



BoM:

1. Acrylic sheet, 3mm thick, (Blue lines are living hinges)
2. OHP Transparency Film, A4 Size, 100 microns thick (175 microns works but is twice as expensive)
If you need a longer shield, use A3 sheet, and trim length as needed
3. Elastic Band or similar for retention, approx. 200 mm / 8 inches long
4. Foam strip, adhesive. To be stuck on the inside surface that touches forehead (not essential)