



Supreme Secondary Learner Government  
S.Y. 2025-2026

Grade Level: **EIGHT (8)**

Subject: **T.L.E**

Lesson #1: **Possible Hazards and Risks in the Beauty Salon**

#### 1. Chemical Hazard

There are different chemicals used in the beauty salon, like **cleaning chemicals, equipment sanitizers, and beauty products**.

These **chemicals are advised to be properly placed in a safe storage** to avoid health issues like skin contact that can cause **skin burns, difficulty of breathing or asthma**, and can even **cause death** due to poison once an individual accidentally or purposely takes in the chemical products in the salon.

#### 2. Improper Use of Needles

It is not safe if a salon staff **mistakenly use a syringe with needles** in giving aesthetic injection to the client.

One example is **if the salon staff is accidentally punctured**, he/she can be exposed and acquire a **blood-borne virus like HIV**. Being extra careful when giving such services to clients is strictly advised.

#### 3. Mechanical Hazards

**Improper handling and use of hair razors and scissors** → barbers and hair cutters are advised to handle and use with extra care the razor and hair scissors when hair cutting and barbering the clients to avoid cuts.

#### 4. Biological Hazards

**Spread of Bacteria**  
**unclean and unwashed beauty salon tools and equipment** can cause fast spread of harmful bacteria and germs or biological agents that may cause spread of **infection, skin allergy, and toxicity**.

Worst of all, it can also cause the spread of **colds, flu** and **Covid-virus** that can cause adverse and serious effects on one's health.

#### 5. Physical Hazards

**Strips, slip and falls hanging or trailing wires, spilled beauty care products and uneven floors or surface** of the salon and **carrying heavy salon equipment** in going down the stairs can cause slips, strips, and falls.

Salon staff are reminded to **wear non-slipper, or shoes made of rubber materials** that can stick to the floor to avoid slips and falls.

#### 6. Electrical Hazards

Using poorly maintained electrical salon equipment, overloading of sockets using extension cables size not suitable for electrical devices and salon tools that can cause **electric shock, burns, injuries and fires**.

**Check open wires and repair using electrical tape**. Do not use extension cable that cannot accommodate high voltage electric supply capacity.

#### 7. Ergonomic Hazards

It refers to **any physical condition** that can be experienced in the workplace due to **incorrect body posture or movement/s** that can cause **injury or other health concern** that may affect musculoskeletal system causing aches and sprains which can also lead to serious health problem that can cause permanent damage to one's body.



## TLE 8 QUARTER 3 REVIEWER

### BEAUTY CARE AND WELLNESS SERVICES

#### BEAUTY CARE

-The science of beauty treatment that involves hair, skin (facial care), nails and hair care. A way of caring for ourselves to keep us beautiful and attractive. Beauty Care is also called COSMETOLOGY

#### WELLNESS

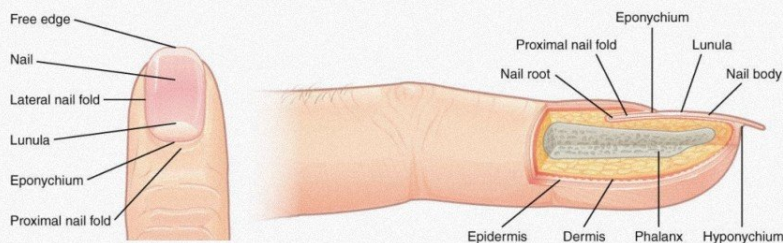
-Quality of being in good health by practicing healthy habits to attain physical, mental, emotional, social and spiritual well-being.

#### MASSAGE

-A way of applying hand manipulation to muscles, tendons, ligaments, and fascia that helps ease body pain, improve the immune system, and provide good blood circulation and body relaxation.

#### SPA

-A term attached to massage; it offers relaxing massages with extra pampering services like facial packs, manicures, and pedicures.



### ANATOMY OF THE NAIL

#### MATRIX

## TLE 8 QUARTER 3 REVIEWER

- Where a new nail plate cells are created, and the nail plate begins to form

#### EPONYCHIUM

-A living skin at the base of the nail plate that covers the matrix area. This should not be confused with the cuticle

#### FREE MARGIN (MARGO FIBER) OR DISTAL EDGE

-Is the anterior margin of the nail plate corresponding to the abrasive or cutting edge of the nail

#### LATERAL MARGIN (MARGO LATERALIS)

-Lies beneath the nail wall on the sides of the nail and the nail groove or fold (sulcus matrices unguis) are the cutaneous slits into which the lateral margins are embedded.

#### PROXIMAL FOLD OF THE EPONYCHIUM

-A tight band of living tissue tht ost people incorrectly think is their cuticle

#### CUTICLE

-A thin layer of dead tissue riding on the nail plate to form a seal between the nail plate and the eponychium to revert pathogens from infecting the matrix area.

#### LUNULA (SMALL MOON)

- Is the visible part of the matrix, the whitish crescent-shaped base of the visible nail. The Lunula can best be seen in the thumb and may not be visible on the little finger



## ANATOMY OF THE NAIL

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1/9

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### NAIL PLATE

-Composed orf hardened, flat, translucent, non living, keratin nail cells that form a solid, protective layer over the underlying soft tissue. The nail plate should not be confused with the nail "bed".

### NAIL BED

## TLE 8 QUARTER 3 REVIEWER

-Is the soft, pink tissue that sits underneath and supports the nail plate.

### NAIL SINUS ( SINUS UNGUIS)

-Where the nail root is; such as the base of the nail underneath the skin. It originates from the actively growing tissue below, the matrix.

### NAIL WALL ( VALLUM UNGUIS)

-The cutaneous fold overlapping the sides an proximal end of the nail.

### HYPONICHIIUM

-Represented as a pink line. It is a soft tissue seal underneath the extended free edge of the nail plate whose purpose is to prevent pathogens from infecting the nail bed.

### WAYS ON HOW TO TAKE CARE OF YOUR NAILS:

1. A healthy diet will give us healthy nails

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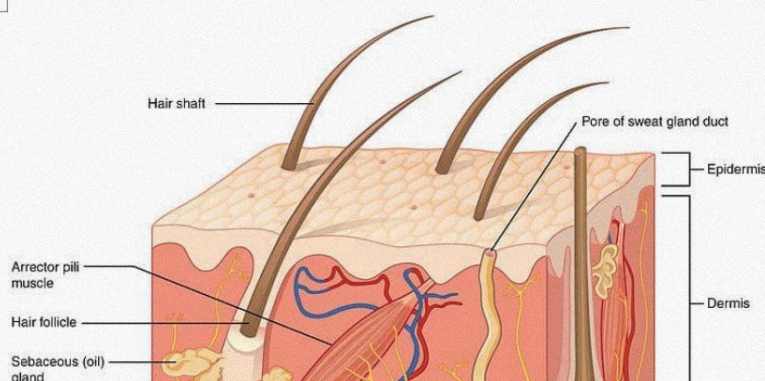
1. A healthy diet will give us healthy nails
2. Care for your nails weekly ( apply moisturizer, filing, and apply nail treatments)
3. Maintain nail cuticles (Apply thick oils or cream)
4. File nails only as needed

## ANATOMY OF THE SKIN

#### SKIN

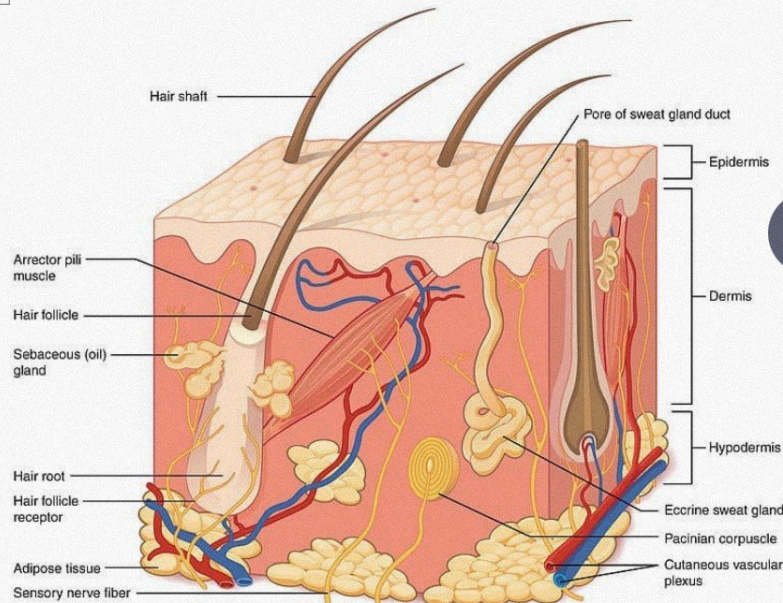
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## TLE 8 QUARTER 3 REVIEWER



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## TLE 8 QUARTER 3 REVIEWER



### THE THREE MAIN PARTS AND FUNCTIONS OF THE SKIN

1. EPIDERMIS -top, outermost layer of the skin that we can see and touch
2. DERMIS – the middle layer of the skin, it makes up 90% of our skin thickness
3. HYPODERMIS – the bottom of fatty layer part of the skin

### HOW TO TAKE CARE OF YOUR SKIN

1. APPLY SUNSCREEN
2. AVOID TOO MUCH SKIN TANNING BECAUSE IT CAN CAUSE SKIN DAMAGE WHICH CAN CAUSE SKIN CANCER
3. DO NOT SMOKE BECAUSE IT CAN CAUSE WRINKLES
4. USE MILD SOAP AND FACIAL CLEANSER

## TLE 8 QUARTER 3 REVIEWER

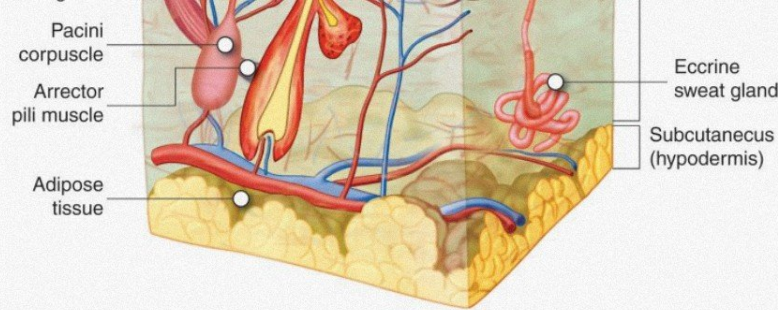
5. TAKE A BATH DAILY
6. LEARN TO MANAGE YOUR STRESS

### ANATOMY OF THE HAIR

#### SKIN

-A thin threadlike outgrowth from the epidermis of an animal, which is found on the body parts most especially on the human head





#### PARTS OF THE HAIR

1. HAIR SHAFT – the visible part of the hair that sticks out of the skin
2. HAIR FOLLICLE – part of the hair that is found beneath the skin. It is a

### TLE 8 QUARTER 3 REVIEWER

very important part which is responsible for the continuous growth of the hair

#### HOW TO TAKE CARE OF IF YOUR HAIR

1. Shampoo Your Hair
2. After washing your hair with shampoo, rinse thoroughly and apply a hair conditioner
3. Wash your hair with warm water
4. Towel dry your hair
5. Eat nutritious foods

#### CAREER OPPORTUNITIES | BEAUTY CARE AND WELLNESS

##### MAKE-UP ARTIST

-An expert in applying cosmetic products and techniques to improve and enhance a person's /clients appearance

##### NAIL PROFESSIONAL (MANICURIST/PEDICURIST)

-A person whose work is to clean, shape, style, and take care of a person's nails. Can apply art on the nails by decorating using nail polish, or putting some gems, poly-gel or glitters

##### HAIR STYLIST

-A person who cuts and style customer's hair professionally

- haircut
- hair color
- hair treatment

##### MASSAGE THERAPIST

- A person who gives therapeutic massage to the different body parts of the salon customer. Like: Facial massage, hand and foot massage, back massage, half-body massage, and full-body massage

##### BARBER

- A person who cuts hair, most especially men's hair, shaves or trimmed mens mustaches

##### WELLNESS ADVISOR

-A professional who helps clients achieve good health by teaching them about body fitness activities, proper diet, and stress management techniques

##### SALON OWNER

- A person who owns and runs a beauty salon and wellness spa. He/She is the one responsible for the following: Raising, starting, capital, hiring staff

##### BEAUTY CARE MATERIALS

6/9

### TLE 8 QUARTER 3 REVIEWER

-Refers to cosmetic and supplies that are used up and need to be replenished regularly

#### BEAUTY CARE TOOLS/IMPLEMENTS

-Are durable, permanent, and hand-held items used in providing beauty care services

#### BEAUTY CARE EQUIPMENTS

-refers to the devices and tools for enhancing hand health, massage, facial treatments, hair care, and nail care

#### NAIL CARE EQUIPMENT:

ENCERDUNG... if the... from... the... with...

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#### NAIL CARE EQUIPMENT:

-FINGERBOWLS are specifically designed for soaking the nails in warm water with a liquid or moisturizing soak

-HAND SPA MACHINE is filled with warm water and hand soap or liquid hand spa mixtures where hands are soaked before massage and actual nail cleaning services are done.

-MANICURITS TABLE is a working table where all the nail care implements, and supplies in nail care services are placed

-NAIL IMPLEMENTS STERILIZER – is where nail care implements are sanitized

-NAIL ENAMEL TRAY it is where nail polishes and nail care supplies are placed in an organized manner

-FOOT SPA MACHINE is filled with warm water and liquid soap or pedicure salts to soak your feet (the best thing after a long day)

-LOW STOOL is used by manicurists when giving pedicure services

-MANICURE AND PEDICURE CHAIR is where the client and the manicurist sit while doing the manicuring and pedicure services

-NAIL DRYER MACHINE is where nails are dried after the application of nail polish

-NAIL WASHING INSTRUMENT is where the nail is pre-soaked to soften nails before the actual cleaning

#### NAIL IMPLEMENTS – THESE ARE THE HANDHELD TOOLS

-FOOT FILE is used to exfoliate dry skin or smooth calluses of the feet

-NAIL CUTTERS OR NAIL CLIPPERS are used for shortening the length of your nails

-NAIL PUSHER the spoon end of a metal pusher is used to push back the cuticle of the nail and the spade end is used to remove the dead tissue from the nail plate

-NAIL SCISSORS are used to trim nails or cuticle skin

-ORANGE WOOD STICK is very useful when performing manicure or pedicure services.

These are disposable and should be thrown out after use

-NAIL CLEANER allows users to remove debris under the nails prior to scrubbing, thus significantly boosting overall hand cleanliness

-NAIL BUFFER this implement comes in varied types and grits ranging from less than 180 to over 240. A good rule to follow with this is the lower the grit, the more abrasive the file.

-NAIL FILE is a tool used to gently grind down and shape the edges of nails when giving manicures and pedicures after the nail has been trimmed using appropriate nail clippers.

-NIPPERS are used to remove dead tags of skin and should not be used to cut, trip or tear living tissue, this could cause an infection.

-NAIL SPRAYER is used as a container either of cuticle remover or quick dry oil for easy

7/9

## TLE 8 QUARTER 3 REVIEWER

spraying

-TOE SPEARATOR made of rubber foam, toe separators or cotton used to keep toes apart when polishing the nails.

#### NAIL SUPPLIES

-MASSAGE CREAM is used to moisturize and soften the skin when giving hand and foot massage

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#### NAIL SUPPLIES

- MASSAGE CREAM is used to moisturize and soften the skin when giving hand and foot massage
- CUTICLE REMOVER is used to soften the dead cuticle
- BASE COAT come in plain and ridge-filler varieties. Ridge-filling base coats are thicker than regular base coats
- QUICK-DRY NAIL CARE OIL that is sprayed or dropped over the topcoat to make the drying process faster
- CUTICLE OIL is used to lubricate the skin around the nails.
- NAIL POLISH REMOVER is used to remove old nail polish on the nails
- ADHESIVE TAPE is used to hold or compress injured nails and cover broken nails before repairing them
- COTTONS is used to remove old nail polish from the nail plate and at the same time remove the nail cuticle
- NAIL CARE SPATULA is used to get creams from the container
- ANTISEPTIC is applied on minor injuries of tissues
- HAND TOWELS is used to dry

#### SKIN AND FACIAL CARE PRODUCTS

- FACIAL CLEANSER is used to remove dirt and make-up
- FACIAL MOISTURIZER is used to prevent face from drying
- FACIAL TONER is used to remove bacteria and dirt that the cleanser was not able to remove
- FACIAL MASK removes the dirt from the deep layers of your face
- HAND AND BODY LOTION is used to keep our skin nourished, softened and moisturized
- BLACKHEADS REMOVER is a small tool that is used to remove blackheads
- JADE ROLLER MASSAGER is used to manually roll and massage one's face

#### HAIR CARE TOOLS AND PRODUCTS

- HAIR BLOWER OR DRYER is an electromechanical device that blows ambient or hot air to dry the hair
- PERM RODS is used to help us create small curls
- HAIR CURLER AND STRAIGHTENER is a flat iron that is used in curling and straightening our hair
- HAIR ROLLERS help us set our hair creating small, medium, and big curls to our hair.
- SHAMPOO AND CONDITIONER are both products that keep our hair healthy, shiny, and smooth

## TLE 8 QUARTER 3 REVIEWER

SANITATION

- means keeping tools, implements, and equipments clean and free from germs

MAINTENANCE

- taking care of tools, equipments, and implements so they stay in a good condition and last longer

HAZARDS

- any potential incident that can cause harm to an individual or a group of people

HILOT

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#### HILOT

-traditional healing practice by filipinos

#### OCCUPATIONAL SAFETY AND HEALTH

-concerns the health and safety of inviduals in the workplace. It aims to prevent accidents that may harm people while at work.



# GRADE 8 TITLE QUARTER 3

## ANATOMY OF THE NAIL

- **NAILS** are part of the integumentary system

## PARTS AND FUNCTION

1. **MATRIX**
2. **EPHONYCHIUM**
3. **FREE MARGIN OR DISTAL EDGE**
4. **LATERAL MARGIN**
5. **PROXIMAL FOLD OF THE EPONYCHIUM**
6. **CUTICLE**
7. **LUNUIA**
8. **NAIL PLATE**
9. **NAIL BED**
10. **NAIL SINUS**
11. **NAIL WALL**
12. **HYPONYCHIUM**
13. **SORNHALE CUTICLE**
14. **BONE OF THE FINGER TIP**

•

- **Bell shape**
- **Inverted Triangle**
- **Circle Shapes**

## 3. SPACE

- A textile designer considers how the garment occupies space.

## 4. COLOR

- Various colors, shades, and hues mean different emotions and moods.

**Red** associated with emotions particularly anger, but it can also mean romance

**Blue** creates a calming effect and signifies trustworthiness

**Black** authority and power, black symbolizes submission Various colors, shades, and hues mean different emotions and moods.

**White** signifies purity and innocence, and white is versatile

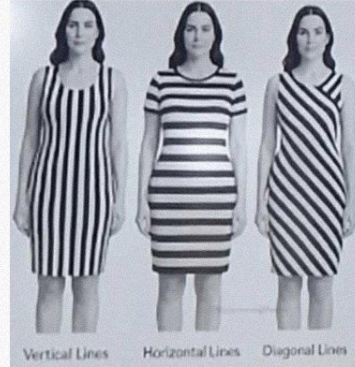
## Principles of Design in Garment Construction

1. **BALANCE** According to this principle, from the center of the clothes, the design should

## ELEMENTS DESIGN OF GARMENT COSTRUCTION

### 1. LINE

- Vertical Line
- Horizontal Line
- Diagonal Line



- In apparel design, lines can be a seam or embroidery or be used to describe how the garment fits the body. In textile design, lines can be patterns on fabric, such as stripes.

### 2. SHAPE

- It is formed by connecting different types of lines. In apparel design, the term applies to the way the garment fits.
- **Triangle Shapes**
- **Rectangular Clothing**

3. **RHYTHM** is achieved through the repeated use of certain elements.

- **Rhythm can be established in three main ways.**

1. REPETITION
2. RADIATION
3. GRADIATION

4. **EMPHASIS** Some portions of clothes are the center of attraction. This portion is called the point of emphasis, and it should be placed only on the body part which is most attractive.

## WAYS TO TAKE BODY MEASUREMENT

1. **VERTICAL MEASUREMENT** Taken from TOP to BASE of the body
2. **HORIZONTAL MEASUREMENT** Taken from LEFT to RIGHT of the body
3. **CIRCUMFERENTIAL MEASUREMENT** Taken from AROUND of the body

## BODY MEASUREMENT

- **NECK** Loosely measure around the circumference at the base of your

6. CUTICLE
7. LUNUIA
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### Principles of Design in Garment Construction

1. **BALANCE** According to this principle, from the center of the clothes, the design should have identities on both sides.

- Formal Balance
- Informal Balance

2. **UNITY** includes clothing, all accessories and you. Colors that have common hue create unity

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2/3

### BODY MEASUREMENT

- **NECK** Loosely measure around the circumference at the base of your neck.
- **BUST**

Lift your arms to the side. Measure around your body crossing over the fullest part of your bust. The tape measure must run directly over your nipples and across your shoulder blades on your back

- **BUST TO BUST**

- **UPPER BUST**
- **LOWER BUST**
- **WAIST**
- **HIP**
- **SHOULDER TO BUST**
- **FRONT SHOULDER TO WAIST**
- **SHOULDER TO NECK**
- **BACK SHOULDER TO WAIST**
- **ACROSS BACK**
- **FULL BACK**
- **SLEEVE HOLE**
- **OVER ARM**
- **SIDE SEAM**

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- **OVER ARM**
- **SIDE SEAM**
- **BICEP**
- **ELBOW**
- **UPPER ARM**
- **UNDER ARM**

Section: \_\_\_\_\_

Score: \_\_\_\_\_

**Topic:** Trade Mathematics/Measurement**Learning Competency:** Perform Mensuration and Calculation**Learning Targets:** To perform and carry out measurements and calculations**References:** Competency-Based Learning Material (Second Year) – Drafting Technology, page 24-26**CONCEPT NOTES:**

- **Measurement** – comes from the Greek word “*metron*” meaning *limited proportion*.
- The **metre (U.S.:meter)** was standardized as the unit length after the French Revolution, and it has been adopted throughout the world.
- **Metric scale** is applied when the *meter* is used for linear measurement.

Accurate measurement is essential in many fields, and since all measurements are necessarily approximations, a great deal of effort must be taken to make measurements as accurate as possible. Measuring accurately is a skill that should be developed. Inaccurate measurement would mean waste of time, effort and materials. The development of the skill in measuring starts with the ability to read measurements.

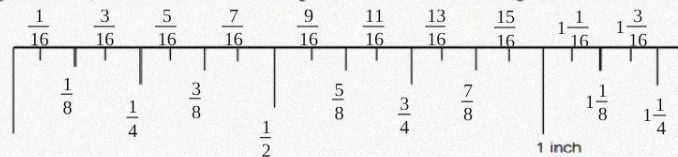
**Two Systems of Measurements**

1. **English system** - originated in England
2. **Metric system or Systems International (S.I)** - originated in France

The basic unit in the Systems International measurement is called the meter. The meter is divided into 100 centimeters. Each centimeter is divided into 10 millimeters. They are abbreviated as follows:

- Millimeters (*mm*)
- Centimeters (*cm*)
- Decimeters (*dm*)
- Meters (*m*)

In the English system, the inch is divided into 16 graduations and the smallest graduation is read  $\frac{1}{16}$ .



To read measurement exceeding 1 ..... say 2” and for smaller graduations, it is read and written as: 2”  $\frac{4}{16}$  or 2  $\frac{1}{4}$ . For example: 1 foot + 2 inches + 3 smaller graduations, it is read and written as: 14”  $\frac{3}{16}$ .

In the Systems International measurement, the meter is divided into 10 millimeters as shown below:

**Metric System of Measurement**

(Linear equivalent)

10 millimeters (mm.)	=	1 centimeter (cm.)
10 centimeters (cm.)	=	1 decimeter (dm.)
10 decimeter (dm.)	=	1 meter (m.)
10 meters (m.)	=	1 decameter (dm.)

Outline

Page view

2 / 3

10 decameter (dm.)	=	1 hectometer (hm.)
10 hectometer (hm.)	=	1 kilometer (km.)
10 kilometer (km.)	=	1 mayriameter (mn.)

**English System of Measurement**  
 (Linear equivalent)

12 inches (in.)	=	1 foot (ft.)
3 feet (ft.)	=	1 yard (yd.)

**Metric Conversion Table**

1 millimeter	=	0.03937 inches (in.)
1 centimeter	=	0.3937 inches (in.)
1 meter	=	39.37 inches (in.)

**English Conversion Table**

1 inch (in.)	=	.0254 mm.	=	2.54 cm.	=	.0254 (m.)
1 foot (ft.)	=	304.8 mm.	=	30.48 cm	=	.3048 (m.)
1 yard (yd.)	=	914.4 mm.	=	91.4 cm	=	.9144 (m.)

**Conversion Formulas**

Length in inches	x	0.0254	=	length in meters
Length in inches	x	2.54	=	length in centimeters
Length in feet	÷	3.28	=	length in meters
Length in centimeters	x	0.3937	=	length in inches
Length in meters	x	39.37	=	length in inches
Length in inches	÷	39.37	=	length in meters
Length in feet	x	0.305	=	length in meters
Length in feet	x	30.5	=	length in centimeters

**Examples:**

1) Convert 2 inches to centimeters

*Solution:*

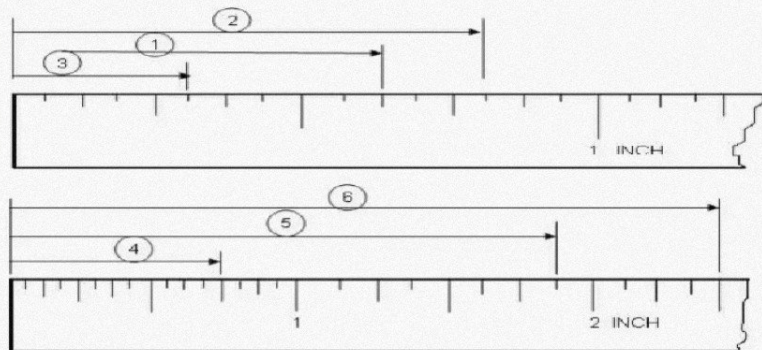
$$\begin{aligned} \text{Length in inches} \times 2.54 &= \text{length in centimeters} \\ 2 \text{ inches} \times 2.54 &= \text{length in centimeters} \\ 2 \text{ inches} \times 2.54 &= 5.08 \text{ centimeters} \end{aligned}$$

*Answer:* **2 inches** is equivalent **5.08 centimeters**

2) Convert 3 inches to meters

*Solution:*

$$\begin{aligned} \text{Length in inches} \times 0.0254 &= \text{length in meters} \\ 3 \text{ inches} \times 0.0254 &= \text{length in meters} \\ 3 \text{ inches} \times 0.0254 &= 0.0508 \text{ meters} \end{aligned}$$

*Answer:* **3 inches** is equivalent **0.0508 meters**
**Activity 1:**
*Direction:* Write the correct measurements as indicated by extension lines below.
**A. English System**


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9 / 13



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	Metric System	English System
Length	meter	inch, foot, mile
Mass	gram	ounce, pound, ton
Volume	liter	pint, quart, gallon
Power	watt	horsepower
Torque	Newton-meter	pound-foot
Temperature	degree Celsius	degree Fahrenheit

Customary Units	Metric Units
1 Inch	2.54 Centimeters
1 Foot	30.48 Centimeters
1 Yard	0.914 Meter
1 Mile	1.609 Kilometers
1 Ounce	28.350 Grams
1 Pound	454 Grams
1 Fluid Ounce	29.574 Milliliters
1 Quart	0.946 Liters
1 Gallon	3.785 Liters

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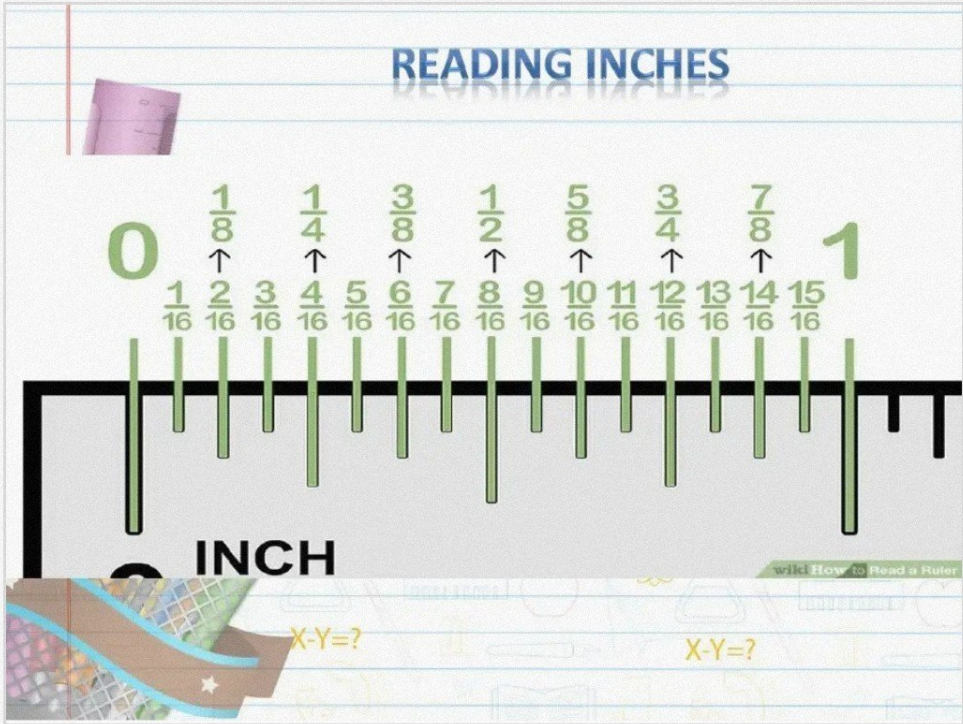
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Page view

10 / 13

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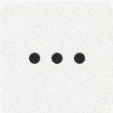
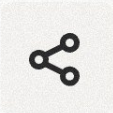
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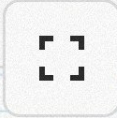
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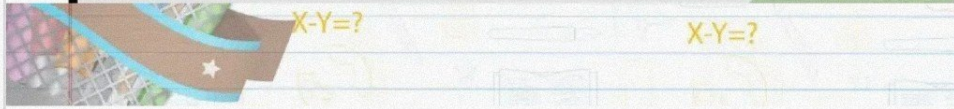
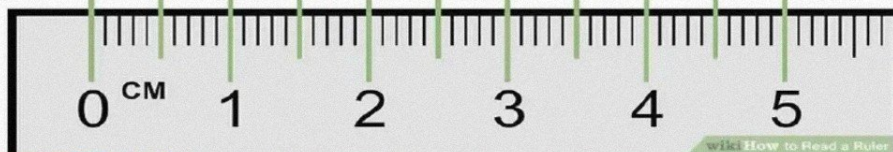
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11 / 13



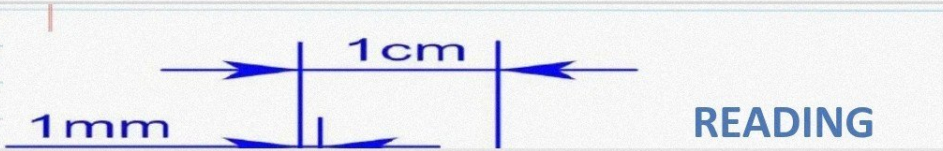
# READING CENTIMETER

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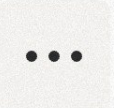
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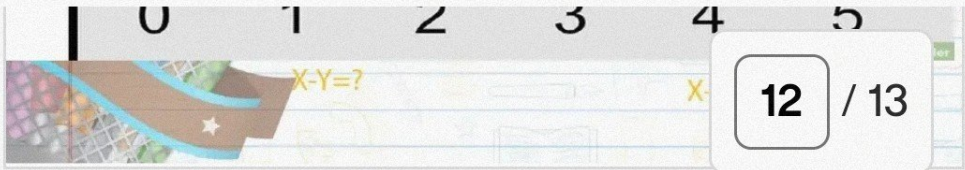


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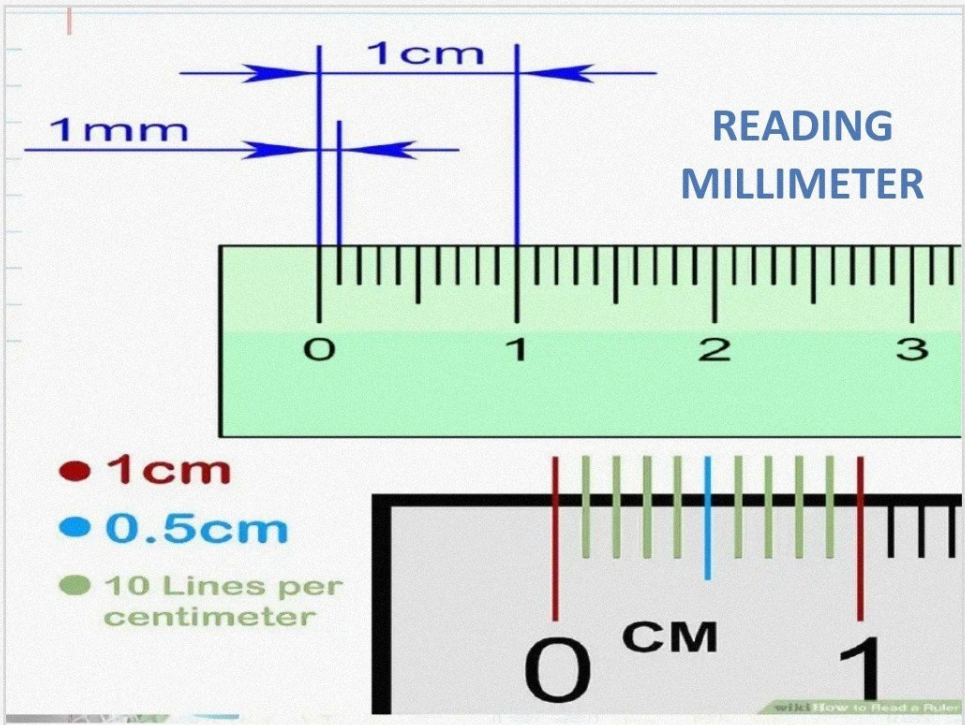


12 / 13



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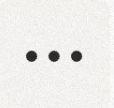
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## 2. Unlocking Content Vocabulary

- **Pattern** - something designed or used as a model for making clothes.
- **Fit** - be of the right shape and size.

(Day 1

	<ul style="list-style-type: none"> <li>● <b>Accurate</b> - correct, exact, precise</li> <li>● <b>Pajama</b> - a loose, lightweight piece of garment worn for sleeping.</li> <li>● <b>Shorts wear</b> - pants that end above the knee or reach to the knee.</li> </ul>	
<p><b>C. Developing and Deepening Understanding</b></p>	<p><b>TOPIC: Pattern Drafting</b></p> <p><b>1. Explication</b></p> <p>Pattern making is the process of creating a blueprint of your garment. A pattern is used as a template to cut out fabric that matches the required specifications to sew a garment.</p> <p><b>MOST COMMON METHODS OF PATTERN - MAKING</b></p> <ol style="list-style-type: none"> <li><b>1. Draping</b> - This method is done by forming the fabric to a desired design of the clothes to be sewn.</li> <li><b>2. Flat</b> - This method could be done manually using pattern paper, ruler, pencil, and other necessary materials to lay the pattern following accurate measurements. It could also be done digitally by using CAD software.</li> </ol> <p>The learners will watch a video presentation on how to construct a pattern for a pajama. This site may be used. <a href="https://www.youtube.com/watch?v=VbpFAEJmt2M">https://www.youtube.com/watch?v=VbpFAEJmt2M</a></p>	<p>(Day 1: 5 minutes)</p> <p>(Day 1: 10 minutes)</p> <p>(Day 1: 20 minutes)</p> <p>The sample given could be used but teachers who have used other tried-and-tested patterns may opt to use their own. The</p>

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**2. Unlocking Content Vocabulary**

- Design - It is a plan or specification for sewing clothing.
- Structural Design - It deals with basic construction.
- Decorative Design - It deals with ornament and making the structure more impressive.
- Accessories - These are added in order to make something more useful, versatile, or attractive.
- Body Measurement - This is measuring the size of a specific part of the body. For accuracy, one should not take one's own body measurements.
- Appropriate - It means suitable for the specified event or activity.

C. Developing and Deepening Understanding

**PRINCIPLES IN MAKING GARMENTS**

**SUB-TOPIC 1: Garment Style and Design**

**1. Explication**

**ELEMENTS OF DESIGN IN GARMENT CONSTRUCTION**

1. **Line** - In apparel design, lines can be a seam or embroidery or be used to describe how the garment fits the body. In textile design, lines can be patterns on fabric, such as stripes. Lines have psychological effects:
  - a. Horizontal lines symbolize peace and repose since objects aligned parallel to the Earth

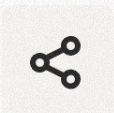
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are perceived to be at rest in relation to gravity.

- b. **Vertical lines** communicate a feeling of loftiness and spirituality. Erect lines extend upwards beyond human reach, toward the sky.
  - c. **Diagonal lines** suggest a feeling of movement or direction. Since objects in a diagonal position are unstable in relation to gravity, being neither vertical or horizontal, they are about to fall or are already in motion.
  - d. **Curve lines** deviate from straightness in a smooth, continuous fashion.
- 2. Shape** - It is formed by connecting different types of lines. In apparel design, the term applies to the way the garment fits.
- 3. Space** - A textile designer considers how the garment occupies space.
- 4. Color** - Various colors, shades, and hues mean different emotions and moods. There are psychological effects of colors:
- a. **Black** - Often associated with authority and power, black symbolizes submission, a color frequently worn by leaders and priests.
  - b. **White** - This signifies purity and innocence, and white is versatile in fashion due to its ability to complement any color.
  - c. **Red** - This intense color is often associated with emotions particularly anger, but it can also mean romance to many.
  - d. **Blue** - Creates a calming effect and signifies trustworthiness, making it ideal for professional settings like job interviews.
  - e. **Green** - It is famously known for its association with nature. Green symbolizes masculinity, wealth, and conservation.

5

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f. Yellow - Enhances concentration and brightness in various contexts.

**PRINCIPLES OF DESIGN IN GARMENT CONSTRUCTION**

**1. Balance** - According to this principle, from the center of the clothes, the design should have identities on both sides. It could be achieved in two ways:

- a. Formal Balance - when structure decoration and accessories are almost identical on both sides. This is an easy way of balancing, but such balance leads monotony to the clothes.
- b. Informal Balance - when the structure decorations and accessories are different on both sides from the center of the clothes. In this, attraction on both sides is created by using different accessories.

**2. Unity** - When things look right together, you have created unity. Unity includes clothing, all accessories and you. Colors that have common hue create unity.

**3. Rhythm** -is achieved through the repeated use of certain elements. When a design incorporates rhythm, the viewer's eye can effortlessly transition from one part to another. Rhythm can be established in three main ways.

- a. Repetition of lines, colors, or accessories
- b. Radiation - Gathers or pleats are radiated lines that can be observed on the neckline, arm, and skirt.
- c. Gradation - Rhythm can be created by gradual change of lines, shape, or shade of color.

**4. Emphasis** - Some portions of clothes are the center of attraction. This portion is called the point of emphasis, and it should be placed only on the body part which is most attractive.

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**5. Harmony** - To create harmony in clothing, it is essential to establish connections between various parts of the outfit. This can be accomplished by carefully integrating color, shape, and texture to evoke a sense of unity.

**DAY 2**

## **QUALITIES OF WELL - FINISHED GARMENT PRODUCTS**

1. Longevity - A garment should last long.
2. Resistance - A garment should keep its shape. It should not wear out, shrink, or twist.
3. Dye - Colors should not fade. It should look deep and fresh even after years of wearing.
4. Drape - The fabric should hang naturally.
5. Comfort - The clothes must feel good on the skin.

## DAY 3

### SUB-TOPIC 2: Body Measurement

#### 1. Explicitation

##### POINTS TO REMEMBER IN TAKING BODY MEASUREMENTS

1. Ask the client politely to stand straight while taking measurements, wearing a well - fitted garment. Remove extra bulk pockets like wallets, cellphones, and hankies.
2. Use a soft flexible tape measure that is flat on the part to be measured. Work in pairs.
3. Tie a string on the exact waistline as a point of reference while taking measurements.
4. Start with either horizontal or vertical measurements.
5. When measuring lengths, let the tape measure hang freely for more accurate measurements.

##### HOW TO TAKE BODY MEASUREMENTS

###### A. Upper Body Measurements

1. **Neck Measurement** - taken around the neckline.
2. **Shoulder** - taken from the shoulder point to the other.
3. **Bust / Breast** - measured around the body with the tape measure passing over

the fullest part of the bust or breast.

4. **Upper arm girth** - taken around the arm two to three inches below the armpit.
5. **Lower arm girth or sleeve width** - taken around the arm. Adjustments may be done to ensure the comfort of the end users.
6. **Sleeve length** - taken from the shoulder tip point down to the desired sleeve length.
7. **Shirt length** - taken from the nape down the center back to the desired length.

## **B. Lower Body Measurements**

1. **Waist circumference** - Adjust your pants to a comfortable position and measure around the narrowest part. Insert two fingers under the tape measure for ease.
2. **Hip Circumference** - Measure around the fullest part of the hip (buttocks). Insert two fingers under the tape for ease.
3. **Bottom Measure** - Locate the front and back crease of the pants worn by the person. Measure around the ankle or where the pajama length ends.
4. **Crotch** - Position the L-square or ruler under the crotch of the one being measured; then, take a vertical measurement from the waist down to the tip of the L-square or ruler.
5. **Length of pants** - Adjust the pants to a comfortable position and measure from the side seam below the belt to the desired length of pants.



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2. Unlocking Content Area Vocabulary

- **Ergonomics** - refers to designing clothing that fits comfortably, allows for ease of movement, and minimizes discomfort or strain on the wearer's body.
- **Garments** - a piece of clothing, made of fabrics or textiles for wearing the human body and for human beautified reasons.
- **Sewing Aids** - These tools help makes sewing job easier and productive. They are usually used when cutting and sewing.
- **Sewing Equipment** - consists of machines and power tools you need for a particular job or activity.
- **Sewing supplies**- Tools, equipment, and materials utilized in the process of sewing or stitching fabric pieces together to create garments, accessories, or other textile items.
- **Sewing tools** - are handheld devices that aid in accomplishing tasks
- **Sewing materials**- Various items or components employed in sewing projects, including fabrics, threads, buttons, zippers, trims, and interfacings. These materials are essential for constructing and embellishing sewn items.

DAY 1

SUB-TOPIC 1: Introduction to Garments

1. Explication

Types of Garments

The art and skill of sewing are imaginative and captivating. The stitching of a garment unites its various components to create a well-finished item. The technical feat of making a garment involves applying fundamental sewing techniques, such as gathers, pleats, darts, stitches, and edge finishing. For a product of high quality, it must be used appropriately in the garment-

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its various components to create a well-finished item. The technical feat of making a garment involves applying fundamental sewing techniques, such as gathers, pleats, edge finishing. For a product of high quality, it must be used appropriate



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building process. If the finer details are adequately attended to and the clothing fits nicely, it will look beautiful.

Clothing is essential, and there are a variety of ties between different people. Dress norms and expectations vary among nations and countries due to several factors such as modesty, religious, social, and historical protection, as well as uses and functions. One crucial component of our life is clothing. In addition to serving the practical function of covering our body, it dramatically impacts our self-expression and public persona. Different kinds of clothing can be categorized according to various factors, including style, the reason we wear it, the event, the purpose, particular qualities, and many more.

These are the different types of garments we have to use for different purposes:

**Casual wear** is very cozy, carefree apparel appropriate for daily activities. It is meant to be worn casually and is rarely worn for formal occasions. Examples of casual clothing are sneakers, sweaters, jeans, shorts, and T-shirts.

**Formal attire** is worn on special occasions and events that require a more elegant and sophisticated appearance. It includes gowns, blazers, suits, dress shirts, and formal shoes. In terms of formality, formal dress codes can range from black tie to semi-formal.

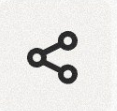
**Activewear** is designed for sports, exercise, and various physical endeavors. It encompasses items such as yoga pants, athletic shorts, sports bras, running shoes, and moisture-wicking shirts. Typically, activewear is made from breathable and flexible fabrics to facilitate easy movement. Accessories like sweatbands, visors, and wristbands are also considered part of activewear.

**Outerwear** includes garments worn over other clothing to offer warmth and protection from environmental conditions and harsh elements. This category includes jackets, coats, raincoats, and parkas. Jackets come in many styles, including denim, leather, and bomber

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environmental conditions and harsh elements. This category includes jackets, coats, raincoats, and parkas. Jackets come in many styles, including denim, lea



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jackets. Coats are typically longer and more formal and can be made of wool, cashmere, and synthetic blends. Raincoats and parkas are designed to protect against rain and other wet conditions and are often made of water-resistant materials like Gore-Tex.

**Sleepwear**, also called nightwear or pajamas, is worn when sleeping or relaxing. It includes pajama sets, nightgowns, sleep shirts, and robes. Sleepwear is usually made from soft and breathable fabrics like cotton or silk to keep you comfortable while resting.

**Swimwear** is made for activities in water, like swimming or sunbathing. It comes in many styles to fit different body types and tastes. Common swimwear items are swimsuits, bikinis, trunks, and swim shorts.

**Ethnic clothing** is the traditional dress of specific cultures and regions. It includes sarees, kimonos, kilts, dashikis, and hanboks. Ethnic clothing shows the rich cultural heritage of different communities and is often worn during festivals or ceremonies.

**Business casual attire** is a more relaxed version of traditional office wear. It includes dress pants, blouses, dress skirts, and loafers. Business casual outfits balance professionalism and comfort, making them suitable for some workplaces and professional events.

**Uniforms** are specific outfits worn by members of an organization or profession. They help identify and represent the group, like military, school, or airline uniforms. Uniforms have unique colors, logos, and insignia.

**Evening wear** is formal clothing for evening events and special occasions like galas or parties. It includes ball gowns, cocktail dresses, tuxedos, and evening shoes. Evening wear is usually more glamorous, using luxurious fabrics and detailed designs.

**Accessories and footwear** are important for completing and enhancing an outfit. Accessories include handbags, belts, hats, scarves, sunglasses, and jewelry. Footwear

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comprises sneakers, sandals, boots, heels, and flats, each suited for different purposes and styles.

**Trends and Innovation and Ergonomics**

Trends and innovations in garments are constantly changing due to technology, consumer tastes, sustainability concerns, and cultural influences. Here are some key trends and innovations in the garment industry:

**Sustainable Fashion:** With growing awareness about environmental issues, the fashion industry is increasingly focusing on eco-friendly practices. This includes using organic fabrics, recycled materials, upcycling, and implementing ethical manufacturing processes. Innovations include fabrics made from recycled fibers, organic cotton, hemp, bamboo, and even materials derived from agricultural waste, such as pineapple leaves (Piñatex) or orange peels (Orange Fiber).



Image from the Department of Trade and Industry

**Smart Fabrics and Wearable Technology:** Clothes with sensors, microchips, and conductive fibers are becoming more common. These smart fabrics can track biometric data, adapt to temperature changes, give haptic feedback, or produce energy.



Image from Elickr

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**Customization and Personalization:** Brands now offer more personalized shopping, letting customers customize clothes based on their preferences, sizes, and styles. Technologies like 3D body scanning and augmented reality (AR) help create made-to-measure clothing.



Image by ModiFace L'Oreal, from [Ereza Malaysia Today](#)

**Innovative Textiles:** New fabrics are driving progress in the garment industry. These include materials with moisture-wicking, temperature regulation, UV protection, antimicrobial, and self-healing properties.



Image from [Stockcake](#)

**Circular Fashion Economy:** Circular fashion aims to reduce waste and extend the life of clothes through recycling, upcycling, and clothing rental or resale. Brands are designing products for longevity and creating closed-loop systems for textile production.



Image from [The Textile Think Tank](#)

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**Gender-Neutral Fashion:** There's a growing movement towards gender-neutral or unisex fashion, challenging traditional notions of clothing design and expanding inclusivity in the industry.



Image from [Pexels](#)

These trends and innovations are transforming the garment industry, leading to more sustainable, inclusive, and tech-savvy clothing solutions.

**DAY 2**

**Ergonomics**

Ergonomics in clothing refers to the design and construction of garments to maximize comfort, functionality, and efficiency for the wearer. It involves understanding the biomechanics and movements of the human body and incorporating this knowledge into the design process to create clothing that fits well, supports natural movements, and minimizes strain or discomfort.

Key considerations in ergonomics for clothing design include

- 1. Fit and Sizing:** Proper fit is essential for ergonomic clothing. Garments should be designed to accommodate the varying shapes and sizes of the human body while allowing for ease of movement. This may involve using stretch fabrics, incorporating adjustable features like drawstrings or elastic, or offering different sizing options.
- 2. Seam Placement:** Seams can affect comfort and mobility. Ergonomic clothing design minimizes seams in areas that might cause irritation or restrict movement, such as underarms or around joints.
- 3. Fabric Selection:** Fabric choice is crucial for comfort and performance. To help control

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body temperature and avoid overheating or perspiration, fabrics should be lightweight, breathable, and moisture-wicking. Additionally, stretch fabrics can enhance flexibility and range of motion.

- 4. Construction Techniques:** The construction of a garment impacts its comfort and durability. Ergonomic clothing may utilize techniques such as flatlock seams, which reduce chafing, or strategic reinforcement in high-stress areas to enhance durability without sacrificing flexibility.
- 5. Functionality:** Ergonomic clothing is designed with the wearer's activities in mind. This could include incorporating pockets for storage, ventilation panels for airflow, or reflective elements for visibility in low-light conditions.
- 6. Accessibility:** Accessibility considerations are also important in ergonomic clothing design. This includes features like adjustable closures for individuals with limited mobility, easy-to-open fastenings, and clothing that requires little work to put on or remove.
- 7. Aesthetics:** While functionality is paramount in ergonomic clothing, aesthetics should not be overlooked. Design elements such as color, pattern, and silhouette can influence the wearer's confidence and overall satisfaction with the garment.

Ergonomics in clothing design is not only important for specialized athletic wear or work uniforms. Still, it can also enhance everyday apparel, ensuring that individuals can move comfortably and confidently in their clothing throughout their daily activities.

object that is sewn. As you progress in your sewing skills, include other supplies for more advanced projects. These supplies make the process easier.

11

14 / 23



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**Tape Measure.** It is used to measure distances and to take body measurements. It measures 150 centimeters on the front and 60 inches on the other.

**Sewing Gauge.** This is used to measure small hem areas and short distances, such as hem folds, seam allowances, buttonholes, pleats, and tucks.

**Ruler.** This joins two points when drawing a straight line. It could be constructed from shellacked wood or transparent plastic.

**Meter stick or Yardstick.** This is used to measure fabric length by yard or meter.

**L-Square.** This is a 90-degree metal ruler used to measure parallel lines and draw perpendicular lines.

**Hip Curve.** This tool shapes the hipline and other areas of garments that need to be curved.

**French Curve.** This tool connects arcs and semicircles, such as the neckline, armholes, and collar. It is made of flat metal or wood.

**Cutting shears.** This tool is best for cutting fabrics, usually 7-12 inches long.

**Pinking shears.** This is used on various fabric types to produce decorative edges, finish seams, and smooth raw edges.

**Scissors.** These are used for cutting excess seam fabrics, hanging threads, and other purposes. They are made of plastic with metal or all metal.

**Buttonhole scissors.** These are used for cutting buttonholes.

12

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**Embroidery scissors.** It is a sharp pointed scissors usually 4-5 inches long used in cutting fine delicate cloth and thread in embroidery work.

**Seam ripper.** This tool is intended for taking or ripping out stitches of a seam.

**Thread Clipper.** This tool is intended only for cutting thread and is not meant to cut cloth.

**Tailor's chalk.** It is used to mark the fabric. It comes in a variety of colors.

**Tracing wheel.** It is used to transfer the marks of the pattern to the cloth.

**Dressmaker's carbon paper.** It is paired with the tracing wheel to transfer the marks from the pattern paper to the cloth.

**Pin.** It is used to fasten two or three materials together.

**Pincushion.** It holds pins and needles to prevent them from scattering in the workplace.

**Hand needles.** These are used for temporary stitches, hemming, and other sewing purposes.

**Thimble.** This tool looks like a small cup placed on the tip of the middle finger to protect it from pricking while sewing. It is made of metal or plastic.

**Threader.** This tool is used to insert the thread through the needle.

#### Kinds of Fabric

Fabric is created by intertwining fibers. Typically, a fabric takes its name from the fibers used to

13

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make it, and sometimes, it blends with various fibers. The name of the fabric is determined by the fiber(s) used, its pattern and texture, and how it's made. Some fabrics also take into account the source of the fibers.

Fabrics are divided into two main categories: based on the fibers used natural and synthetic. Additionally, they can be categorized by production processes into woven and knitted fabrics.

#### Natural vs. Synthetic

Fabrics vary based on the fibers used, which fall into two categories: natural and synthetic.

*Natural fibers* derived from plants and animals include cotton from plants and silk from silkworms.

In contrast, *synthetic fibers* are entirely man-made from synthetic materials.

#### Woven vs. Knitted

The second differing detail is the production process used.

*Woven fabrics* involve yarn interweaving on a loom horizontally and vertically. This creates a non-stretchy fabric with a weft (across the width) and a warp (down the length). Types include plain, satin, and twill weaves, with popular fabrics like chiffon, denim, and satin.

*Knitted fabrics*, akin to hand-knit scarves, form interconnecting loops, allowing for significant stretching. They come in warp-knitted and weft-knitted varieties, with examples like lace, lycra,

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knitted fabrics, akin to hand-knit scarves, form interconnecting loops, allowing for significant stretching. They come in warp-knitted and weft-knitted varieties, with examples like lace, lycra,



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and mesh.

Now, let's look at the 12 different fabric types.

**Chiffon** is a sheer, lightweight woven thinly from twisted yarn, giving it a subtle texture. Typically crafted from silk, nylon, polyester, or rayon, chiffon's lightweight quality allows for easy dyeing. It's commonly used in scarves, blouses, dresses, and even formal wear like wedding gowns and prom dresses.

**Cotton**, globally renowned as the most popular material, is a lightweight, soft, natural fabric derived from the cotton plant's seeds through ginning. After extraction, the fluffy fibers are spun into woven or knit cloth. Praised for its comfort, versatility, and durability, cotton is hypoallergenic and breathable, although it doesn't dry quickly. Despite its tendency to wrinkle and shrink, it's a staple in various types of clothing, including shirts, dresses, and underwear.

**Crepe** is a lightweight, plain-woven fabric known for its rough, bumpy surface that resists wrinkling. Made from silk, wool, cotton, or synthetic fibers, it's highly versatile and often named after its primary fiber, like crepe silk or chiffon. Soft, comfortable, and easy to work with, crepe is favored in suit and dressmaking. Georgette, a type of crepe fabric, is commonly found in designer clothing. Additionally, crepe is used in blouses, pants, scarves, shirts, and skirts.

**Denim** is a woven cotton twill fabric, known for its robust texture, durability, and comfort. Typically dyed with indigo, it's commonly used for blue jeans, jackets, and dresses.

**Lace**, prized for its elegance and delicacy, is crafted from looped, twisted, or knitted yarn or thread. Originally made from silk and linen, modern lace utilizes cotton, wool, or synthetic fibers. It comprises two main components: the intricate design and the ground fabric holding the pattern together. A luxury textile, lace demands skill and time to create its open-weave design and web-like patterns. Often used to accent or embellish clothing, especially in bridal

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gowns and veils, it also finds its way into shirts and nightgowns.

**Leather**, made from animal hides, is durable and stylish. Different treatment techniques are used depending on the animal source, such as cows, crocodiles, pigs, or lambs. Leather is known for its durability, wrinkle resistance, and stylish appearance.

**Linen** is a strong and lightweight fabric made from flax fibers. It is absorbent and cool. Although it wrinkles easily and requires regular ironing, it's commonly used in clothing like suits, jackets, dresses, and blouses and in household items like drapes, tablecloths, and towels.

**Satin**, a luxurious textile weave, is characterized by its tightly knit structure rather than being made from a specific fiber. Originally crafted from silk, it's now commonly produced using polyester, wool, and cotton. Satin's glossy, elegant surface contrasts with its matte underside, giving it a sleek and smooth feel. Lightweight and versatile, satin is favored for evening gowns, wedding attire, lingerie, blouses, skirts, coats, outerwear, and even as backing for other fabrics.

**Silk**, a luxurious fabric known for its softness and shimmer, is sourced from the cocoons of silkworms in China, South Asia, and Europe. It's prized for being hypoallergenic, durable, and exceptionally strong, though it requires delicate handling. Due to its tendency to tighten or pucker when washed, silk is best cared for through hand or dry cleaning. Often associated with luxury, silk is commonly used in wedding gowns, evening wear, shirts, suits, skirts, lingerie, ties, and scarves. Shantung and Kashmir silk are among the most popular varieties.

**Synthetics** encompass various fabric types, including nylon, polyester, and spandex. Unlike delicate fabrics, synthetics typically don't shrink and are resistant to water-based stains.

*Nylon*, composed of polymers, is a fully synthetic fiber known for its strength, flexibility, and

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Nylon, composed of polymers, is a fully synthetic fiber known for its durability and resistance to wrinkles and stains. It is widely used in jackets, trousers, and swimwear.



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resilience. Its durability makes it a common choice for outerwear like jackets and parkas.

**Polyester**, a synthetic fiber derived from petrochemicals, is known for its strength, durability, and resistance to wrinkles and stains. However, it lacks breathability and absorption, instead wicking moisture away from the body. Commonly found in T-shirts, trousers, skirts, and sportswear. Spandex, also known as Lycra or elastane, is another popular synthetic material made from polyurethane. Its lightweight feel, elasticity, and strength make it a favored choice when blended with other fibers. It is widely used in jeans, hosiery, dresses, sportswear, and swimwear for its comfortable, form-fitting qualities.

**Velvet**, known for its softness and opulence, has long been associated with royalty. Its dense, shiny pile, crafted through a complex production process, creates a smooth surface on one side. The density and anchoring of the pile tufts assess quality. Velvet can be crafted from cotton, silk, or polyester, offering versatility and elasticity. Commonly used in blouses, coats, skirts, and evening wear, it remains a staple in fashion.

**Wool** is a natural fiber sourced from sheep, goats, llamas, or alpaca fleece, and it can be either knitted or woven. Despite being hairy and itchy, wool is prized for its ability to keep the body warm and durable. It's also wrinkle-free and resistant to dust and wear and tear. However, wool can be expensive as it requires handwashing or dry-cleaning. It's commonly used in garments like sweaters, socks, and gloves.

**Finishing Materials**

Finishing materials in garments refer to the materials used to complete a garment's final touches or details, enhancing its appearance, durability, and overall quality. These materials are often applied during the final stages of garment production. Common finishing materials in garments include:

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**Thread:** is used for stitching various parts of the garment, such as seams, hems, and decorative elements. Depending on the fabric and desired outcome, different thread types, such as cotton, polyester, silk, or nylon, may be used.

**Buttons:** serve both functional and decorative purposes in garments. They can be made from various materials, such as plastic, metal, wood, or shell, and come in different shapes, sizes, and designs.

**Zippers:** these are used as closures in garments, allowing for easy wearing and removal. They are available in various lengths, styles, and materials, such as plastic, metal, or nylon.

**Trims:** include ribbons, lace, bias tapes, and braids used for decorative purposes or to add accents to garments. They can be sewn along edges, seams, or hems to embellish the garment's design.

**Fasteners:** like hooks, snaps, and Velcro secure garment openings or closures, such as waistbands, collars, or cuffs.

**Elastic:** is a stretchy material that provides flexibility and snugness in certain garment areas, such as waistbands, sleeves, or cuffs.

**Patches:** can be sewn onto garments for decorative purposes or to cover imperfections or holes, adding visual interest and style.

## 2. Worked Example: Exploring the World of Textiles

- Set up fabric exploration stations around the classroom, each featuring a different type of fabric. Display fabric samples on each station along with magnifying glasses for closer

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training?

**Situation #2:** You are going to give a whole-body massage to an assigned client for you. But when you are already assessing/interviewing the client before the actual giving of body massage, you found that he is drunk. What action/s are you going to do?

**Situation #3:** You, as a hairdresser or hair stylist, were assigned to give hair re-bonding service to your client. Due to so many clients, you forgot to rinse the hair of your client to remove the hair re-bonding mixtures you have applied on your client's hair in the required time. And it seems that the hair of your client was slightly burnt. What are you going to do in this kind of scenario?

After analyzing those given situations. The teacher may proceed on connecting this topic to Trends, Issues, and Challenges in Beauty Care and Wellness Services.

**Trends, Issues, and Challenges in Beauty Care and Wellness Services.**

**1. Difficulty of hiring highly skilled beauty salon workers or staff** - nowadays, there are a lot of applicants applying for a job related to beauty care and wellness, but among the many applicants, only a few are hired because some applicants are not yet well-trained with the skills needed in the said industry.

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**2. Hired staff lack the required qualifications to perform the job** - the salon owner must conduct hands-on training to update workers in the salon on the latest services they can offer to their customers. Or the owners can send their workers/staff to some needed skills training to provide the best service the clients are expecting from them.

**3. Purchasing the right and safe beauty care products** - salon owners must ensure that they are purchasing safe beauty care products to avoid harmful effects or any form of allergies that it can give to the customer/s in order to maintain the business credibility and

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2. **Hired staff lack the required qualifications to perform the job** - the salon owner must conduct hands-on training to update workers in the salon on the latest services they can offer to their customers. Or the owners can send their workers/staff to some needed skills training to provide the best service the clients are expecting from them.
3. **Purchasing the right and safe beauty care products** - salon owners must ensure that they are purchasing safe beauty care products **to avoid** harmful effects or any form of allergies that it can give to the customer/s in order to maintain the business credibility and sustain its operation.
4. **Maintaining customers' continuous patronage of the services being offered-** salon workers must provide the best service they are offering and giving to their customers to ensure that they will return and continue patronizing and enjoying the services extended to them.
5. **Sustaining the business income** - salon owners must find ways to maintain a good flow of income. They can provide discounts to loyal customers and to new customers to attract more customers.
6. **Keeping the beauty salon staff/workers well-motivated** - ensuring that your beauty salon workers are working so hard and performing their tasks the best way they can send them to good and free training outside for them to feel their self-worth in the job they are performing. Also, salon workers can give awards and merits to those salon staff who are showing exemplary service in their jobs.
7. **Providing the right compensation and salaries to salon workers/staff** - to avoid workers' dissatisfaction \with the job they are working, proper remuneration and daily wage must be given by the business owner.
8. **Updating with what is new** -Beauty salons are also experiencing a business competitive environment, to ensure their continuous operation, owners must purchase recent and good quality salon products that will be used for the customers.  
Purchase updated salon equipment and tools to give a satisfying service to the client.
9. **Responding to customer service complaints** - to avoid customer complaints, salon workers/staff must ensure that they are providing good service for their customers. And to make sure that salon workers are giving excellent service, they must be sent to skills training offered by TESDA, for them to improve or enhance the skills they already have.
10. **Big amount of capital money to start up a beauty and wellness salon** - we cannot

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deny the fact that this kind of business is difficult to finance, because of expensive equipment, tools, materials and implements needed and must be purchased. Also, hiring experts to do the job, means a big amount of money to continuously manage the payroll to provide employees salary and other compensation.

**DAY 3**

**Tools, Implements, Materials, and Equipment for Nail Care, Skin Care and Hair Care, Its Proper Use and Maintenance** (1 meeting)

**1. Explication: Picture Analysis**

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