

How to Make a Triangular Bandage from an Old Sheet

King size is best to maximize the size and number of bandages. Please note, even though they may be called “king”, individual sizes vary. So, measure the outer dimensions before you begin and make the biggest square possible to start. This example is from a sheet measuring 93' x 99'. If you are using a smaller sheet, you may only be able to get 4 triangular bandages; ideally, a triangular bandage for an adult is about 54'.

1. Measure outer dimensions. Use smallest length as measurement for your large beginning square. Basically, you are going to make one big square (all four sides equal!), then cut that into 4 smaller squares, then cut those diagonally to create 8 triangular bandages.
2. Cut (or rip – it's faster) across FIRST, so that you can use those long strips as bandages. You now have one big square. If you cut (or rip) lengthwise first, you end up with really short strips. These are handy, too, so don't throw them away – but the longer strips are more versatile.
3. Cut remaining square in half, then those rectangles in half again. You now have 4 small squares.
4. Cut each square diagonally (no, you can't rip diagonally). You now have 8 triangular bandages.
5. Strip bandages can be any width, but it is recommended that each strip be at least 2' wide.

