

SAMPLE QUESTION PAPER (THEORY)

Qualification Pack Name: Sewing Machine Operator - Knits

QP Code: AMH/Q0305 **Version:** 4.0 **NSQF Level:** 2.5

AMH/N0102 -- Maintain Work Area, Tools and Machines

Q1. The first thing a Sewing Machine Operator should do before starting work at a machine is to?

- A. Switch it on and start sewing immediately
- B. Inspect and clean the machine and work area
- C. Leave tools scattered around the station
- D. Wait for the supervisor to clean it

Q2. Which of the following is NOT a good housekeeping practice at a sewing workstation?

- A. Returning tools to their designated place
- B. Keeping aisles and walkways clear
- C. Piling waste fabric and thread near the machine
- D. Lubricating machine parts regularly

Q3. Trimmers and small tools should be kept?

- A. Tied securely at the workstation
- B. Loose on the floor near the machine
- C. Passed hand to hand across the aisle
- D. Stored in a different department

Q4. Machines and workstations should be cleaned?

- A. Only once a month
- B. At the start and end of every shift
- C. Only after the machine breaks down
- D. Never, as cleaning damages the machine

AMH/N0104 -- Comply with Industry, Regulatory and Organizational Requirements

Q5. If a worker is unsure about a company policy or procedure, they should?

- A. Ask any co-worker informally and proceed
- B. Seek clarification from the authorized/concerned person
- C. Assume and continue working
- D. Ignore the policy

Q6. Initiatives like DISHA mainly help garment exporters comply with?

- A. Machine maintenance schedules
- B. Global labour and workplace standards
- C. Fabric costing methods
- D. Marketing strategy

Q7. If an employee is required to work on a scheduled weekly holiday, they are entitled to?

- A. No compensation at all
- B. A compensatory holiday
- C. Immediate termination
- D. A written warning

Q8. For safety, workers with long hair should?

- A. Leave it loose for comfort
- B. Tie it up or cover it to prevent hazards
- C. Dye it a bright colour
- D. Cut it off immediately

AMH/N0305 -- Plan and Prepare for Sewing of Knit Fabrics

Q9. Compared to woven fabrics, knit fabrics are generally more?

- A. Rigid and non-stretchable
- B. Stretchable/flexible
- C. Heavier in weight
- D. Prone to no shrinkage at all

Q10. Which of the following is an example of a knit fabric?

- A. Denim
- B. Rib knit
- C. Poplin
- D. Twill

Q11. A common sewing defect seen while stitching knit fabric is?

- A. Perfectly even straight stitches only
- B. Skipped or broken stitches
- C. Complete absence of stitches
- D. Overlapped hems only

Q12. Which machine is commonly used for sewing seams on knit fabric?

- A. Overlock machine
- B. Manual hand needle only
- C. Weaving loom
- D. Embroidery frame

AMH/N0306 -- Stitch Knitted Fabric

Q13. Before stitching knit fabric, the machine tension should be?

- A. Left unchanged regardless of fabric type
- B. Checked and adjusted for the fabric being used
- C. Always set to the maximum level
- D. Ignored completely

Q14. A flat seam is typically used for?

- A. Joining heavy denim panels only
- B. Joining knit fabric panels with a smooth, flat finish
- C. Attaching zippers only
- D. Printing designs on fabric

Q15. Skipped stitches while sewing knit fabric are usually caused by?

- A. A correctly sized needle
- B. A wrong or blunt needle
- C. A properly threaded machine
- D. Adequate lubrication

Q16. Overlock stitching is mainly used to?

- A. Decorate the fabric surface
- B. Finish/neaten raw edges and prevent fraying
- C. Cut the fabric to size
- D. Print labels on the fabric

AMH/N0307 -- Maintain Health, Safety and Security in the Production Line

Q17. Personal protective equipment should be used and maintained as per protocol.

- A. True

- B. False

Q18. Dust accumulated on machines has no effect on how they perform.

- A. True
- B. False

Q19. Fire drills help evaluate how staff respond to an emergency.

- A. True
- B. False

Q20. A broken needle should be reported and handled as per the broken needle policy.

- A. True
- B. False

DGT/VSQ/N0101 -- Employability Skills

Q21. Which of the following is a key employability trait?

- A. Lack of punctuality
- B. Adaptability and flexibility
- C. Indiscipline
- D. Poor communication

Q22. Self-analysis mainly helps a person to?

- A. Identify their strengths and weaknesses
- B. Demotivate others
- C. Avoid responsibility
- D. Promote dishonesty

Q23. Effective communication skills mainly help in?

- A. Creating misunderstandings
- B. Building better workplace relationships
- C. Reducing teamwork
- D. Avoiding customers

Q24. Which of these best reflects good work ethics?

- A. Indiscipline and laziness
- B. Being punctual, attentive and responsible
- C. Avoiding responsibility
- D. Dishonesty at work

Answer Key

Answer Key: Q1 - B, Q2 - C, Q3 - A, Q4 - B, Q5 - B, Q6 - B, Q7 - B, Q8 - B, Q9 - B, Q10 - B, Q11 - B, Q12 - A, Q13 - B, Q14 - B, Q15 - B, Q16 - B, Q17 - A, Q18 - B, Q19 - A, Q20 - A, Q21 - B, Q22 - A, Q23 - B, Q24 - B.