

Introduction

SheetFlex uses 2 different types of sheet, a **Coloured Sheet** which will be the colour of your pressed design and a **Transfer Sheet** which is coated with an adhesive.

Artwork

The **Coloured Sheets** are A4 in size but will require 1cm to be trimmed before pressing so the maximum size of your artwork is **20cm x 28cm**.

Mirror your image prior to printing.

Printing

You need to use a standard mono or colour laser printer.

Take a **Coloured Sheet** and print your design onto the **reverse side** (the matt side) using the transparency setting on your printer.

After printing manually cut approximately **1cm** around the edge of the printed sheet so the **Coloured Sheet** is now slightly less than A4.

Before Pressing

If you have a Teflon cover / skirt on your heat press remove it. Turn on your heat press and set to **135°C** for **30 seconds**.

Close your heat press to heat up the lower platen. When complete release press.

To get your heat press ready for the main pressing set your heat press to **90 seconds** at a **medium pressure** and set the temperature to;

145°C for white SheetFlex

135°C for all other colours of SheetFlex

Do not press yet!

The First Press

Put a sheet of **standard printer / copier paper** on the lower platen.

Put your **Coloured Sheet** print out on top of the copier paper **face up**.

Take the **Transfer Sheet** and place face down over your printed design (so the yellow writing on the **Transfer Sheet** is face up)

Take another piece of copier paper and put on top. Do not use anything else to cover, eg. do not use a Teflon sheet.

Now press. After the **90 seconds** release.

After The First Press

For the steps below leave the pressed media on the heat press platen so it doesn't cool down, if it cools it won't work.

Remove the top sheet of copier paper and firmly **rub the Transfer Sheet** with a piece of an old t-shirt for **5-10 seconds**.

Now peel back the **Transfer Sheet** from the coloured sheet gently and slowly, (around 10 seconds to peel an A4 sheet).

You can **discard the Transfer Sheet** as the adhesive is now pressed onto the reverse of the **Coloured Sheet**.

Remove the **Coloured Sheet** from platen. On the **Coloured Sheet's** reverse your design will be shown as white. If there is space manually trim around the design to remove the edge where possible.

The Second Press

Position the garment on the platen and place the **Coloured Sheet** on top and on top of this put a **Matt Finishing Sheet**.

Press at **135°C** for **30 seconds**

After pressing remove garment from press and allow to cool. When **completely cold** peel back the **Coloured Sheet**.

Finishing

Whilst the garment is now ready you can increase the wash life of the garment by now sealing with the **Matt Finishing** or **Gloss Finishing** sheet.

Place garment on the heat press and cover with chosen **Finishing Sheet** and press for **30 seconds** at the same temperature as above.