To sew a garment using woven and stretch knit fabrics, you will need to follow these steps

1. Plan your garment. This includes choosing a pattern, selecting fabrics, and determining the construction techniques you will use.
2. Prepare your fabrics. This includes washing and ironing the fabrics, and cutting out the garment pieces.
3. Sew the garment together. Follow the instructions in your pattern to sew the garment pieces together. Be sure to use the appropriate construction techniques for the fabric type.
4. Finish the garment. This includes hemming the edges, pressing the seams, and attaching any hardware or trim.

6.1 Sewing stretchable woven and knitted fabric

Sewing stretchable woven and knitted fabric can be a bit more challenging than sewing non-stretchy fabrics, but it is definitely possible to sew beautiful and comfortable garments with these fabrics.

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- ❖ Use the right needle and thread. Stretchable fabrics require a ballpoint needle, which will help to prevent the fabric from being damaged. You should also use a stretch thread, which will allow the seam to stretch with the fabric.
- ❖ Adjust your machine settings. You may need to adjust your machine settings to sew stretchy fabrics. For example, you may need to use a longer stitch length or a lower tension setting.
- ❖ Be careful not to overstretch the fabric. When sewing stretchy fabrics, it is important to be careful not to overstretch the fabric. This can cause the fabric to pucker or lose its shape.
- ❖ Use a stabilizer. If you are sewing a very stretchy fabric, you may want to use a stabilizer to help prevent the fabric from puckering or stretching out of shape.
- ❖ Finish the seams. It is important to finish the seams on stretchy fabrics to prevent them from fraying. You can use a serger to finish the seams, or you can zigzag stitch over the raw edges of the fabric.

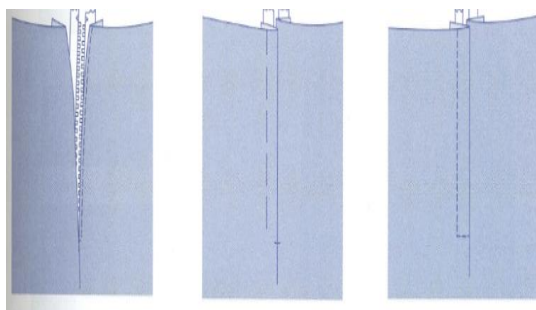
Garment which includes multiple pieces and styles such as

- | | | |
|---------------|---------------|-------------------|
| ✓ sleeves | ✓ welt | ✓ dresses, |
| ✓ collars | ✓ style lines | ✓ unstructured |
| ✓ trims | ✓ shirts, | jackets, skirts,: |
| ✓ side pocket | ✓ trousers, | |

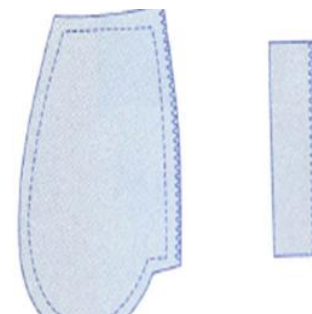
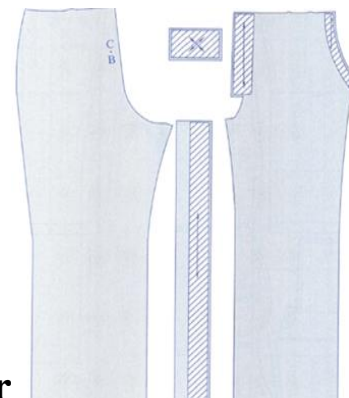
6.1.1 SHIRT PREPARATION



6.1.2 zipe



6.1.3 Trouser



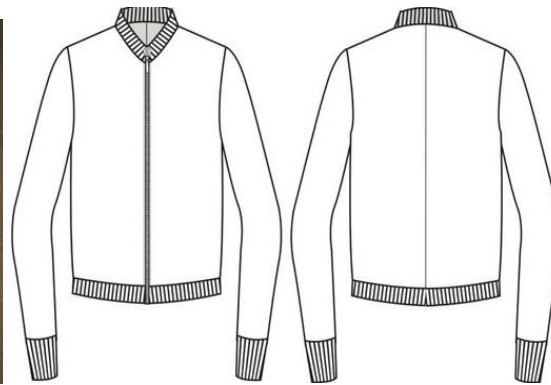
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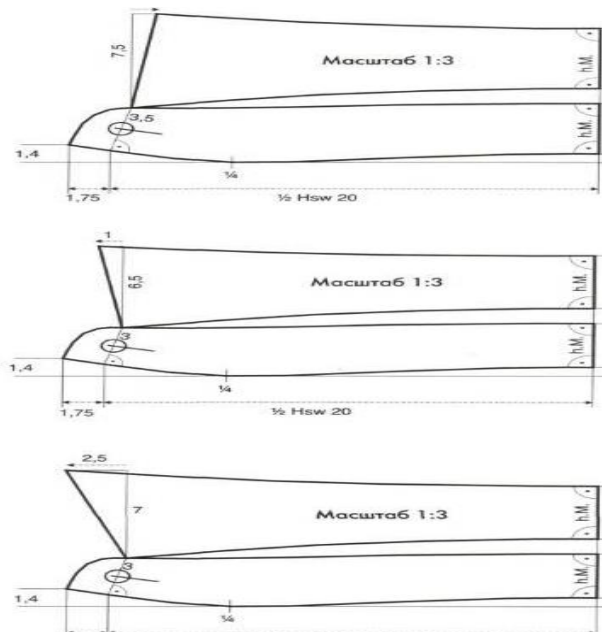
6.1.4 welt pocket



6.1.5 shirt collars



6.1.6 jackets,



6.2 Quality standard /requirement sew woven and stretch knit fabric

To check a garment sewn with woven and stretch knit fabrics as per quality standards and requirements, you should consider the following:

- **Fabric:** Check the fabric for any defects, such as holes, tears, or stains. Make sure that the fabric is the correct type and weight for the garment style.
- **Construction:** Check the construction of the garment for any errors, such as unfinished seams, uneven stitching, or puckering. Make sure that the garment is assembled correctly and that all of the pieces are in the correct order.
- **Finish:** Check the finish of the garment for any imperfections, such as loose threads, fraying seams, or uneven hems. Make sure that the garment is finished to a high standard.

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- Here are some additional tips for checking the quality of a garment sewn with woven and stretch knit fabrics:
- Use a good light source. This will help you to identify any defects in the fabric or construction.
- Use a magnifying glass to inspect the garment closely. This can be helpful for identifying small defects.
- Compare the garment to the pattern. Make sure that the garment is the correct size and that it is assembled correctly.
- Try on the garment to make sure that it fits well. There should be no puckering or binding, and the garment should be comfortable to wear.
- If you find any defects in the garment, you can either correct them yourself or return the garment to the manufacturer or retailer.
- Here are some specific quality standards that you can check for when sewing woven and stretch knit fabrics:
- Seam quality: The seams should be even and consistent, and there should be no loose threads or puckering.
- Stitch length and tension: The stitch length and tension should be appropriate for the fabric type and garment style.
- Differential feed: If the fabric is very stretchy, make sure that the differential feed is working properly. This will help to prevent the fabric from puckering or stretching out of shape.
- Needle and thread compatibility: Make sure that you are using the correct needle and thread for the fabric type.
- Finishing: The edges of the garment should be finished neatly, and there should be no fraying.
- Fit: The garment should fit well and be comfortable to wear.
- By following these tips, you can check the quality of a garment sewn with woven and stretch knit fabrics and ensure that it meets your standards and requirements.

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Self-check-6

Multiple choices

1. What type of needle should you use to sew knit fabrics?
 - A. Universal needle
 - B. Ballpoint needle
 - C. Sharp needle
 - D. Any of the above
 2. What type of stitch should you use to sew knit seams?
 - A. Straight stitch
 - B. Zigzag stitch
 - C. Serged stitch
 - D. Any of the above
 3. What is the best way to hem a knit fabric?
 - A. With a zigzag stitch
 - B. With a serged seam
 - C. With a double fold hem
 - D. Any of the above
1. You can use the same needle and thread to sew both woven and knit fabrics. False
 2. You should stretch knit fabrics as you sew them. False
 3. It is important to finish the edges of knit fabrics to prevent them from fraying. True

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Unit seven: - Complete Work sew woven and stretch knit fabrics

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- 7.1 Inspecting and checking garment products
- 7.2 Recording inspected results and action taken
- 7.3 Recording Preventative action taken.
- 7.4 Completing production records and package
- 7.5 Directing completed work to next work task

.This unit will also assist you to attain the learning outcomes stated in the cover page.

Specifically, upon completion of this learning guide, you will be able to:

- Inspecting and checking garment products
- Recording inspected results and action taken
- Recording Preventative action taken.
- Completing production records and package
- Directing completed work to next work task

To complete work sewing woven and stretch knit fabrics, you can follow these steps:

1. Plan your project. This includes choosing a pattern, selecting fabrics, and determining the construction techniques you will use.
2. Prepare your fabrics. This includes washing and ironing the fabrics, and cutting out the garment pieces.
3. Sew the garment together. Follow the instructions in your pattern to sew the garment pieces together. Be sure to use the appropriate construction techniques for the fabric type.
4. Finish the garment. This includes hemming the edges, pressing the seams, and attaching any hardware or trim.
5. Inspect the garment. Check the garment for any defects, such as loose threads, uneven stitching, or puckering. Make any necessary corrections.
6. Press the garment. Give the garment a final press to remove any wrinkles and give it a polished look.

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Here are some additional tips for completing work sewing woven and stretch knit fabrics:

- Take your time and sew slowly and carefully. This will help you to produce high-quality work.

With a little practice, you will be completing work sewing woven and stretch knit fabrics with confidence and ease.

7.1 Inspect and checking woven and stretch knit fabric garment products

To inspect and check garment products sewn with woven and stretch knit fabrics, you should consider the following:

Fabric:

- ❖ Check the fabric for any defects, such as holes, tears, stains, or discoloration.
- ❖ Make sure that the fabric is the correct type and weight for the garment style.
- ❖ Ensure that the fabric has been properly prepared, such as washed and ironed.
- ❖ Construction:
 - ❖ Check the construction of the garment for any errors, such as unfinished seams, uneven stitching, puckering, or bagging.
 - ❖ Make sure that the garment is assembled correctly and that all of the pieces are in the correct order.
 - ❖ Ensure that the garment is finished to a high standard, with all loose threads trimmed and seams pressed neatly.

Fit:

- ❖ Try on the garment to make sure that it fits well.
- ❖ There should be no puckering, binding, or bagging.
- ❖ The garment should be comfortable to wear and allow for freedom of movement.
- ❖ Overall quality:
 - ❖ Assess the overall quality of the garment, taking into account all of the above factors.
 - ❖ The garment should be well-made and should meet all of the specifications for the style.
 - ❖ Here are some additional tips for inspecting and checking garment products sewn with woven and stretch knit fabrics:

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- ❖ Use a good light source to inspect the garment closely.
- ❖ Use a magnifying glass to identify any small defects.
- ❖ Compare the garment to the pattern to make sure that it is the correct size and that it has been assembled correctly.
- ❖ If you find any defects in the garment, you can either correct them yourself or return the garment to the manufacturer or retailer.
- ❖ By following these tips, you can ensure that garment products sewn with woven and stretch knit fabrics meet your quality standards and requirements.

7.2 Results and action taken sew woven and stretch knit fabric

To record inspected results and action taken for garment products sewn with woven and stretch knit fabrics, you can use a variety of methods, including:

- Paper-based system: Use a paper form or checklist to record the inspection results and action taken. This can be a simple form with columns for the garment ID, fabric type, construction quality, fit, overall quality, and action taken.
- Spreadsheet software: Use a spreadsheet program, such as Microsoft Excel or Google Sheets, to create a more detailed record of the inspection results and action taken. This can include columns for additional information, such as the inspector's name, the inspection date, and the corrective action taken.
- Garment management software: Use garment management software to track and manage the inspection process. This type of software can help to automate the inspection process and generate reports on the inspection results.
- The best method for recording inspected results and action taken will depend on the size and complexity of your operation. If you are a small business with a limited number of garments to inspect, a paper-based system may be sufficient. However, if you are a larger business with a high volume of garments to inspect, you may want to consider using spreadsheet program or garment management software.
- Regardless of the method you choose, it is important to have a system in place for recording inspected results and action taken. This will help to ensure that all garments are inspected properly and that any defects are corrected.
- Here are some additional tips for recording inspected results and action taken:

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- Be as specific as possible when recording the inspection results. This will help to identify the root cause of any defects and to take appropriate corrective action.
- Include a column for the action taken in the inspection record. This will help to track the progress of corrective actions and to ensure that they are completed on time.
- Review the inspection records regularly to identify trends and areas for improvement. This will help you to improve the quality of your garments and reduce the number of defects.

By following these tips, you can ensure that your inspection process is effective and that your garment products meet your quality standards and requirements

7.3 Recording Preventative action taken sew woven and stretch knit fabric

To record preventative action taken when sewing woven and stretch knit fabrics, you can use the following steps:

1. Identify the potential problem. This could be a defect in the fabric, a construction error, or a fit issue.
2. Determine the root cause of the problem. This could be a problem with the fabric, the sewing machine settings, the operator's technique, or the pattern.
3. Develop a preventative action plan. This may involve changing the fabric type, adjusting the sewing machine settings, providing training to the operator, or modifying the pattern.
4. Implement the preventative action plan.
5. Monitor the results. Ensure that the preventative action has been effective and that the problem has been resolved.

You can record the preventative action taken using a variety of methods, including:

- ❖ Paper-based system: Use a paper form or checklist to record the potential problem, the root cause of the problem, the preventative action plan, and the implementation and monitoring results.
- ❖ Spreadsheet software: Use a spreadsheet program, such as Microsoft Excel or Google Sheets, to create a more detailed record of the preventative action taken. This can include additional information, such as the date, the operator's name, and the garment ID.
- ❖ Quality management software: Use quality management software to track and manage the preventative action process. This type of software can help to automate the process and generate reports on the results.

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- ❖ The best method for recording preventative action taken will depend on the size and complexity of your operation. If you are a small business with a limited number of problems to track, a paper-based system may be sufficient. However, if you are a larger business with a high volume of problems to track, you may want to consider using a spreadsheet program or quality management software.
- ❖ Regardless of the method you choose, it is important to have a system in place for recording preventative action taken. This will help to ensure that problems are identified and addressed early on, and that they do not recur.
- ❖ Here are some additional tips for recording preventative action taken:
 - ❖ Be as specific as possible when recording the potential problem, the root cause of the problem, and the preventative action taken. This will help to ensure that the preventative action is effective and that the problem is resolved.
 - ❖ Review the preventative action records regularly to identify trends and areas for improvement. This will help you to prevent problems from occurring in the first place.
 - ❖ By following these tips, you can ensure that your preventative action process is effective and that you are able to continuously improve the quality of your garments.

7.4 Production records and package sew woven and stretch knit fabric

To complete production records and package garment products sewn with woven and stretch knit fabrics, you can follow these steps:

Production records:

1. Gather all relevant production data, such as the garment style, fabric type, quantity produced, and dates of production.
2. Record the data in a production record system. This could be a paper-based system, a spreadsheet program, or garment management software.
3. Review the production records regularly to identify trends and areas for improvement.

Packaging:

1. Inspect the garment products to ensure that they are free of defects.
2. Fold the garment products neatly and place them in individual bags.
3. Pack the garment products in boxes or cartons.
4. Label the boxes or cartons with the garment style, size, and quantity.
5. Ship the garment products to the customer or retailer.

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Here are some additional tips for completing production records and packaging garment products sewn with woven and stretch knit fabrics:

- Be as accurate as possible when recording production data. This will help you to track your production progress and to identify any potential problems.
- Use a standard format for recording production data. This will make it easier to review and analyze the data.
- Store production records in a safe and secure location. This will ensure that the data is not lost or destroyed.
- Use high-quality packaging materials to protect the garment products during shipping.
- Label the boxes or cartons clearly and accurately. This will help to ensure that the garment products are delivered to the correct recipient.

By following these tips, you can ensure that your production records are accurate and complete, and that your garment products are packaged and shipped safely and efficiently.

7.5 Woven and stretch knit completed sew fabric

o direct completed work to the next work task for sewing woven and stretch knit fabrics, you can follow these steps:

1. Identify the next work task. This will depend on the production process and the specific garment style being sewn. For example, if the previous work task was sewing the garment together, the next work task may be finishing the garment, such as hemming the edges or pressing the seams.
2. Sort the completed work by garment style and size. This will make it easier to direct the work to the next work task.
3. Place the completed work in a designated area for the next work task. This could be a table, cart, or bin.
4. Provide clear instructions to the next work task operator. This may include information such as the garment style, size, quantity, and any special instructions.

Here are some additional tips for directing completed work to the next work task:

- ❖ Use a visual system to indicate the next work task. This could be color-coded labels, signs, or symbols.
- ❖ Use a production log or tracking system to track the progress of work through the production process. This will help to ensure that work is directed to the next work task in the correct order.
- ❖ Communicate regularly with the next work task operator to ensure that they are aware of the upcoming work and that they have the necessary resources to complete the task.

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By following these tips, you can ensure that completed work is directed to the next work task efficiently and effectively. This will help to improve the overall flow of production and reduce the risk of bottlenecks.

Here are some specific examples of how to direct completed work to the next work task for sewing woven and stretch knit fabrics:

- ❖ If the previous work task was sewing the garment together, the next work task may be finishing the garment, such as hemming the edges or pressing the seams. In this case, you would sort the completed garments by garment style and size, and then place them in a designated area for the next work task operator.
- ❖ If the previous work task was finishing the garment, the next work task may be packaging the garment for shipment. In this case, you would place the completed garments in boxes or cartons, label the boxes or cartons, and then ship them to the customer or retailer.
- ❖ You can also use a variety of tools and technologies to help you direct completed work to the next work task. For example, you could use a barcode scanner to track the progress of work through the production process, or you could use a radio frequency identification (RFID) system to automatically direct work to the next work task.
- ❖ By choosing the right tools and technologies, and by following the tips above, you can create a system for directing completed work to the next work task that is efficient, effective, and scalable.

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Self-check-7

Multiple Choices

- Which of the following is NOT a type of woven fabric?
 - Cotton
 - Wool
 - Silk
 - Spandex
 - Which of the following is NOT a type of stretch knit fabric?
 - Jersey
 - Lycra
 - Cotton interlock
 - Denim
 - Which of the following is a good tip for sewing woven fabrics?
 - Use a sharp needle.
 - Use a long stitch length.
 - Use a zigzag stitch to finish all seams.
 - Press seams open.
 - Which of the following is a good tip for sewing stretch knit fabrics?
 - Use a ballpoint needle.
 - Use a short stitch length.
 - Use a zigzag stitch to sew all seams.
 - Press seams flat.
 - Which of the following is a good way to prevent puckering when sewing stretch knit fabrics?
 - Use a stretch stitch.
 - Use a ballpoint needle.
 - Use a short stitch length.
 - All of the above.
- True or False
- All woven fabrics have a grain.
 - Stretch knit fabrics can be sewn with a regular needle and thread.

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3. It is important to backstitch when sewing woven fabrics.
4. It is important to use a stretch stitch when sewing stretch knit fabrics.
5. It is important to press seams open when sewing woven fabrics.

Operation sheet-1

Operation Sheet: Complete Work - Sew Woven and Stretch Knit Fabric

Date:

Operator: [Your Name]

Machine: Ajust Sewing machine

Materials:

✓ Woven and stretch
knit fabric

✓ Sewing thread
✓ Pins

✓ Needles
✓ Scissors

Procedures :

Task 1 Prepare the fabric

Task 2 set the sewing machine

Task 3 Sew the fabric

Task 4 Finish the seam

Task 5 Check the work.

Task 6 Repeat steps 1-4 for any other seams

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Safety Precautions:

1. Always wear safety glasses when sewing to protect your eyes from flying needles and thread.
2. Be careful not to overstretch the stretch knit fabric when sewing, as this can damage the fabric.
3. Use caution when operating the sewing machine to avoid needle sticks and other injuries.

QUALITY CRITERIA:

- 1) All steps were completed in the correct sequence,
- 2) All safety precautions were followed during sewing ,
- 3) Laying the tape measure flat against the skin, not too tight or drooping.
- 4) Measurements should be accurate as much as possible.

LAP Test	Practical Demonstration
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Name: _____

Date: _____

Time started: _____

Time finished: _____

Instruction I: Given necessary templates, tools and materials you are required to perform the following tasks within 10 hours.

Title : Sew Woven and Stretch Knit Fabric

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