

General Application Instructions and Care Instructions

****CAUTION:** Friction Shield is not recommended for existing blisters, raw skin or open wounds. This product is a pre-treatment.

1. Clean Skin – make sure the skin is dry and clean of any dirt, oils, creams, repellents, sunscreens, etc.
2. Clipped Hair – it is highly recommended that hair be trimmed to a clipper setting of 1 or shaved to that approximate length. The tape will not perform as designed when applied to hairy skin, and will irritate the wearer.
3. 1 Hour Lead – apply the tape to skin at least 1 hour prior to physical activity, sweating, or submersion. This allows time for the adhesive to cure and perform properly. Shortening this cure time degrades the tape's ability to adhere and perform as designed.
4. Do Not Touch The Adhesive – when handling the tape, do not touch the adhesive of the tape with your fingers, as the oils and dirt from your hands will inhibit the tape from adhering properly.
5. Single Use & Single Placement – Once the tape has touched the skin, the tape can not be moved or removed and reapplied to the skin
6. Anchor Points – when applying the tape, ALWAYS apply the last ¼" of a strip with NO STRETCH on the tape. This will help increase the duration of wear. Failure to comply will result in the tape peeling away from the skin prematurely.
7. Activating the Adhesive – after applying the tape, place the printed-side of the strip's paper-backing against the applied strip and firmly rub the application to create a small amount of heat from the friction. This will help activate the adhesive. Do this by using moderate force, being careful not to rub back and forth over the ends of the tape strip as this can cause it to peel away before the adhesive has activated.

8. Tape On Tape – the tape is engineered to adhere to skin, and does not perform as well if one tape strip is applied to overlap another tape strip
9. Duration of Wear – the tape is designed to be worn for an entire day, adhering through sweating, showering and submersion.
10. Pat Dry – when applied to the skin, when the tape becomes wet, simply pat it dry with a towel. The tape has a high cotton content, and when applied to the skin, may take a few minutes to dry after becoming wet.
11. Removing The Tape – Slowly and gently peel the tape from skin when desired. Do not wear continuously for more than 3 days. If a longer wear duration is desired, remove the tape before 3 days of wear duration, clean the skin, and check for skin irritation, cuts, etc. If those are apparent, discontinue use until the skin has healed. If the skin is healthy and shows no signs of irritation or cuts, wait 24-hours before re-applying.
12. Skin Irritation – Discontinue use if the skin shows any signs of irritation, swelling, bleeding, oozing, or is painful to the wearer.
13. This product is made from 97% cotton and 3% Spandex, with an acrylic adhesive. Skin cleaning pads are saturated with 70% Isopropyl Alcohol.
14. Store this product away from heat, direct sunlight, and humidity. Keep this product inside the zip-lock bag and sealed when not in-use. Do not allow the unused tape strips to get wet or to be exposed to dust, dirt, oils, etc.
15. For external use only. Keep away from children. Do not apply this product to eyes, eyelids nor genitals. Do not use if you are allergic to cotton, spandex or acrylic adhesive. Do not use on children below the age of 6. Do not use on adults above the age of 66.

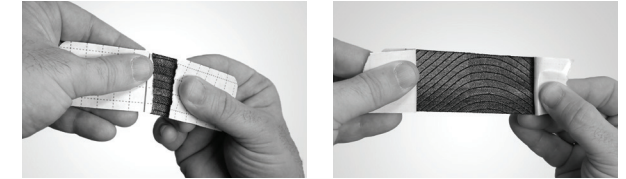
Application Instructions – Apply 1 Hour Prior to Activity

STEP 1:

Before applying the tape, clean the skin of the entire application area with an alcohol prep pad included in the packaging. If taping an area with hair we highly recommend clipping the hair to a setting of 1.

STEP 2:

Remove the paper backing by tearing the paper in the mid-point of the tape piece. Peel the paper backing outwards to create finger-holds.



STEP 3:

Apply the tape so that it will stretch in the direction of skin flex. Apply the last ¼" of any tape strip WITHOUT ANY STRETCH.

STEP 4:

After applying the tape, place the printed-side of the strip's paper-backing against the applied tape strip and firmly rub the application to create a small amount of heat from the friction. This helps to activate the adhesive.