

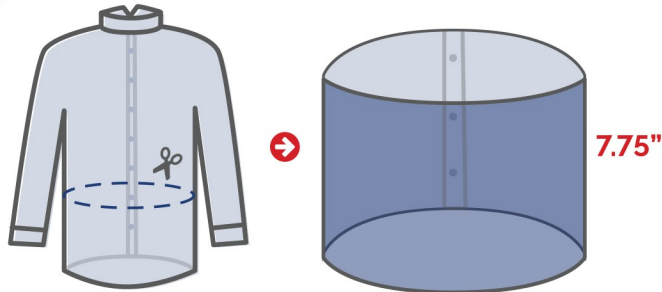
DIY NO-SEW FR FACE MASK



TYNDALE
PROUD TO PROTECT

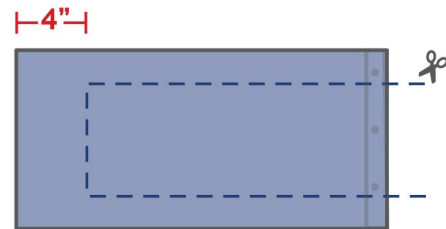
Step-by-Step Instructions:

1



Cut the bottom half of the shirt around the waist, about 7.75" or more from the hem. Leave the remaining buttons buttoned (if using a button-down) for purposes of keeping the edges lined up. This will result in a tube of fabric.

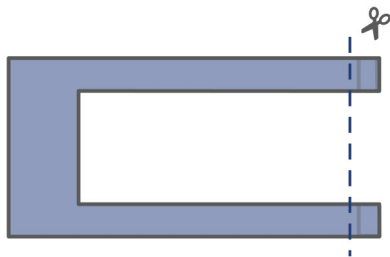
2



Flatten the shirt so that one fold is on the buttoned placket (if using a button-down).

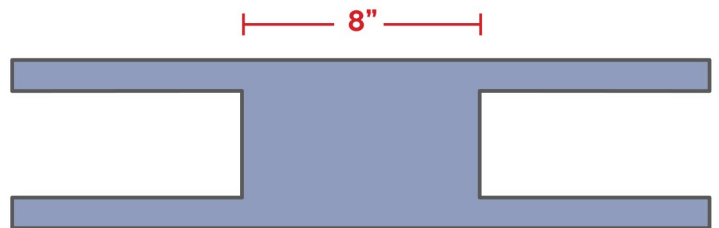
Cut out a rectangle of fabric, leaving the top and bottom fabric intact for the entire length and approximately 4" width on the non-placket side.

3

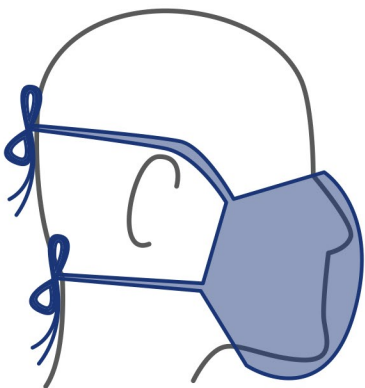


Cut the narrow ends to separate your tie strings. At this point you can cut off excess placket material as well.

4



Unfold. The resulting shape will be a sideways capital letter H. From here, you can use this piece of fabric as your mask. Trim ties to your desired length, but leave enough room to tie bows behind your neck and head.



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 building your own no-sew FR masks:
© <https://vimeo.com/tyndalefr/DIYnoSewFRmask>

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/>