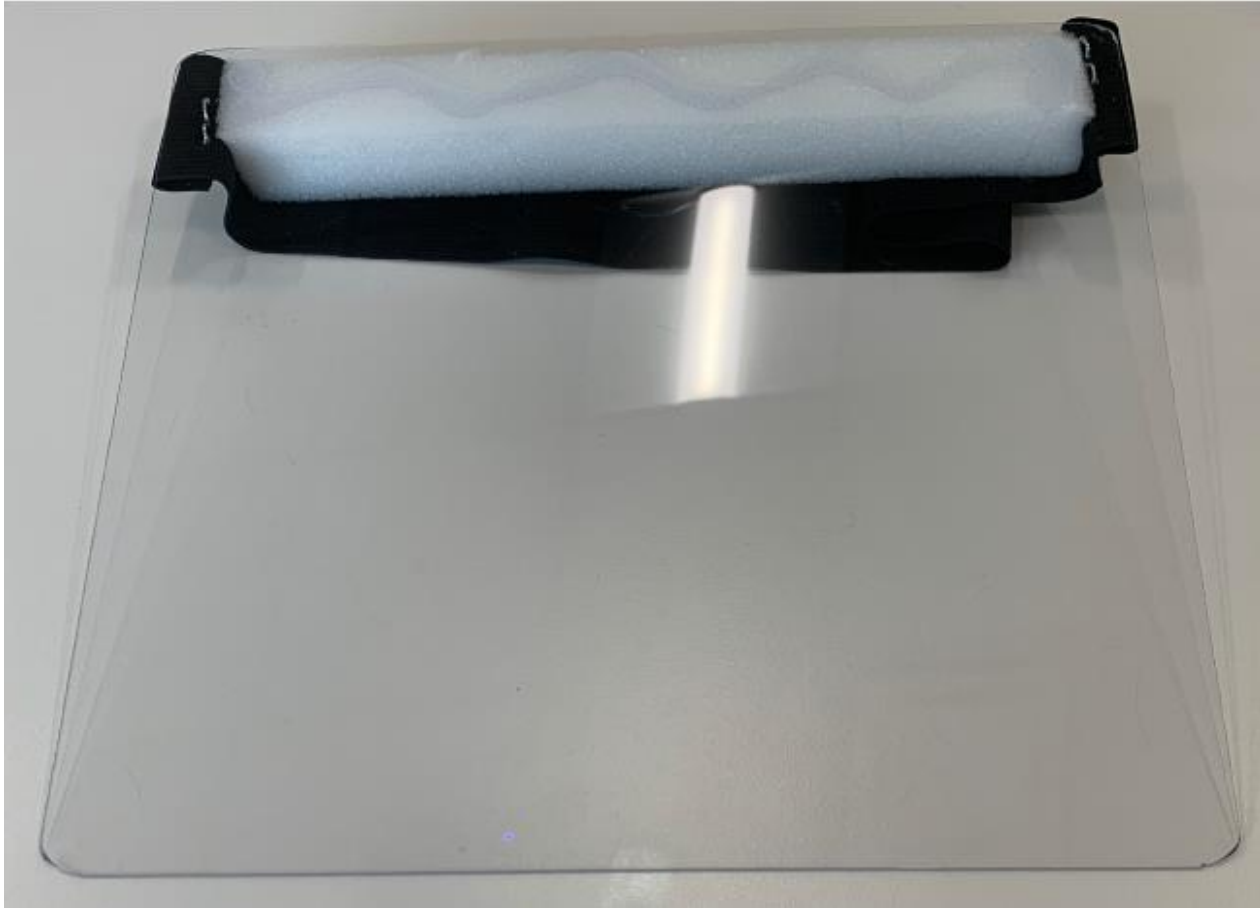


# How to Self-Manufacture Face Shields



**Temecula Valley**  
HOSPITAL

# Steps to Self-Manufacture Face Shields



# Materials to Create Face Shields

Material	Specifications
Plastic Sheet	1/16" x 11" x 8" Poly Carbonate with Rounded Corners
Foam*	2" High Cushion Foam (Height & Width can vary – to be cut down to 9"x2"x1" cubes)
Elastic Band	1.5" Thick – Black (Other Colors can be Used) – Cut into 20" Strips
Stapler – Heavy Duty	160 Sheet Capacity
Staples	½" Heavy Duty Staples
Plastic Bags	13" x 15" Plastic zip Bags
Glue Guns	Regular Glue Guns – <i>not mini</i>
Glue Sticks	10" Full Size Glue Sticks
Cutting Mats	24" Cutting Mats
Scissors	Regular Scissors
Razor Blades	12 Count Razor Blades
Rulers	18" Ruler

# Steps to Assemble

	Steps to Assemble
<b>Step 1</b>	Peel Film Off Front & Back of Plastic Sheet
<b>Step 2</b>	Cut Foam into 9" Long, 1" Thick & 2" High Strips
<b>Step 3</b>	Glue Foam Strips onto Plastic using hot glue gun. Strip should be glued on 11" side of plastic with 1" side down (effectively 2" strip should be barrier between plastic and face)
<b>Step 4</b>	Cut Elastic Bands into 20" Strips
<b>Step 5</b>	Staple elastic band on the same side of the shield that the foam was glued. The elastic band shall be folded in on itself to avoid fraying. The entire elastic band should be on the back (side towards the clinician's face) to avoid contamination with fluid
<b>Step 6</b>	Place finished shield in bag