This short course was developed as a resource material for the trainer. This module is one in a series of nine, which covers all competences standard Types of Seams for in level one Garment Production. Due to the demand STRU has developed this short course for the community and other stake holder to have better knowledge and skills in producing quality garments. Furthermore the course aim is to create a link for training those unskilled people in the community to have the opportunity to learn the basic construction skills in garment production.

GARMENT PRODUCTION
Types of Fasteners

RATIONALE

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The development of this short course was sponsored by the ADB-PNG EMPLOYMENT ORIENTED SKILLS DEVELOPMENT PROJECT (EOSDP) and produced by curriculum officers at the SKILLS TRAINING RESOURCES UNIT (STRU)
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COURSE OUTLINE: Types of fasteners

Module 1: Workplace health and safety
Module 2: Learning to sew
Module 3: Basic hand stitches
Module 4: Embroidery stitches
Module 5: Types of seams
Module 6: Types of fullness
Module 7: Types of attachments
Module 8: Types of hems
Module 9: Types of fasteners
### COMPETENCY PROFILE: Types of fasteners

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### COMPETENCY PROFILE: Types of fasteners

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Types of Fasteners

The purpose of the module is to provide and equip participants with the necessary skills and knowledge in sewing different types of fasteners.

Nominal duration
The module will take approximately 7 hours.

Prerequisites:
There are no pre-requisite to this module.

Content:
1. Hooks and eyes
2. Snaps
3. Snap fasteners
4. Self-gripping fasteners
5. Decorative fasteners
6. Zippers
7. Buttons and button holes

Suggested delivery method:
The short course will be delivered in a practical, hands-on manner.
1. Explanation (what we will do) 5%
2. Demonstration (how we will do it) 15%
3. Implementation (now you do it) 70%
4. Evaluation (how good did we do it) 10%

Instructor:
The trainer preferred will be a recognized trainer from the community or a trained vocational teacher who has sewing skills.

Assessment condition:
In a classroom or training with proper;
- lighting, ventilation
- table and chairs
- sewing tools and equipment

Reference:
1. Complete Guide to Sewing -
2. Complete Book of Handcrafts -
3. Cooperative Extension Service, Ohio State University, Plackets and Buttonholes - 2007
Overview of Learning Outcomes and Assessment Criteria

On successfully completion of the course the participants will be able to identify different types of fasteners and demonstrate procedures in sewing fasteners onto the garments.

APPENDIX 1: Training and Assessment Guide (Learning Outcome)

| Task I1:  | Hooks and eyes. | Suggested minimum instructional time: 1 hour |

Learning outcome I1.1:

- Sew samples of hook and eye for edges that overlap, just meet and edges that are exposed.

Teaching strategy:

Learning activities for the participants must include the instructor to:

1.1 Identify the type of the fastener.
1.2 Explain where the hook and eye can be used on a garment.
1.3 Identify tools and supplies to use.
1.4 Demonstrate steps in attaching the hook and eye on a garment.

Assessment condition:

In a classroom situation or a training hall where the participants are provided with:

- teaching notes
- sample of hook and eye
- hand sewing needle
- thread
- complete garment

Assessment criteria:

The participants have;

1.1.1 Named the types of fasteners.
   a. edges that overlap
   b. just meet edges
   c. exposed edges
1.1.2 Showed where the hook and eye can be applied.
1.1.3 Listed tools and supplies to use.
1.1.4 Sewed samples of hooks and eyes on a garment.

Assessment method:

- Oral question
- Observation
- Short answer questions

APPENDIX 2: Training and Assessment Guide (Learning Outcome)

| Task I2:  | Snaps. | Suggested minimum instructional time: 1 hour |

Learning outcome I2.1:

- Sew samples of snaps for edges that overlap, just meet and that may show.

Teaching strategy:

Learning activities for the participants must include the instructor to;

2.1 Identify the type of the fastener.
2.2 Explain where the snaps can be used on garments.
2.3 Identify tools and supplies to use.
2.4 Demonstrate steps in attaching the snaps on a garment.

Assessment condition:

In a classroom situation or a training hall where the participants are provided with:

- teaching notes
- sample of snaps
- hand sewing needle
- thread
- complete garment

Assessment criteria:

The participants have;

2.1.1 Named types of fasteners.
2.1.2 Outlined where snaps can applied on a garment.
2.1.3 Listed tools to use.
2.1.4 Applied procedures in attaching the snaps.

Assessment method:

- Oral question
- Observation
- Short answer questions
APPENDIX 3: Training and Assessment Guide
(Learning Outcome)

Task I3: Snap fasteners.
Suggested minimum instructional time: 1 hour

Learning outcome I3.1:
• Sew a sample of snaps fasteners on a garment.

Teaching strategy:
Learning activities for the participants must include the instructor to;
3.1 Identify the type of the snap fasteners.
3.2 Explain where the snaps can be used on garments.
3.3 Identify tools and supplies to use.
3.4 Demonstrate steps in attaching the snaps fasteners on a garment.

Assessment condition:
In a classroom situation or a training hall where the participants are provided with;
• teaching notes
• sample of snap fasteners
• hand sewing needle
• thread
• complete garment

Assessment criteria:
The participants have;
3.1.1 Named the fastener.
3.1.2 Outlined where the snaps fasteners can be applied on garments.
3.1.3 Listed tools and supplies to use.
3.1.4 Attached snaps fasteners on a garment.

Assessment method:
• Oral question
• Observation
• Short answer questions

APPENDIX 4: Training and Assessment Guide
(Learning Outcome)

Task I4: Self-gripping fasteners.
Suggested minimum instructional time: 1 hour

Learning outcome I4.1:
• Sew a sample of self-gripping fasteners on a garment.

Teaching strategy:
Learning activities for the participants must include the instructor to;
4.1 Identify the type of the fastener.
4.2 Explain where the grip fasteners can be applied on garments.
4.3 Identify tools and supplies to use.
4.4 Demonstrate steps in sewing self-gripping fasteners on a garment.

Assessment condition:
In a classroom situation or a training hall where the participants are provided with;
• teaching notes
• sample of self-gripping fasteners
• hand sewing needle
• thread
• complete garment

Assessment criteria:
The participants have;
4.1.1 Named the fastener.
4.1.2 Outline where the self-gripping fasteners can be applied.
4.1.3 Listed tools and supplies to use.
4.1.4 Attached self-gripping fasteners on a garment.

Assessment method:
• Oral question
• Observation
• Short answer questions
APPENDIX 5: Training and Assessment Guide
(Learning Outcome)

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**Learning outcome I5:1**
- Sew sample of decorative fasteners.

**Teaching strategy:**
Learning activities for the participants must include the instructor to;
1. Identify the type of decorative fastener.
2. Identify the type of garment the decorative fasteners can be applied on.
3. Identify tools and supplies to use.
4. Demonstrate steps in making decorative fasteners.
5. Explain where the decorative fasteners can be used on garments.

**Assessment condition:**
In a classroom situation or a training hall where the participants are provided with;
- teaching notes
- sample of decorative fasteners
- hand sewing needle
- thread
- complete garment

**Assessment criteria:**
The participants have;
1. Named the fastener.
2. Outlined where the decorative fasteners can be applied on garments.
3. Listed tools and supplies to use.
4. Made decorative fasteners.
5. Attached the decorative fasteners on a garment.

**Assessment method:**
- Oral question
- Observation
- Short answer questions

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APPENDIX 6: Training and Assessment Guide
(Learning Outcome)

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<th>Task I6:</th>
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**Learning outcome I6:1**
- Attach a zipper on a garment.

**Teaching strategy:**
Learning activities for the participants must include the instructor to;
1. Identify the types of zippers.
2. Explain where the zippers can be used on garments.
3. Identify tools and supplies to use.
4. Demonstrate steps in attaching a zipper on a garment.

**Assessment condition:**
In a classroom situation or a training hall where the participants are provided with;
- teaching notes
- sample of zippers
- hand sewing needle
- sewing machine
- thread
- complete garment

**Assessment criteria:**
The participants have;
1. Named types of zippers.
2. Outlined where the zippers can be applied.
3. Listed tools and supplies to use.
4. Attached zipper on the garment.

**Assessment method:**
- Observation
- Oral questioning
- Short answer questions
APPENDIX 7: Training and Assessment Guide

(Learning Outcome)

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<td>Suggested minimum instructional time: 1 hour</td>
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**Learning outcome I7:1**

- Make buttons and button holes.

**Teaching strategy:**

Learning activities for the participants must include the instructor to:

- 7.1 Identify the type of the buttons and button holes.
- 7.2 Explain where the buttons and button holes can be used on garments.
- 7.3 Identify tools and supplies to use.
- 7.4 Demonstrate steps in making the buttons.
- 7.5 Demonstrate steps in making the button holes.

**Assessment condition:**

In a classroom situation or a training hall where the participants are provided with:

- teaching notes
- samples of buttons and button holes
- hand sewing needle
- sewing machine
- thread
- complete garment

**Assessment criteria:**

The participants have:

- 7.1.1 Named the type of the buttons and button holes.
- 7.1.2 Outlined where the buttons and button holes can be applied.
- 7.1.3 Listed tools and supplies to use.
- 7.1.4 Made buttons.
- 7.1.5 Made button holes.

**Assessment method:**

- Observation
- Oral questioning
- Short answer questions

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APPENDIX 8: INSTRUCTIONAL NOTES

**INTRODUCTION**

Fasteners are used on garments mainly to keep plackets closed, but they sometimes substitute for buttons. The most common fasteners are snaps, and hooks and eyes. Some are decorative and add to the appearance of the garment.

Your choice of fastener depends on the fabric you will use, the kind of opening, and the type of garment. For example, a delicate fabric may call for covered snaps while rugged active wear needs a heavy duty snap fastener.

**CLOSURE BASICS**

To close and fasten most garments, one edge of the opening laps over the other. On women's garments the right side laps over the left; men's lap left over right. Most fasteners have two parts—one part is sewn to the overlap, the other to the underlap.

The following directions are for attaching fasteners to women's clothes. Remember to reverse the positions when sewing for men. Also, be aware that right side and left side refer to the sides that are on the right and left when you are wearing the garment.

**HOOKS AND EYES**

Hooks and eyes are hidden fasteners. They can be used to hold edges together or overlapped. Hooks and eyes are available in several sizes and colors to match different fabrics. Hooks come with either loops or straight eyes (fig. 1). Most must be sewn in place, but no-sew hooks and eyes are also available. The no-sew versions must be clamped in place. Always follow the instructions in the package.

![Figure 1](link)

**I1: Hooks and eyes**

**HOO HS AND EYES**

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![Figure 2](link)
For edges that overlap:

1. Complete the garment before sewing on the fasteners.
2. Select a hook and straight eye that is right for the fabric. Place the hook on the wrong side 1/8 inch from the edge of the overlap (fig. 2). Sew it in place with a few tacking or buttonhole stitches through the holes and across the end to hold it flat. The stitches should not show on the outside of the garment.
3. Close the placket and align the overlap. Mark the position for the eye with pins. Sew the eye to the underlap.
4. If the opening is wide as for a waistband, use two sets of hooks and eyes or a skirt/pants hook.

For edges that just meet:

1. Complete the garment before sewing on the fasteners.
2. Select a hook and loop eye that is right for the fabric. Sew it on as in step 2 above.
3. Close the placket to align the edges. Mark the eye position with pins.
4. Let the eye extend slightly beyond the garment’s edge. Tack in place with stitches through the holes. Make a few stitches along the sides of the loop to hold it flat.

For edges that are exposed:

If the fastener area of the garment will be exposed, such as a back neckline opening, you may want to use a short crocheted chain or buttonhole loop instead of an eye. Do not use this method in an area of strain.

CROCHETED CHAIN

Figure 4a
1. Attach the hook as in figure 3. Align the garment edges and mark with pins where the chain should begin and end.

2. Use a double thread with a knot. Bring the thread up through one of the markings. Take a tiny stitch to secure the thread (fig. 4).

3. Leave a loop large enough for your fingers to slip through (4a). Slip your thumb and first finger through the loop. Pull the thread through the loop to make a second loop (4b). Tighten the first loop as you pull (4c). Repeat these steps (4d and e) until the chain is the right length.

4. Run the needle through the last loop to lock the chain (4f).

5. Tack the finished loop securely to the other mark (4g). There should be some slack in the loop.

**BUTTONHOLE LOOP**

1. Attach the hook as in figure 3. Close the placket and mark with pins where the loop should begin and end.

2. Use a double thread with a knot. Insert the needle through the mark at one end of the loop. Take a stitch through the mark at the other end, allowing a little slack.

3. Take another stitch at the first end and fasten the thread securely. Use four strands of thread extending from one mark to the other with some slack. These form the core of the loop.

4. Cover the core with the buttonhole stitch (fig. 5). Fasten the last stitch in the fabric.

**Snaps**

Snaps are metal fasteners (fig. 6) that come in several sizes for lightweight to heavy fabrics. They can be covered with matching fabric if the metal snap is too obvious.

Use snaps on overlapping edges where there will be little strain. Sometimes they can be used when there is no overlap by the hanging snap method.

**For edges that overlap:**

1. Complete the garment before sewing on the snap.

2. Sew the ball of the snap to the overlap about 1/8 inch from the edge (fig. 7). Make several tacking stitches through each hole, then run the thread under the snap to the next hole. Stitches should not show on the outside of the garment.

3. Rub chalk on the ball and close the placket. The chalk will mark the place for the socket.

4. Sew the socket in place the same way.

**For edges that just meet:**

1. Complete the garment before sewing on the snap.

2. Sew the ball of the snap to the finished edge of the garment by sewing through only one hole (fig. 8). This is called a hanging snap.

3. Sew the socket in place as shown.
For snaps that may show:

1. Complete the garment before sewing on the snap.
2. Cut two circles of matching fabric or lining. The circles should be twice the diameter of the snap.
3. Run a gathering stitch along the outside edge of one circle (fig. 9a). Place the socket of the snap face down in the center of the circle (9b). Draw up the thread (9c) and tack it securely to the underside of the snap (9d).
4. Cover the ball of the snap the same way.
5. Sew the snap in place on the garment as in figure 7. Opening and closing the snap will open the center hole.

No-sew snap fasteners can be used in place of buttons and buttonholes on Western-look casual wear, jeans, children's clothes, and other active wear. Snap fasteners are sold packaged with directions and an applicator (fig. 10), or you can buy the pliers-like tool separately. Both plain and decorative styles are strong and long wearing.

1. Complete the garment before attaching fasteners.
2. Mark the place for the ball part of the fastener on the overlap side of the garment (fig. 11).
3. Follow the package directions to attach.
4. Close the placket to mark the place where the socket part of the fastener goes.
5. Attach the socket part.

Gripper tape is an easy-to-apply and decorative use of snap fasteners. It is good for sportswear and infant sleepwear. The fasteners have been applied to strips of cloth tape. Simply, machine stitch the socket side of the tape to the underlap of the garment and the ball side to the overlap. Be sure to line up the snaps carefully.

Self-gripping fasteners can be sewn on by hand or by machine (fig. 12). These fasteners are made of tiny, firm, polyester hooks on one piece and soft, nylon loops on the other. Together, they grip with strength, but peel apart easily. The size of the fastener indicates its holding strength. Self-gripping fasteners are packaged in several shapes (fig. 13) and come in fashion colors.

1. To conceal stitches, sew fasteners to the facing before joining the facing to the garment. Sew the hook piece on the side of the placket that will face away from the body.
2. Secure fasteners in place with pins or glue stick before stitching.
3. Sew fasteners directly to the facing using 12 to 15 machine stitches per inch, or sew by hand. If you apply fasteners after the garment is complete, hide the stitching on the outside with buttons or trim.

Some popular decorative fasteners are frogs, toggles, and ties (fig. 14). Use them instead of buttons. Frogs can be bought or handmade. You usually see them on oriental-style jackets and on capes, velvet jackets, or quilted vests. Toggles can be used on all kinds of outerwear. Ties make an easy closure for all types of clothing. You can use ribbon or matching fabric.
For frogs and toggles:
1. Complete the garment before sewing on the fastener.
2. Lap or match the garment edges according to pattern directions.
3. Pin the ball of the frog or toggle in place on the left side of the garment. Pin the loop on the right side. Be sure the garment closes properly when it is fastened.
4. Hand-tack frogs neatly in place. Toggles may be stitched by hand or machine.

For self-fabric ties:
1. Cut two strips of fabric for each tie. They should be four times the desired width. Add 11/4 inches to the desired length.
2. Fold the raw edges of the long sides to the middle of the strip. Turn one short end under 3/8 inch. Then fold the strip in half lengthwise. Stitch the three folded sides, about 1/8 inch from the edge.
3. Lap the garment so the center front lines meet. Mark the positions for each tie. The marks should be 1 inch from the center front line.
4. Pin the raw edge of each tie to the garment with 3/8 inch extending over the mark (fig. 15a).
5. Stitch on the mark. Trim the raw edge to 3/8 inch.
6. Press the tie toward the center front line. Stitch through all layers 1/4 inch from the turned edge (15b). Backstitch to secure stitches.

For ribbon ties:
Follow steps 3 through 6 for self-fabric ties above. After stitching, notch the raw edges or cut them diagonally to prevent raveling.

16: Zippers
Basically there are of three types:
- Conventional
- Separating
- Invisible

Conventional zippers are closed at one end and sewed into a seam that is closed to the zipper plackets.

Separating zippers are open at both ends and are sewed into a seam that will open completely. Invisible zipper is constructed so as to disappear into a seam; like conventional zippers, it has one closed end.

All zippers consist of either a chain of metal or plastic teeth or synthetic coil joined to the fabric.

BASIC APPLICATIONS
Centred: Application involving a conventional zipper, Used at centre front or back of garment, at edges of sleeves, in home decoration.
**Lapped:** This application, too, takes a conventional zipper. Most often used at the left side seam of pants, skirts, and dresses.

**Fly-front:** the traditional trouser application, it is now used on women’s pants and skirts, requires conventional zipper.

**Invisible:** Possible only with the special invisible zipper, this application can substitute for either a lapped or centred application.

**Separating:** The separating zipper may be sewed in with either a centred or lapped application. Usable on jackets, vests, or skirts.

**Inserting a Centred Zipper**
1. Measure and mark the exact length of the placket opening, using the zipper as a guide.
2. Clip both of the machine basting (tacking) thread at the bottom of the placket.
3. Extend the right-hand seam allowances and place zipper faced down.
4. Close the zipper and keep the pull tab up.

5. Turn garment right side up and spread it as flat as possible.

6. Change to a regular stitch length.

7. Position the zipper foot to the right side of the needle and topstitch.

I7: Button and button holes

**Buttons**

Buttons are styling touches that make a big difference. They deserve careful thought and careful sewing, too. Buttons should slip through the buttonholes easily and smoothly.

There are two basic types of buttons:
- Shank buttons
- Sew-through buttons

**Shank buttons** are those that have a little “neck” or shank, with a hole in it, on the lower side.

**Sew-through button** has either two or four holes through which the button is sewed to the garment.

Buttons are usually 1/8 in (0.3cm) longer than the diameter of the button. A button 11/8 in (2.9 cm) diameter needs a 1 _ in (3.2cm) button hole. This is the general rule for thin, flat button.
Fabric buttons made to match the garment are the answer when suitable ready-made buttons cannot be found.

To make fabric buttons

1. Select a ring of the diameter required for the finished button. Cut a circle of fabric slightly less than twice the diameter of ring.

2. Using double thread, sew around fabric circle with small running stitches close to the edge. Leave thread and needle attached to fabric at the end of stitching.

3. Place the ring in the centre of fabric circle. Gather fabric around the ring by pulling on the needle and thread until the hand stitches bring the cut edges of fabric together.

4. Secure gathered-up fabric around ring by pulling up hand stitches tightly. Fasten with several short backstitches.

5. Decorate button by taking small backstitches around and close to ring, through both fabric layers. Use buttonhole twist layers. Attach button to garment with a thread shank.

Buttonholes

All of the many buttonhole methods are variations of two basic types, **bound and worked**. The method you choose for a garment will depend on the design of that garment.

- **Bound buttonholes** are made by stitching strips of fabric to the buttonhole location in any of several ways.

- **Machine-worked buttonhole** consist of two parallel rows of zigzag stitches

- **Hand-worked buttonholes** are made by finishing a cut in the fabric with hand buttonhole stitches.

Machine-worked buttonholes are open only after stitching is complete.

**Determining and testing buttonhole length**
The length of the buttonhole opening should equal the diameter of the button plus its height. On a bound buttonhole, the measurement will be the total length of the buttonhole from end to end. On a worked buttonhole, however, because of the finishing that is allowed at each end, the space allowed for must be 1/8 inch greater than the actual size.

**To check buttonhole length**, make a slash in a scrap of a garment fabric equal to the length desired for the buttonhole opening. If the button slips easily, buttonhole length is correct.
Buttonholes are basically slits cut through the fabric. The raw edges of a slit may be finished with fabric (bound buttonhole), or may be worked over with thread by machine or by hand (worked buttonhole). Buttonholes are usually horizontal or vertical; occasionally, to carry out a design, they may be diagonal.

The three key placement points for buttonholes are:
- the fullest part of the bust at the neck
- the fullest part of the bust waist
- the waist

**Horizontal**

**Vertical**
ATTACHMENTS

Standard Hand-worked buttonholes

1. ALWAYS: Place your coats, books and bags in separate places, away from your sewing area.
2. ALWAYS: Leave your shoes on during sewing class. You do not want to accidentally step on a pin or needle.
3. ALWAYS: Look under your fabric before cutting with scissors and carry scissors with the sharp edge pointing towards the floor. When the scissors are not being used, place them on the cutting table, sewing table, or in your sewing box.
4. ALWAYS: Measure the thread to the length of your arm.
5. ALWAYS: Thread the needle with caution before starting to sewing on your fabric.
6. ALWAYS: Remove the pins from your fabric as you sew and place them in the pin cushion after you use them. NEVER put straight pins or needles in your mouth.
7. ALWAYS: Place the iron in the upright position after use. When using the iron hold it by the handle only.
8. ALWAYS: Let your teacher/trainer help you use the seam ripper (unpicker).
9. ALWAYS: Place your seam gauge, ruler, scissors and pins in the sewing box after using them.
10. ALWAYS: Listen to the teacher’s/trainer’s instructions.
Acknowledgement

This short course module, developed in Papua New Guinea, is based on the competency-based training model.

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We hope it will provide basic knowledge and skills for the informal and the formal sectors especially the women, men and the youth to be employed or self-employed through having better skills for tomorrow.
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