

What can you do to improve your sewing ergonomics?

What can you change...change your space, tools or change your techniques?

Sewing Machine

Proper height chair, table. Raise or lower to get 90 degree angles at hips, knees, ankles.

Use a seat cushion, back support, pillow, chair with back support.

Drop-in table promotes the best position, machine sitting on dining room table is usually too high.

Angle the machine using door stops behind the machine so it leans towards you.

Lighting is important to avoid eye strain and can improve positioning.

Classes-retreats – stack chairs, sit on pillow

Cutting

Stand on cushioned mat, use appropriate height iron table, use table risers, adjustable table (Martelli, IKEA, Harbor Tool)

Rulers – non-slip surface, suction grip, Quilters Select, Creative Grids, lip-edge rulers, which color lines can you see the best?

Rotary cutters – different grips, weighted rotary cutters, Martelli cutters. What is best for you?

Alternates – Accuquilt, cutting machines, use pre-cuts and kits to decrease amount of cutting

Ironing-pressing

Stand on cushioned mat, wear supportive shoes, adjust ironing board height.

What type iron works best for you? Oliso iron, or use silicone mat to decrease arm movement.

Iron weight, style? If ironing seated at your sewing machine, you still need to move!

Hand Sewing

Use good lighting, sit with good positioning—head and neck position. What style hoop or stand works best? Use magnifier, thimble, gloves, splints? What needle can you handle without hand pain?

Quilting

What can you do to improve positions? Stand or sit? Use silicone mat at a seated machine so quilt moves smoothly. You don't want to be wrestling the quilt!

Overall tips---

Move! Alternate activities and positions. Take breaks to stretch, get a drink of water...don't forget to get a good protein snack and drink fluids. Movement promotes blood flow which will help prevent an injury. Listen to music, podcast, etc. Move every 20 minutes, move for 2 minutes. MOVE!