

Materials and Tools

- 1. PET plastic sheet
- 2. Foam strip (7")
- 3. Elastic band (14.5")
- 4. Zip ties
- 5. Scissors
- 6. Measuring tape or ruler

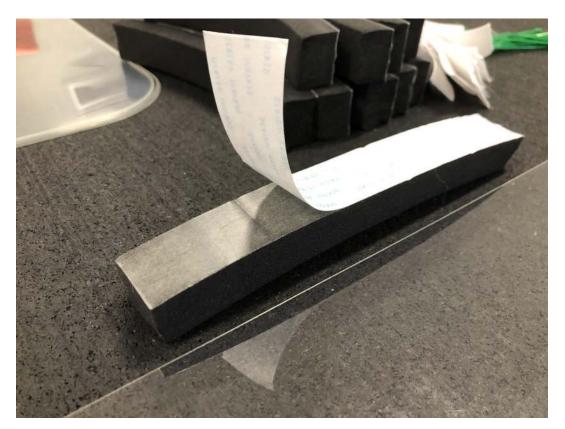




Step 1

- Line up your materials as shown in the photo on the first page.
- 2. Start with the PET sheet.

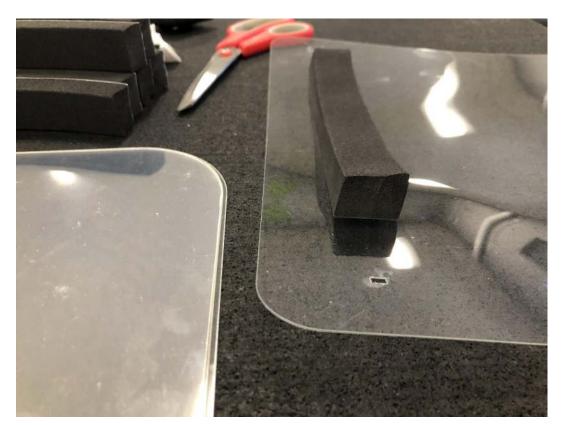




Step 2

 Peel the sticker off a foam pad being careful to not let the sticky side fall on another surface.

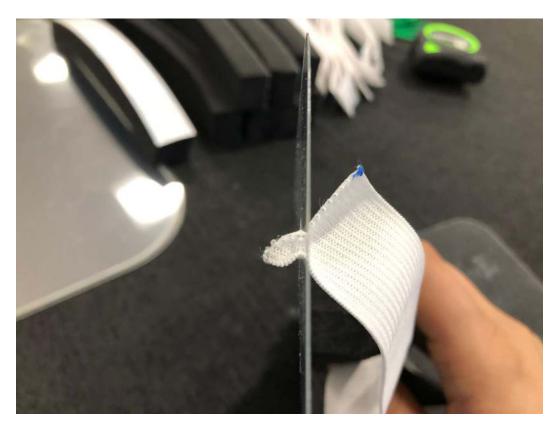




Step 3

- Align the foam strip centered on the PET sheet, approximately 1" from the top.
- Apply to the plastic sheet and firmly and evenly press down the foam.





Step 4

 Take an elastic band and insert one of the corners into the left rectangle on the PET sheet.

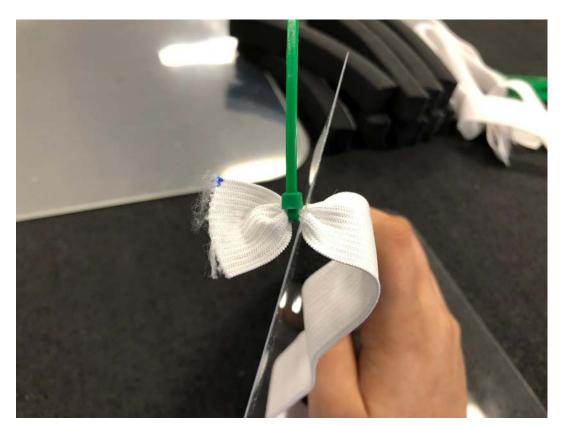




Step 5

1. Pull the elastic band 1" through the rectangle.





Step 6

1. Wrap the zip tie around elastic band against the PET sheet and pull to tighten.





Step 7

1. Cut the excess zip tie off with scissors.





Step 8

- Take the other side of the elastic band and insert one of the corners into the right rectangle on the PET sheet.
- 2. Pull the elastic band through 2".

This is the adjustable side





Step 9

1. The shield is complete!





Step 10

- Return to Step 1 to complete assembly using all provided materials.
- 2. You're finished. Thank you for keeping our healthcare heroes safe!

Not a real healthcare worker



Face Shield Assembly Video

