# How to **IRON**

## How to Iron

1. Gather supplies:
   - Ironing board
   - Iron
   - Hangers
   - Clothing items to be ironed
   - Optional: spray starch

2. Read label of clothing item for ironing instructions.

| IRON | Low | Medium | High | Do Not Steam | Do Not Iron |

3. Fill iron with distilled or bottled water. Tap water contains minerals that may build up in the iron over time leading to clogging.

4. Set temperature on the iron based on the fabric of cloth.

## How to Iron a Button-down Shirt

1. If collared, lay the collar flat on the ironing board. If available, spray starch on the collar.

2. Iron from the points of the collar inward toward the back of the neck.

3. Position the narrow end of the ironing board inside the shirt and into the arm.

4. Iron the shoulder. Reposition and repeat for the opposite shoulder.

5. Turn the shirt to iron the back side of the shoulders.

6. For long-sleeved shirts, press each cuff of sleeve.

7. Lay one sleeve out flat. Iron following the bottom seam as a guide. Turn the shirt to do the other side of the sleeve. Repeat for other sleeve.

8. Place the body of the shirt on the square end of ironing board, buttonhole panel first. Press from the bottom tail upward to the collar. Watch for puckers and folds.

9. Move the shirt to iron the back of the shirt. Press from the bottom tail upward to the collar.

10. Move the shirt to expose the button panel. Press from the bottom upward to the collar.

11. Place the pressed shirt on a hanger. Button the top and third buttons.

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## How to Iron a Tee Shirt

1. Read the shirt's label for ironing instructions.

2. Place the tee shirt on the ironing board. Smooth out all wrinkles, but do not over stretch.

3. Press the iron to one spot at a time and do not move it around when it is touching the fabric. Note: To prevent burning, do not leave the iron on the shirt too long.

4. Rotate the shirt and continue until the whole shirt is done.

5. Let cool.

6. Fold or hang on hanger.

## How to Iron Pants

1. Place pants on the ironing board so the waist and pockets are in front of you.

2. Iron the pockets. This will help to prevent wrinkles when later ironing over the top of them.

3. Iron the waistband. Set the iron on the fabric for a couple of seconds, then lift and move to next section. If pleats are present, fold them into position and iron them flat.

4. Position the pants so an entire leg is on the ironing board.

5. Iron the back and front of the pants to remove any wrinkles.

6. If pants have creases down the center of the leg, lay a pant leg on the ironing board so that the inseams are directly over each other. Keep an eye on the inseams to make sure they are lined up throughout the process. Press the iron down at the top and bottom of the leg, then press the rest of the leg.

7. Let cool.

8. Fold or hang on hanger.

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