



make a one-piece shaped facemask

ABOUT THIS PROJECT

I was given a 3m FFP3 mask during the coronavirus outbreak and here I've tried to replicate the great fit of it! I wanted to make it seam free, as the FFP3 has seams but they are fused not sewn, so no little holes! So the features of this mask are:



EQUIPMENT NEEDED

- Cutting mat (so you don't mark floor/table with pins)
- Pins and/or fabric clips
- Fabric scissors OR weights and rotary cutter and rubber mat
- Sewing machine
- Thread and bobbin with same thread on
- An iron and board
- Tape measure
- A safety pin

MATERIALS NEEDED

- Cotton poplin or 80-120 cotton bedsheet material
- Brushed cotton (optional, can use more of the fabric above instead)
- 10oz non stretch denim
- Pre-wash all fabrics for shrinkage
- 55cm of 1" inch wide double fold bias binding
- Nose wire 9cm long (can use garden wire, check it bends over nose without hurting you and holds shape - cut 10cm and turn in 5mm each end)
- 75cm length of 6mm wide elastic
- Optional filter fabric: We bought a roll of SCOTT® Blue Heavy-Duty Shop Cloth Roll online in the UK (£6ish) and will be cutting these up to make filters. They seem to be fairly breathable

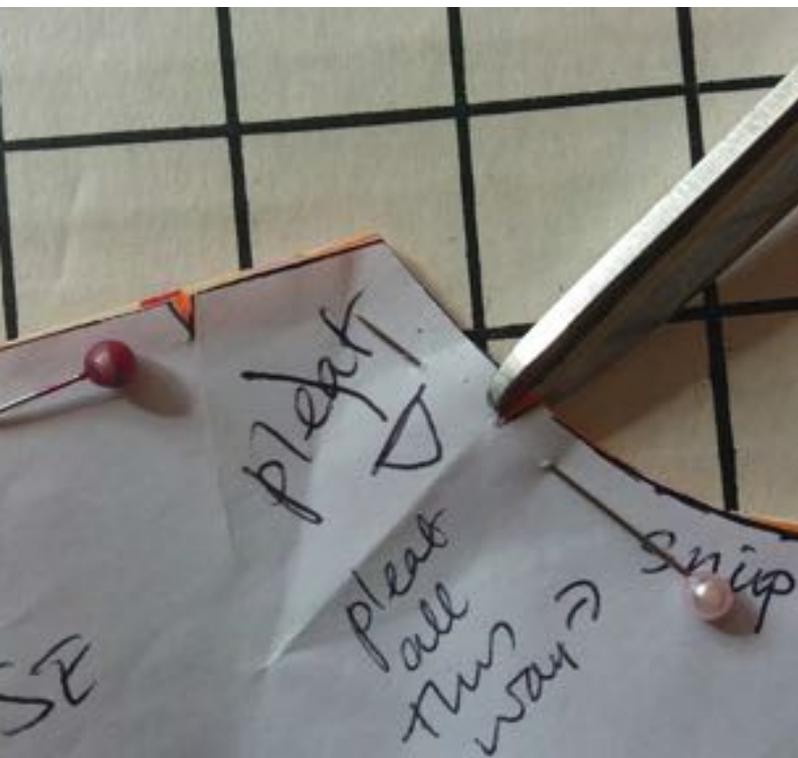


<<<Step 1

Cut out an outline and place pins around the edges to avoid making holes

Step 2>>>

Position clips or pins very close to the edge of the material to hold all the layers together



<<<Step 3

Cut 8 tiny snips for darts and notches on all layers



<<<Step 4

For the stiffer denim lining cut & notch the 2 pieces that will overlap for the filter pocket

Step 5>>>

First, zigzag the straight edges, then once laid they should look like this from the inside of mask - but zig zagged!



<<<Step 6

When pinning the edges to hold layers or pleats together, keep the pins max 8mm from edge to avoid putting holes further in than the binding stitching will be.





<<<Step 7

Machine baste all layers together 5mm from edge.

Step 8>>>

Pinch a dart by matching 2 notches



<<<Step 9

Fold it to one side so that the outer edges align - nose darts fold to centre and chin fold outwards

<<<Step 10



Baste the dart down on top of previous basting

Step 11>>>

Repeat for all darts - fold and pin and baste one at a time as is easier to sew when some of it is still flat



<<<Step 12

Try it against your face, bearing in mind the nose will have wire which will pull it down the sides of your nose a bit



<<<Step 13



Iron your bias binding folded in half

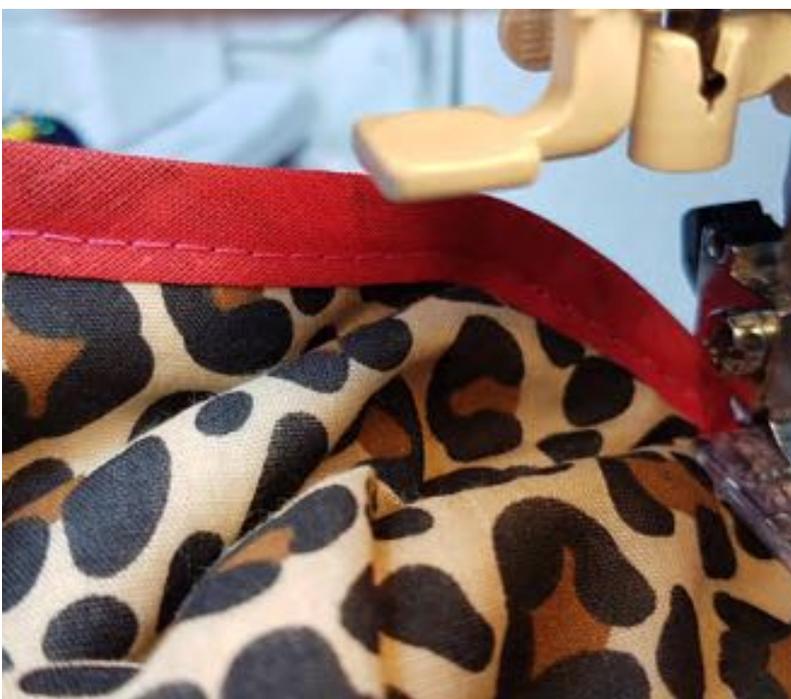
Step 14>>>

You will need a 25cm piece for the chin and 28 cm piece for the nose.top which includes loops



<<<Step 15

Sandwich mask in binding & stitch onto the chin first. Stitch 3mm from edge so you won't miss the binding on the inside



<<<Step 16



When you sew the binding to the nose edge, leave 4cm sticking out which you'll make into a loop

Step 17>>>

You may need to trim down the end to 4cm once sewn



<<<Step 18

Now poke in your wire so it sits on the outside of the mask. If you are using garden wire then turn the ends in first





<<<Step 19

Bunch up the binding and inch the wire along until it sits in the centre - you may need to wiggle it past the darts

Step 20>>>

Make a little stitch each side 5mm away from the wire so it stays in place



<<<Step 21

Loop your binding extra like this and stitch down - see next photo



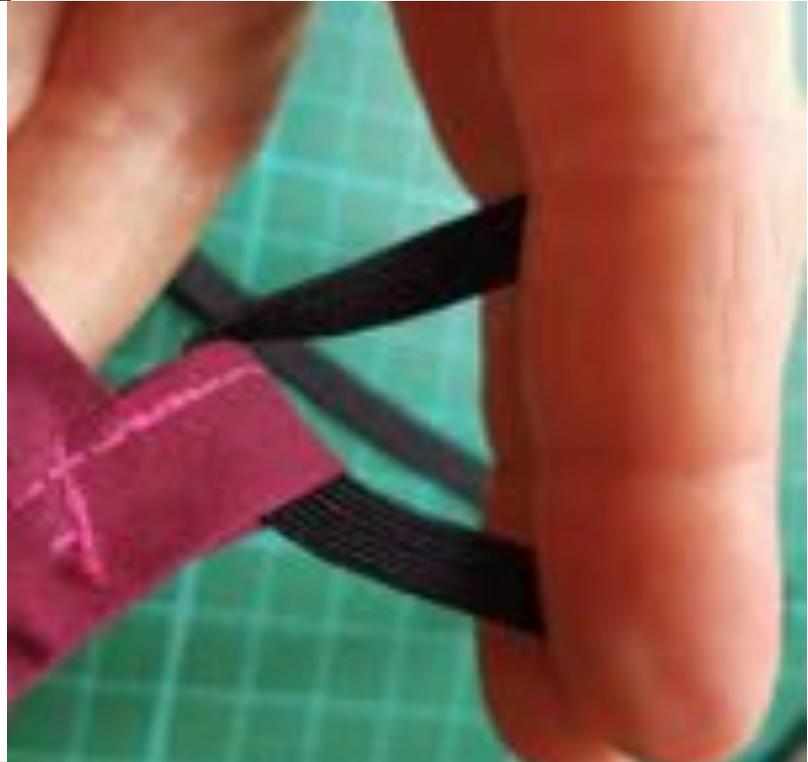
<<<Step 22



It's easier to stitch it from the inside of the mask, otherwise it may twist out of position while sewing

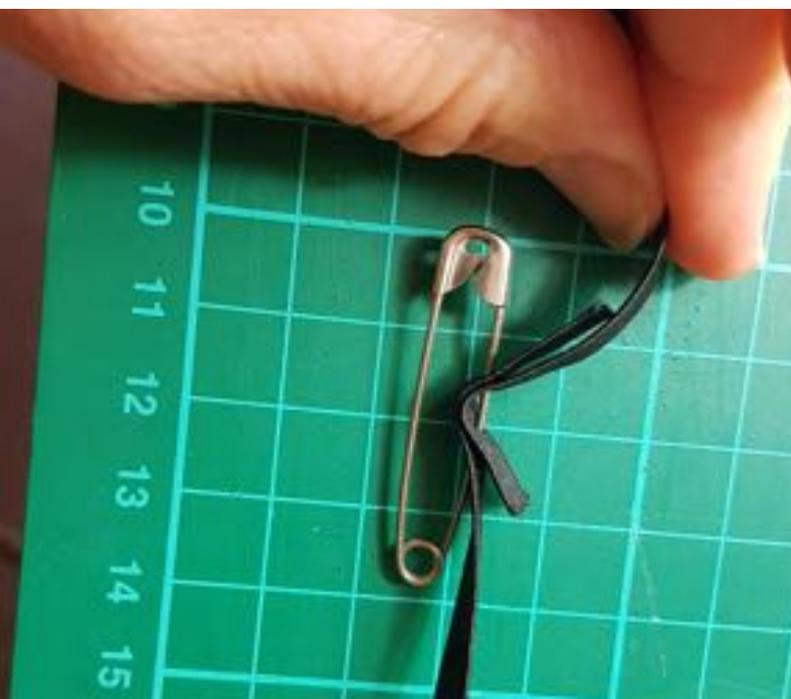
Step 23>>>

Cut a 75cm length of 6mm wide elastic and loop it through each side



<<<Step 24

Close with a safety pin - see next pic



<<<Step 25



There should be 2 straps - one for back of neck and one back of head

Step 26>>>

Try it on and shorten the elastic if necessary to get a snug fit. You can stitch elastic closed once it's ok



<<<Step 27

Pinch the wire to close the gaps around your nose



<<<Step 28



Enjoy your mask! When you take it off, take it off really carefully without re-contaminating your face then spray it or wash it

Well done and thank you for being involved in saving lives!

Instructions produced by Kat Neeser at Sew In Brighton Sewing School

May 2020

www.sewinbrighton.co.uk

info@sewinbrighton.co.uk

