

CONSTRUCTING A REUSABLE ELECTRODE PAD

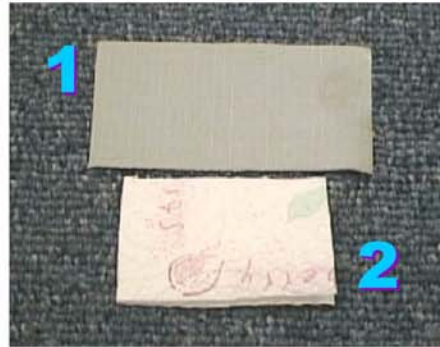
Medical grade electrode pads are sometimes difficult to quickly or easily obtain, however this easy substitute, made from readily obtainable household materials can be quickly made in a matter of minutes.



- PARTS REQUIRED**
- Duct Tape
 - Stranded Wire
 - Sissors
 - Knife or Wire Strippers
 - Paper Towel or Cotton Cloth

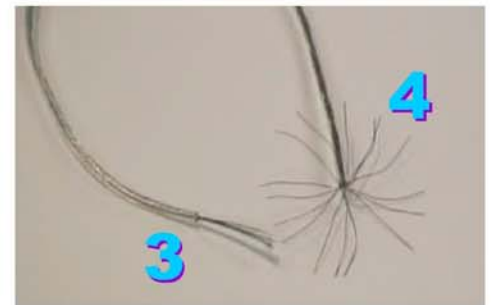
STEP 1

Cut piece of duct tape appx. 3" long and place sticky side up



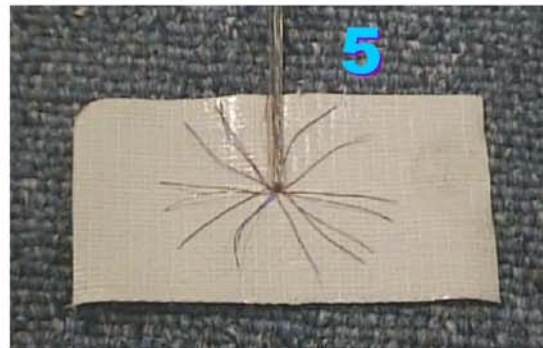
STEP 2

Cut one or two layers of paper towel or cotton cloth slightly smaller than duct tape in step 1



STEP 3

Strip insulation from stranded wire slightly less than half the width of the duct tape used



STEP 4

Evenly sperad single strands in a star-burst pattern as shown in photo



STEP 5

Place spread wire on center of duct tape

STEP 6

Place absorbent pad (cloth or paper) directly over wire leaving sticky edges of duct tape exposed on all four edges



STEP 7

Moisten with salt water to aid conductivity and electrical transfer

STEP 8

Place completed and mostioned pad in appropriate location as desired



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