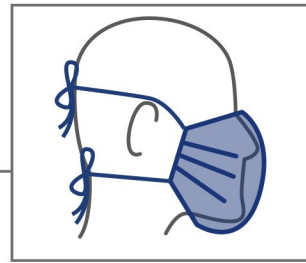


DIY SEW FR FACE MASK

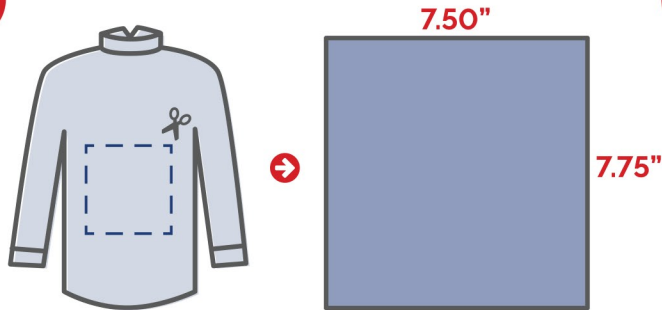


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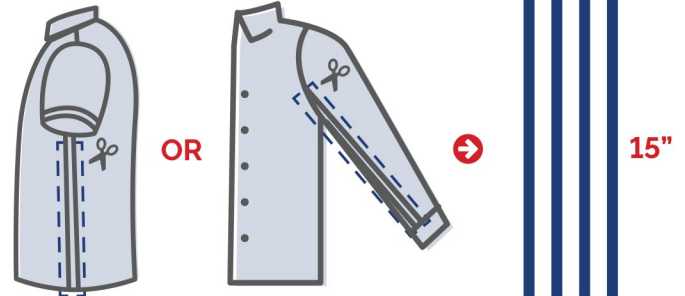
Step-by-Step Instructions:

1



Cut flame resistant fabric to a 7.50x7.75" rectangle.
The best place to cut this fabric is on the flat back area of a button down shirt.

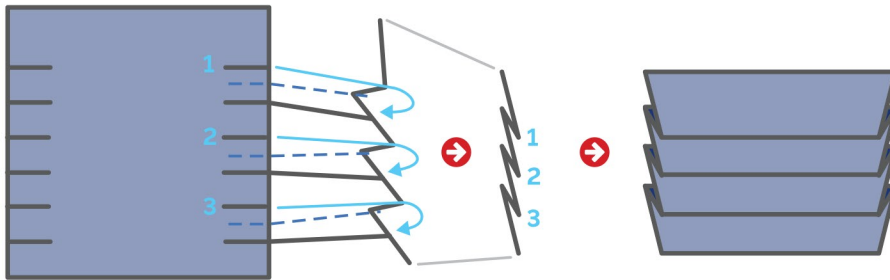
2



Cut four (4) strips of fabric to 15"x 1/2" for ties.

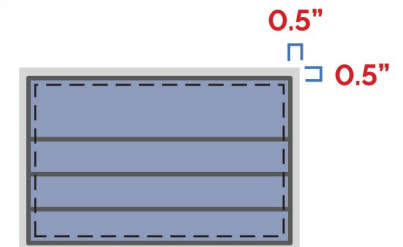
The best area of a shirt to create strong and durable ties are the seams. Cut side or arm seams to 15" length, utilizing the double stitching.

3



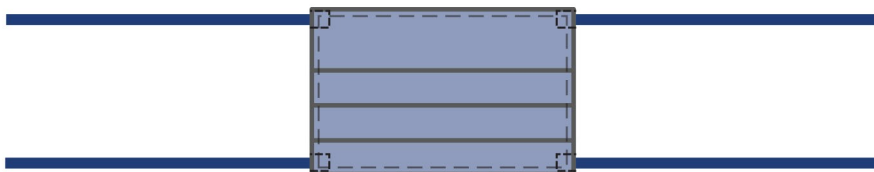
Fold fabric at the first notch in the direction of the arrows shown on the template. At the halfway distance to the 2nd notch, the fabric will fold backward so that the first notch meets up with the second notch. Continue this method for the 2nd and 3rd folds. The final pleats fold downward, and are 1/2" wide with 1" between pleats.

4



Fold each outside edge back 1/2" and sew around the perimeter.

5



Line up straps with the top and bottom corners of each side. Overlap one end of each strap slightly on the inner side of the mask (at this point the front side has the pleats facing downward). Sew each several times to tack securely in place.

Helpful Notes:

Use an extra FR garment in your closet. Confirm that it is the necessary arc rating before using.

Woven fabric is recommended over any other fabric type (Most button-down FR shirts are woven).

Do not use elastic or non-FR material for mask or straps as it will not provide the correct protection.

Watch our video on sewing your own FR masks:

📺 <https://vimeo.com/tyndalefr/DIYsewFRmask>

For information on FR mask care and use, visit:

<https://tyndaleusa.com/blog/2020/04/08/frc-safety-during-covid-19-fr-mask-care-and-use/>

7.50 IN

7.75 IN

DIY FR Face Mask

SEW TEMPLATE

Use this to-scale template and follow the instructions below to build your own FR face mask. Use an extra FR garment in your closet - woven fabric is recommended over any other fabric type. Side and arm seams provide a durable structure for tie straps.

* When printing, please select 'Do Not Scale' in your print settings to maintain correct measurements.

1.75 IN

1.00 IN

1.00 IN

1.00 IN

1.00 IN

1.00 IN

1.00 IN



www.TyndaleUSA.com/frc-safety-during-covid-19/



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