

Instructions for making disposable Hospital Gowns





Wait for 14 days after full recovery from any recent illness before participation



Please follow the CDC, State, County and Hospital Guidelines regarding personal precautions



Start with clean hands after washing with soap and water for at least 20 seconds and sanitize tools, stations and work area. Please keep family pets away from work area.



Collectively infuse positive vibrations throughout the process by chanting prayers and devotional songs



The initial trial unit may be worn to be tested as shown in some of the videos and instructions, but the units to be donated should not be worn

General Guidelines

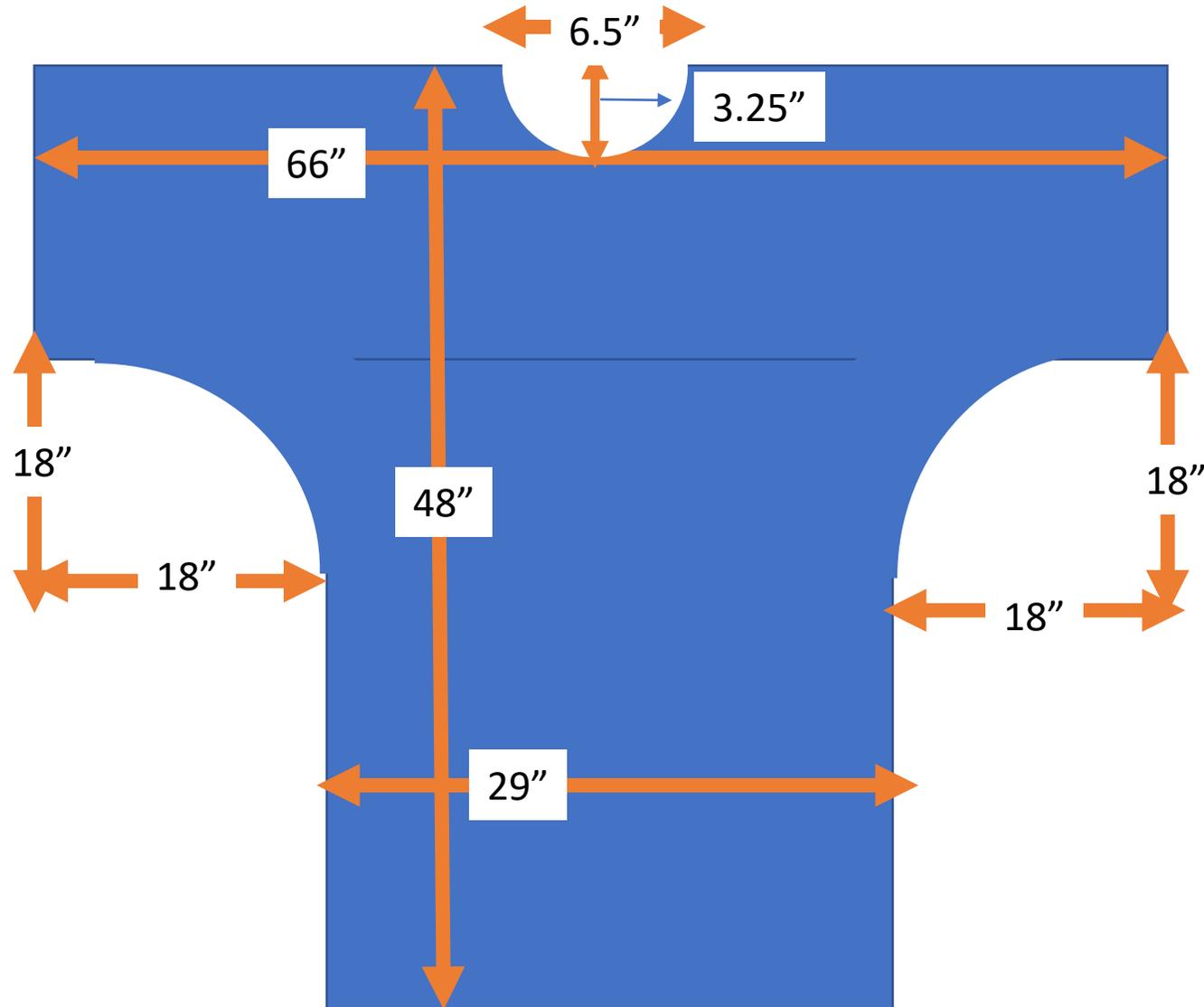


Materials and fabrication supplies

- Painter's Plastic: 0.7 mil, 12ft x 400 ft. (\$54.00 at Home Depot)
 - 12ft x 400 ft makes 100 gowns – cost/gown \$0.54
 - <https://www.homedepot.com/p/HDX-12-ft-x-400-ft-Clear-0-7-mil-Plastic-Sheeting-CFHD00712-400C/204711642>
 - (If .7 mil is not available, you can use 1mil)
- Heat Gun: Wagner FURNO300 (\$23.00 at Home Depot)
 - <https://www.homedepot.com/p/Wagner-Furno-300-Heat-Gun-0503059/206723935>
- Large scissors
- Measuring tape
- Cardboard for template: One large piece



First make a cardboard template with the shown measurements (one-time process)



Fabrication process steps



Place the roll
on a large table
and unfurl it



Measure and
cut 8 ft of
plastic



Unroll the cut
rectangle
(requires two
people)



Fold the cut
plastic twice –
first lengthwise
and then
across



Once you make
the second
fold, cut the
plastic at the
fold



This will make
2 gowns

Fabrication process steps



Place the first piece of plastic sheet on the template with the fold towards the top (where the neck will be)



The open part will be at the bottom (where the legs will be)



Place some weights across the template to keep the plastic sheet from moving around



Use the heat gun on the low setting and direct the heat on the plastic around the template – starting at the bottom and working your way up to the end of the sleeve – to seal the sides and arms and create a seam (look for small bubbles to form, this indicates a strong hold)



Do this on both sides



Use scissors to cut the excess plastic on the outside of the seam you created

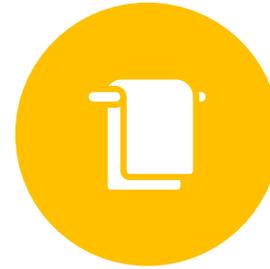
Fabrication process steps



CUT THE HOLE FOR
THE NECK



CUT A SMALL SLIT
RUNNING DOWN
THE BACK FROM
THE NECK (ABOUT
8") TO MAKE IT
EASY TO SLIP THE
GOWN ON AND
OFF



FLIP THE GOWN
INSIDE OUT (IF YOU
SEE ANY PLACES
WHERE THE
PLASTIC HAS NOT
SEALED, GO OVER
THAT SPOT AGAIN
WITH YOUR HEAT
GUN)



AND YOU'RE DONE!



Front of the gown



Back of the gown