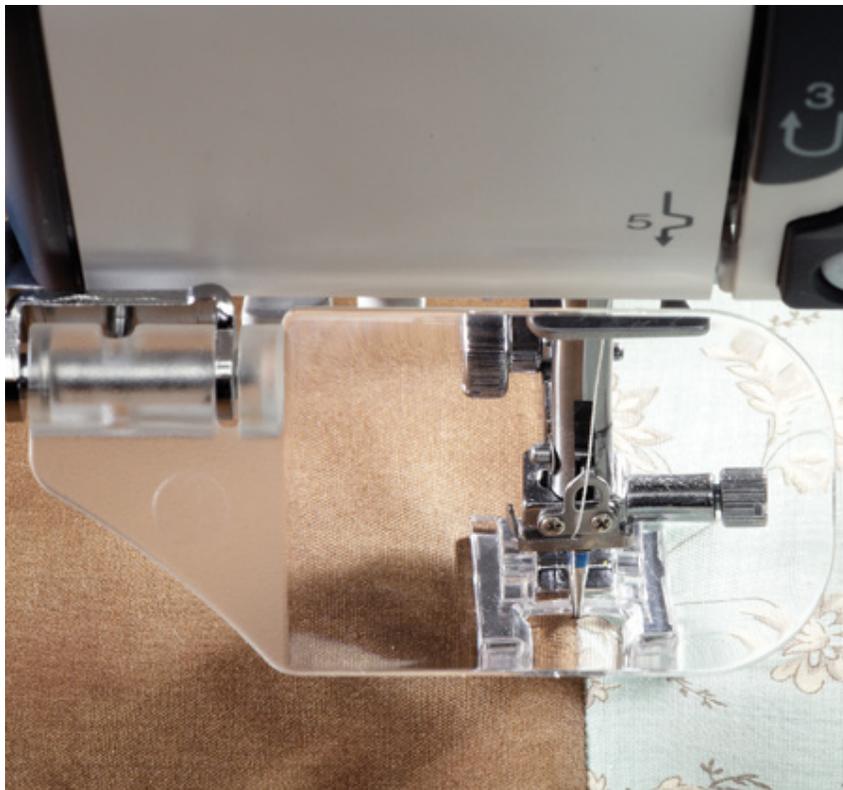


Sewing Basics - Ergonomic Sewing

By Nancy Fiedler

Many Janome machines are equipped with a start/stop button, knee lifter and some even have a magnifier. These features are all designed to make the sewing physically easier which then makes for a pleasurable experience.



We are so accustomed to sewing with a foot control and manually lifting the presser foot that many times we forget to use these features. With a little practice to retrain eye/hands/brain coordination, these wonderful features not only speed up the sewing process, but will make sitting at the machine more comfortable.

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Using Start/Stop Button:

The start/stop button makes sewing much easier.

- Sewing long seams (ex: window treatments).
- Using many decorative stitches for long periods of time.
- Quilting with a walking foot or AcuFeed.
- Variable zigzag.

Sitting in front of your machine is more comfortable when using this feature. You do not have to continuously press down on the controller or keep reaching further with your leg as the foot control creeps away.

Follow these simple steps to using the start/stop button:

1. Remove the foot control.
2. Place the fabric under the presser foot in the desired position. Then lower the needle to help hold it in place.
3. Lower the presser foot and then press and hold the start/stop button. The machine will start sewing at a very low speed so that you can make sure the fabric is moving under the foot as desired.
4. Once you have determined that everything is correct, release the button and the machine will speed up.
5. Set the speed control slider for the speed you are most comfortable with.



6. When you come close to the end of the stitching, press and hold the start/stop button. The machine will slow down so that you have complete control.
7. When the needle has reached the end, release the start/stop button. The machine will immediately stop.

Sewing in Reverse:

When the foot control is not attached to the machine, simply press and hold the reverse button and the machine will sew backwards. The machine will automatically stop when you release the reverse button. Simply press the start/stop button to resume sewing.

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Using the Knee Lifter:

Many Janome machines have an extra high presser foot lift which is accessed by manually lifting the presser foot lift lever and holding it in the highest position. This feature is really handy when placing a quilt sandwich under the presser foot or hemming jeans. The downside is you have to continually hold the lifter to keep the foot in the highest position. Using the knee lifter solves that and has several other great uses.

- Position the presser foot bar in the best position when changing presser feet.
- Hold the embroidery foot in the highest position when attaching hoops.
- Quickly lift the foot when pivoting at corners and applique without having to take your hands off the project.

1. Insert the knee lifter into the port on the front of the machine.
2. Press the lifter to the right with your knee to raise and lower the presser foot.

Most of us need to train ourselves to use the knee lifter. Conscientiously use it for 1-2 days of sewing and using the lifter will soon be second nature.

The angle of the lifter can be adjusted for personal preference:

1. Loosen the set screw on the top of the lifter.



2. Pull out the handle to the desired position.



3. Tighten the set screw.

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Using Magnifiers:

Some of the Janome 9mm machines come with magnifiers. The Optic Magnifier Set 20/40/60X can be added to any of the other 9mm machines.

1. Open the side door.
2. Insert magnifier into the holder.



3. Sit up straight in the chair and adjust the position of the magnifier to see the work area clearly without eye or shoulder strain.

Extra Lighting:

Nothing is better to ease eye strain while sewing than good lighting. Modern machines are designed with LED lighting and usually have bulbs over the bed as well as around the needle. Depending upon your workroom, it may be beneficial to add lighting to your sewing space.

Here are a few products that Janome educators really like:

Artistic® Super Bright LED

This small light affixes to the underside of any sewing machine's arm and casts a bright light onto the machine bed. The light can be powered by the machine's USB hub or a traditional outlet. Hook and loop tape hold the light in place while a cord guide keeps the cable neat.



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Daylight™ Sewing Machine Lamp

This flexible arm lamp is ideal for using on any sewing machine or serger. Direct the LED light exactly where it is most needed. It is easily mounted on the side of your sewing machine and is easily removed so that it can be used with multiple machines.



Daylight™ Slimline LED Table Lamp

This powerful LED table lamp is ideal for sewing and quilting with any machine. The lamp clamps onto the sewing table and has a long arm reach of 28.7" for wide even light coverage across the entire working surface. Simply turn the light bar to place the light at the correct angle to reduce eye strain and the neck is flexible so placement in front or over the machine is easy.