

Scrub Top Instructions

Please use overlocker/ French seam/run & fell seams, ensuring there are no raw edges.
Label on the back facing



1 - With right sides together, sew FRONT FACING to BACK FACING at the shoulder seam.

2 - Overlock or finish the edges of the FACINGS.

3 - Overlock or finish the edges of all other pieces.

4 - Iron a 1cm fold to the upper edges of the POCKETS. Press a second fold of 2cm and hem.

5 - Press the marked seam allowance on the pockets to the inside using the notches as guidance.

6 - Pin and stitch the pockets to the right side of the FRONT where marked on the FRONT pattern piece.

7 - With right sides together, sew the FRONT to the BACK at the shoulder seam.

8 - With right sides together, sew the FACINGS to the neckline. Cut notches into the seam allowance. Turn the facings to the inside and press. Topstitch 3cm from the edge.

9 - Leaving the side seams open, with right sides together, sew the SLEEVES to the armholes.

10 - With right sides together, sew the side seams along the underside of the arm and down the to the balance mark (shown on the BACK). Press the seam open.

11 - Iron slits open using the notch markers on the bottom edge of the FRONT and BACK.

12 - Iron a 1cm fold to the lower edge. Press a second fold of 2cm and hem.

13- Topstitch around the slits.

14 - Iron a 1cm fold to the SLEEVE edges. Press a second fold of 2cm and hem.

Finished sizes (cm)

Size	S	M	L	XL	XXL
Chest	110	116	122	128	134
Length	72	74	76	78	80

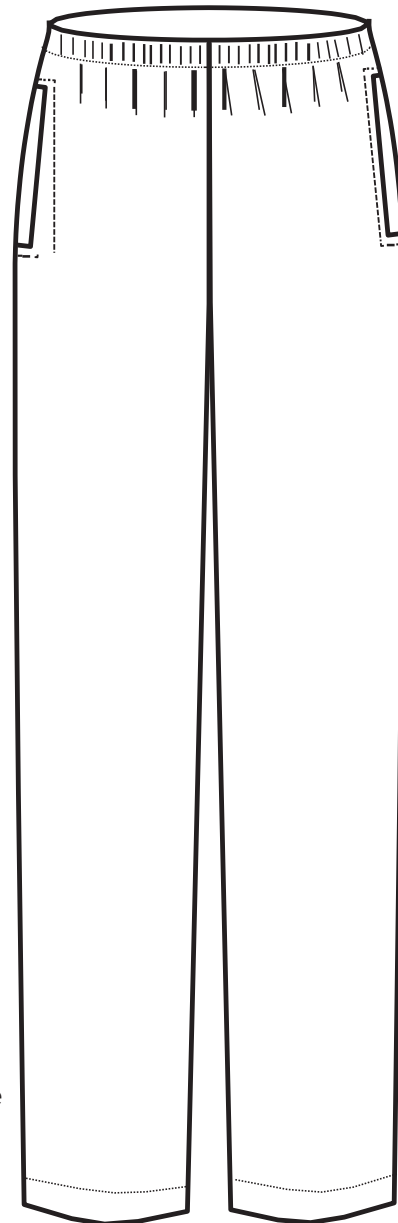


Instructions - Scrub Trousers

4cm wide elastic:

- Small - 76cm
- Medium - 82cm
- Large - 88cm
- X Large - 94cm
- 2X Large - 100cm

- 1 - With right sides together, sew the front rise.
- 2 - With right sides together, sew the back rise.
- 3 - With right sides together, sew the side-seams.
- 4 - With right sides together, sew the inside seams.
- 5 - Sew one end of the elastic to the other.
- 6 - Place elastic onto the wrong side of the trouser waistline. Pull the elastic to make it match the length of the waistline and stitch along the upper edge. Keep pulling while sewing.
- 7 - Fold elastic to the inside and topstitch (with a zigzag or stretch stitch to allow stretch) once along the upper edge of the elastic and again along the lower edge of the elastic.
- 8 - Iron a 1cm fold to the bottom edges. Press a second fold of 2cm and hem.



Finished sizes (cm)

SIZE	S	M	L	XL	XXL
HIPS	108	114	120	126	132
FULL LENGTH	109	111	113	115	117

