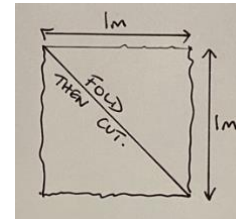


# TRIANGULAR BANDAGES FOR UKRAINE FROM CLEAN SHEETS

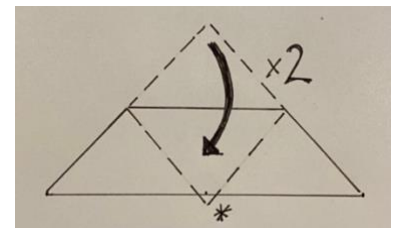
1. Use good, strong, pure cotton sheets / duvet-covers / table cloths for triangular bandages for tourniquets; Not brushed cotton since too thick. Not poly mix as too slippery. Remove all seams, but selvages OK. Any colour fine. The odd mark or tiny hole is fine so long as good and strong.

2. Measure, snip and rip into squares 1m x 1m  
Keep the off cuts for other uses, especially  
10cm X130cm strong cotton for tourniquet ties (no joins).

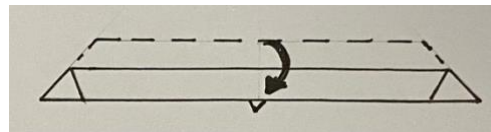
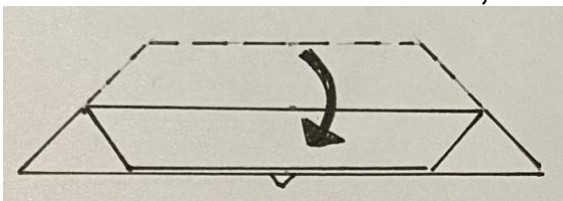


3. Fold on diagonal, then cut on this fold.

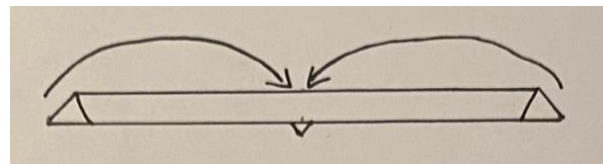
4. Fold point to long side  
(\* If you overlap the point slightly it shows where the middle is),



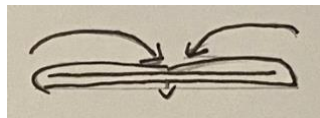
5. And then twice more the same;



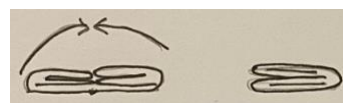
6. Fold the pointy ends to the middle.



Repeat ends to middle,



then fold in half.



7. Please pack (bulk) in a clean bag and deliver to drop off points on the website.  
Thank you.

[WWW.NEWFORSTFORUKRAINE.CO.UK](http://WWW.NEWFORSTFORUKRAINE.CO.UK)

Sheets are available if needed.

Bandages 4 Ukraine  
WhatsApp group



Please join our WhatsApp group and spread the word.  
(Photograph the QR link from within WhatsApp).  
Printable /digital copies of this are available on the WhatsApp group,  
and will be on the website. Thank You.

**BANDAGES SAVE LIVES**