

DIY Resistance Band Face Shield

Material:	Cost:	Purchase Location:
Two liter pop bottle	\$1	Dollar Store
Resistance bands	\$1.15/5 bands	Ebay/Walmart

Total Cost: approx. \$2.15

Total Production Time: 5-10 mins



1

A clear plastic two-liter bottle is lying horizontally on a wooden surface. The bottle is empty and its cap is removed.

Using a box cutter cut the bottom and top off of the bottle where it begins to curve.

2

A close-up shot shows a hand holding a pair of scissors, carefully rounding the sharp edges of a clear plastic bottle. The background is a wooden surface.

Take scissors to round out sharp edges. Run a lighter along the edges slightly to dull them.

3

A clear plastic bottle is shown with four vertical slits cut into its sides, two on each side. The slits are approximately 1 inch wide and extend from the top to the bottom of the bottle's main body.

On each side, cut two 1" parallel lines that match up with your temples.

4

A yellow resistance band is shown being folded in half. The band is laid flat on a wooden surface, and the two ends are brought together to form a single, thicker strap.

Fold resistance band so you are able to weave it through the slits you've just made.

5

A woman is shown from the chest up, wearing the clear plastic face shield. The yellow resistance band is tied around her head, securing the shield in place. She is smiling at the camera.

Place the mask and tie the resistance band to your fit so plastic is away from face.

6

A woman is shown from the back, wearing the clear plastic face shield. The yellow resistance band is tied around her head, securing the shield. The shield is clear and covers her face.

Avoid wearing jewelry or anything else that would impede against fit of band.

Repeating the same steps with the two liter bottle, straps can also be made from swim goggle straps, silicon glasses bands, or any other clean-able materials at home.

