

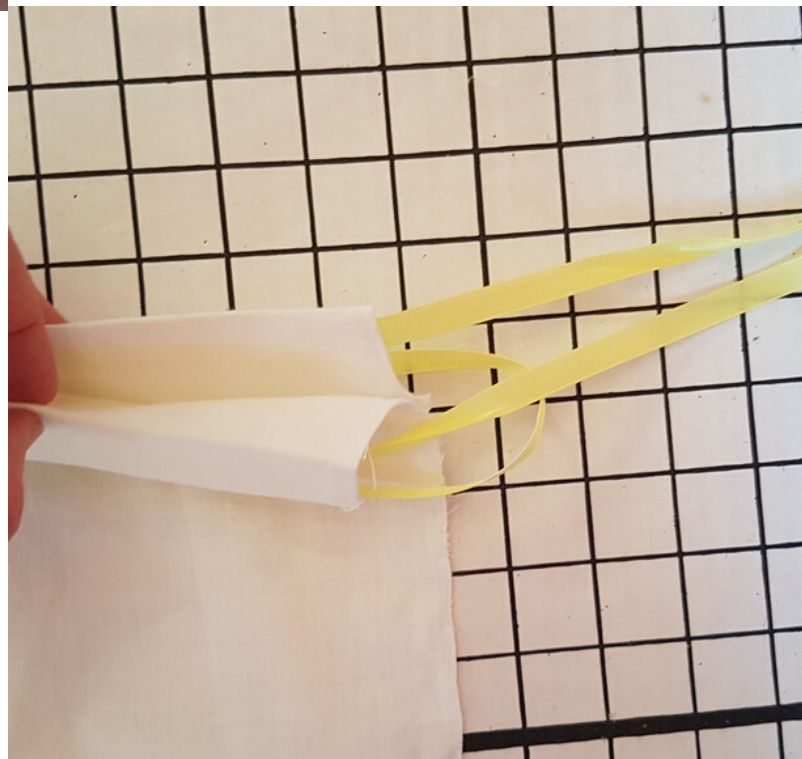


# *make bags for nurses*

**STOP CORONAVIRUS**

## **ABOUT THIS PROJECT**

These bags are for nurses to take home their contaminated uniforms and scrubs in to wash at the end of the day. They are drawstring and shut tight. Each nurse needs 2 or 3 depending on number of uniforms/scrubs. Please contact Kat when you have made a bunch and she will advise where to deliver them within Brighton & Hove. Or you please make them if you have contacts in hospitals in other areas of the country or the world that need them



## **EQUIPMENT NEEDED**

Sewing Machine  
A bobbin  
Scissors  
Ruler  
Chalk or other fabric marker  
Pins  
Iron & Ironing board  
Bag to deliver them in

## **MATERIALS NEEDED**

To make 2 bags:

- 1m of cotton, poly-cotton or polyester fabric that can be washed at 60 degrees C with a random print or no print i.e. not a one way print
- 2.3 m satin ribbon 8mm-15mm wide - cut this into 2 pieces each 1.15m long
- decent quality sewing thread e.g. Moon, Coats, Gutermann - inc enough to half fill a bobbin



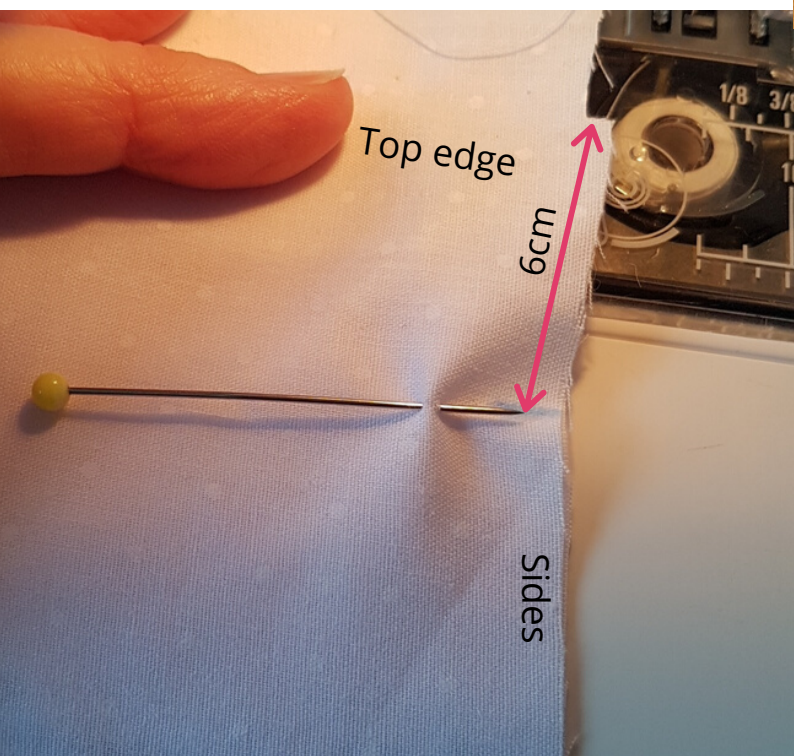
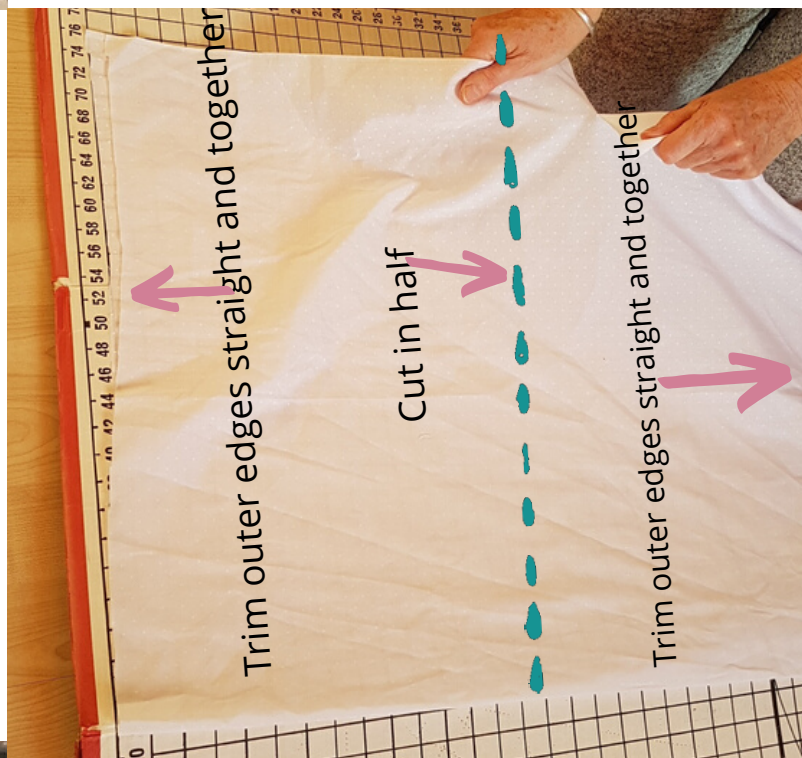
### <<<Step 1

Iron fabric. If fabric is around 112cm wide, fold in half length wise i.e. selvedge to selvedge, with exterior sides of fabric facing inwards. If it's wider fold over 55cm and trim off the rest from one selvedge. You want the distance from the folded edge to the selvedges/trimmed edge to be 55cm more or less - this will be the depth of the bag including all seam allowances. n.b. the 'selvedges' are the manufactured edges

### Step 2>>>

Neaten the outer edges on each side so they are perpendicular to the fold. Cut entire piece in half to make the 2 bag pieces.

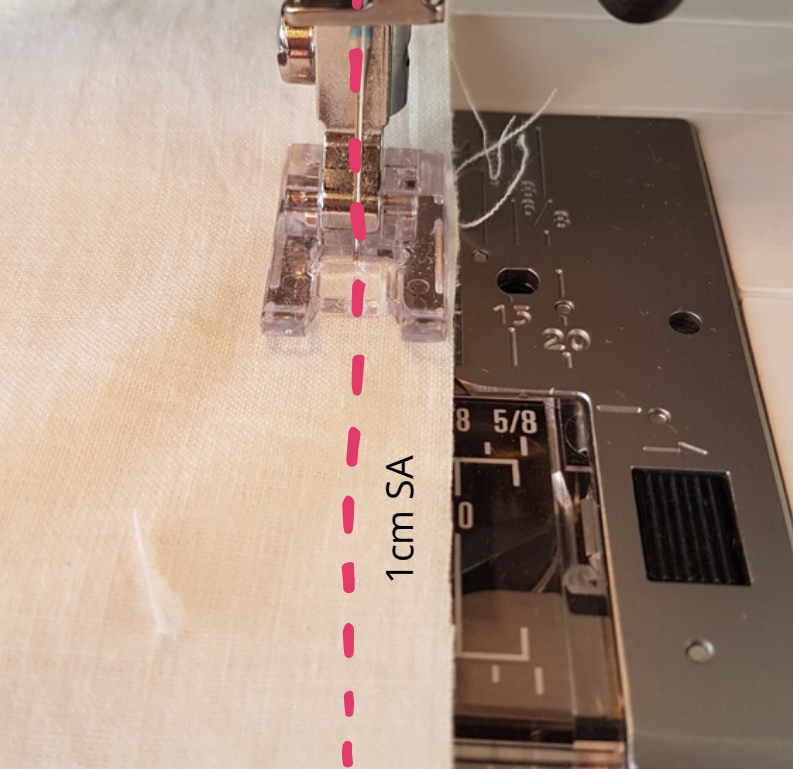
n.b a quick way to do all this is to snip and tear everything along the cross grain before folding in half. We want to end up with bags pieces 55cm deep and 50cm wide when folded



### <<<Step 3

Make a mark 6cm down from the top edge on each side seam (on the side you are going to sew from) and put a pin in so it's easy to see. You won't be sewing this 6cm section, it will be left open to later create the channel for the drawstring





#### <<<Step 4

Set up machine on straight stitch, central needle position, stitch length 2.5 or 2.8. Sew the sides with a 1cm seam allowance (SA) **not** including that 6cm gap at the top ie sew the side seams from the mark you made to the folded bottom end of the bag - back stitching each end.

*n.b. Backstitch 3 or 4 stitches at the start and end end of every line of stitching throughout this project to secure seams. Then cut off all long threads*

#### Step 5>>>

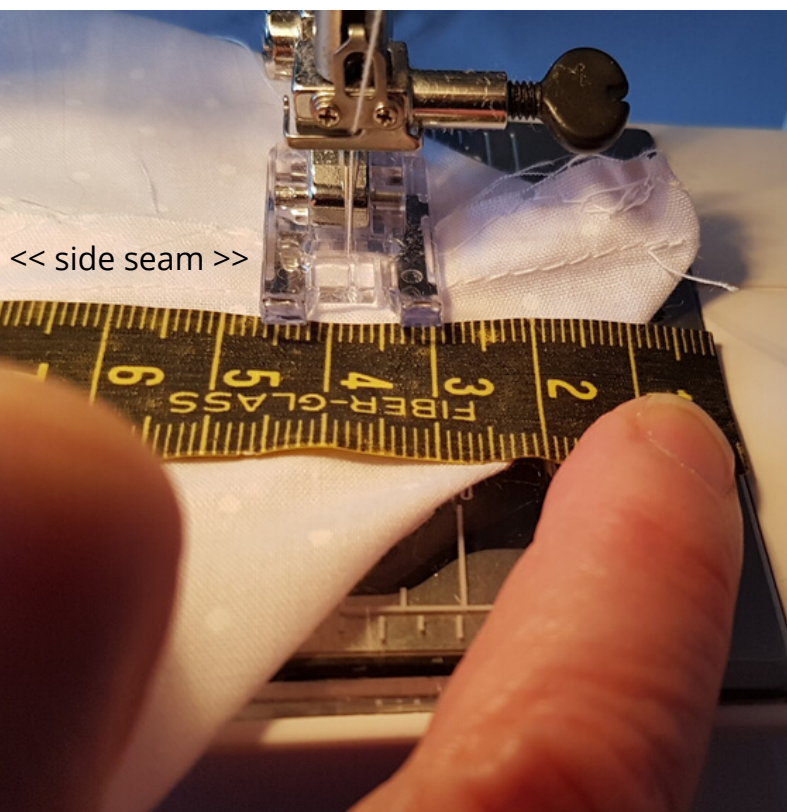
Zig zag the sides to stop them fraying - again not sewing the 6cm gap at the top - leave it open for later

We used a wide 3 step zig zag stitch on length 3 as it keeps fabric flat and neat - it sits right on the the raw edge, see illustration to the right >>>

Back stitch 3-4 individual stitches (not 3-4 zig zags!) at start and end of each seam



Zig zag right on edge, can drop outer zig zag stitch off edge to 'bind' edge



#### <<<Step 6

To make a 'flat bottom bag' put your hand inside the bag and open up the corner and fold the other way, so the side seam and folded bottom edge are now sitting lined up on top of each other.

Sew the corners across, about 4cm in from the point





### <<<Step 7

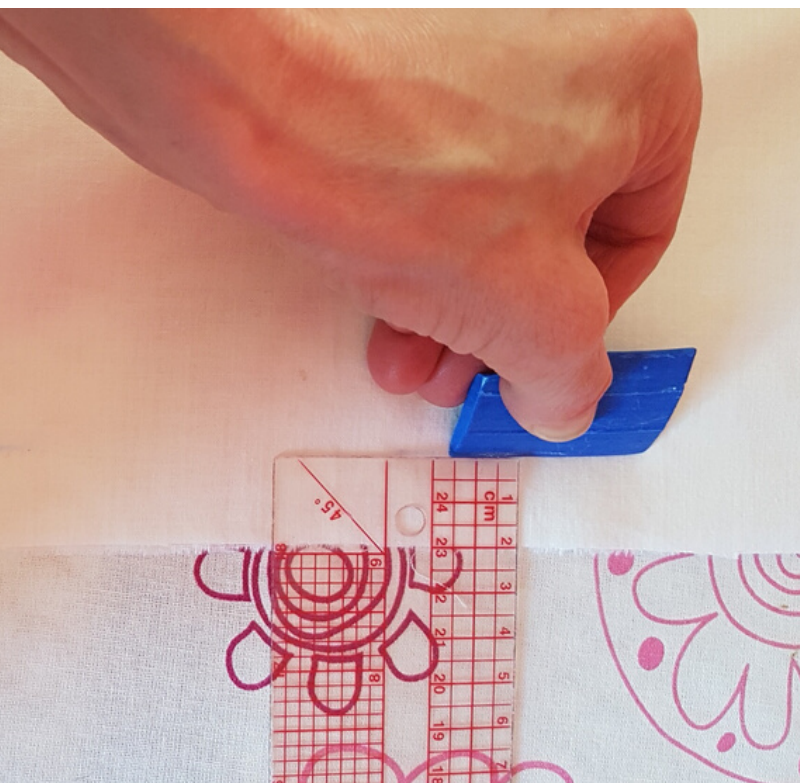
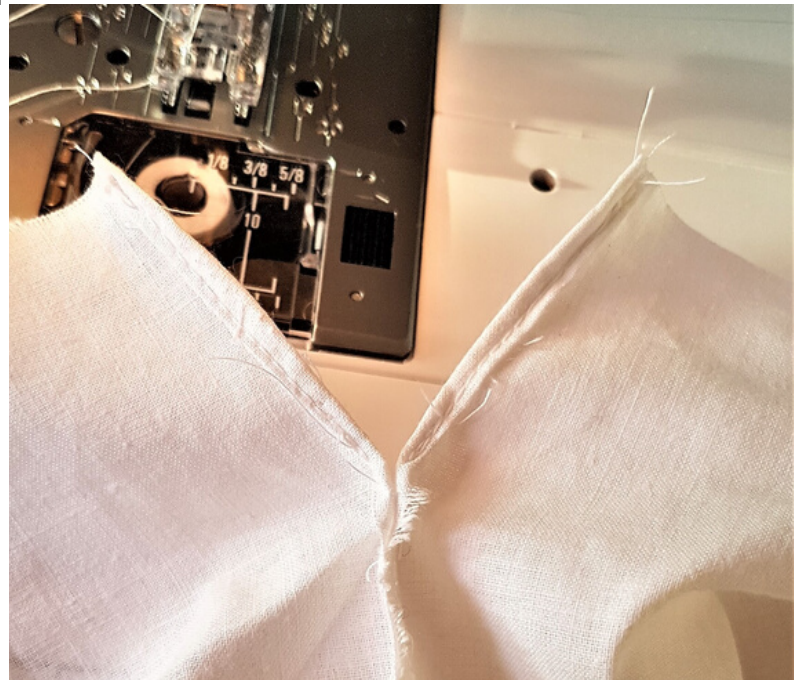
Where you left open 6cm at the top side seams, the edges will still be raw, so double turn them (you can iron first if easier) and stitch them down super close to the fold to hold.

Try to turn under the minimum amount - e.g. turn under 3mm and then again - so there is still a decent width along very top edge of the bag for when you fold the edge down next to create ribbon channel

### Step 8>>>

This what they should look like - iron them flat from the inside of bag if a bit curly.

Take this opportunity to press the side seams too with the bag inside out: feed bag onto a sleeve or ironing board & pull the side seams open gently and press seam allowance to one side. This will make the seams look great from the outside



### <<<Step 9

Creating the drawstring channel:

Iron the top edge of the bag under by 1cm (towards the inside of the bag)\*. However if the top edges of your bag are both the selvedge (see step 1) and therefore already neat, you don't need to do this, go straight to step 10. If your selvedge isn't that neat, do this step 9 anyway! Or even trim it off then do this step.

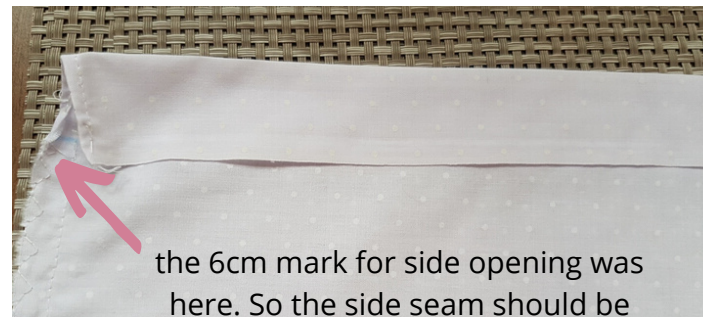
*\* TIP for turning the 1cm: with sharpened chalk, mark a line on the inside of the bag 2cm in & parallel to the top edge. Then iron the raw edge inwards to meet this line*





### <<<Step 10

Next iron the top edge (i.e. the new top edge fold or the selvedge if you didn't fold it) down to meet the 6cm mark where the side opening ends and side seam starts - press evenly down all the way along the top of the bag

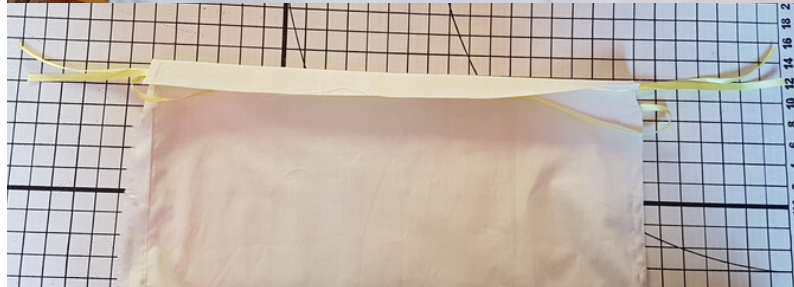


the 6cm mark for side opening was here. So the side seam should be open next to the folded section you just made

### Step 11>>> see video help: [sewbtn.com/nhsbag](http://sewbtn.com/nhsbag)

Place the 2 pieces of ribbon in the folded channel:

1. lay both under the fold (flat on top of each other) - see top photo>>
2. on each end pull out one piece of ribbon more than the other so that sticking out each side there is a short piece of ribbon and a long piece - see top photo>>
3. Pin these in place close to top of bag to keep them out of the way while sewing
4. Flip over the bag and wind each long ends across under the flap again so you now have on each side a loop and 2 short ends. Pin all layers of ribbon in place so they're snug in the top of the fold on each side of the bag



### <<<Step 12

Stitch the channel down. Sew approx 2mm in from the lower fold with a neat edge stitch as shown in this pic.

You can sew round the entire bag in one go, just backstitch on the beginning & end of each section of the folded channel, but then carry on to the next side, pushing any side seam to one side as you sew over it

Take extra care not to stitch on the ribbon!





### <<<Step 13

Take the two short sticking out ends of ribbon on one side of the bag and tie them together in a knot, cutting the ends diagonally which will stop them fraying . Repeat for the two ends on the other side. So you have one knot and one loop on each side of the bag

Turn the bag the right way out

### Step 14>>>

You've finished! Check it all draws in well to open and close bag, then un-draw and leave flat and folded neatly ready for delivery to your hospital contact.

Well done and thank you for being involved in saving lives



Bag instructions produced by Kat Neeser at Sew In Brighton Sewing School to help combat the Covid-19 pandemic

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