

SEWING SAFETY TIPS

- Before starting any sewing project, organize your sewing materials on a tray with a raised edge or lip.
- Cover the surface with a contrasting placement or use a flat, rubberized mat or jar opener that provides extra traction and stability for your needle threading materials.
- If you have low vision, make sure that the lighting in your sewing area provides sufficient illumination.
- Use two pincushions: Use one on your wrist and place the other on your work surface or in your working area.
- Keep a refrigerator magnet nearby to help you locate dropped pins. You can also run it over the floor of your sewing area before you vacuum.
- A magnetic pincushion can make it easier to collect your pins and needles in one place and keep them accessible.

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This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

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SEWING SAFETY TIPS *(cont.)*

- A magnetic pincushion can make it easier to collect your pins and needles in one place and keep them accessible.
- Keep your scissors on a chain or a ribbon that you can place around your neck.
- Don't sew barefoot or when wearing thin socks or slippers. Fallen pins can cause foot injuries, especially if you have diabetes and/or reduced sensation in your feet.
- Use an adapted needle threader:
 - Self-Threading or Easy-Thread needles
 - A wire loop needle threader
 - A Hexe or Witch needle threader
- You can find these specialty needle threaders products in the VisionAWARE online store at www.visionaware.org/product-catalog

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