



Knitwear First-Aid Checklist

- ☐ **Step 1: Stop & Assess.** Did I avoid pulling the garment away from the object?
- ☐ **Step 2: Tension Release.** Did I gently stretch the fabric in all 4 directions to see if the loop retracts?
- ☐ **Step 3: Damage Check.** Is it an unbroken loop (surface snag) or are there two loose ends (severed thread)?
- ☐ **Step 4: Tool Selection.** Bobby pin (for standard knits), crochet hook (for chunky wool), or ultra-fine needle (for cashmere)?
- ☐ **Step 5: The Golden Rule.** Have I put the scissors away? (NEVER cut the loop!)