



How to apply your heat transfer

The Alberta Disability System Breakdown ● We remember. We speak. We carry you with us.

You do not need a heat press. A household iron works. Read the box for whichever tool you have, then follow the four steps. The whole thing takes about a minute.

Household iron

Heat: garment setting, or medium

Pressure: medium to firm

Press: 15–20 seconds

Then: peel, press again 15 sec

Small circular motions. Always cover with parchment paper.

Heat press

Heat: 310°F / 155°C

Pressure: medium to firm

Press: about 12 seconds

Then: peel, press again 12 sec

Cover with parchment paper.

Handheld craft press

Heat: 320°F

Pressure: medium to firm

Press: 15–20 seconds

Then: peel, press again 15 sec

Small circular motions. Cover with parchment paper.

The four steps

1 No pre-ironing needed

You can skip the pre-press. Give the fabric a quick smooth with your hand so it is flat where the design will sit.

2 Position the design

Lay the transfer where you want it, printed side up, and make sure the fabric under it is flat. You can press across a seam. On a hat, or if you are using an iron and worried about it shifting, hold it in place with a little heat-resistant tape.

3 Press, let it cool a few seconds, then peel

Cover the design with parchment paper first. Never let the iron touch the design directly. Press using the settings above, lift, wait a few seconds, then peel the clear film off slowly.

4 Press it once more. Do not skip this

With the film off, cover the design with parchment paper again and press a second time for the same length of time. This is what makes it last, softens it, and takes the shine off.

If something goes wrong

Parts of it did not stick

Lay it back down, cover with parchment, and press again with firmer pressure and slightly more heat, a little at a time, until it takes. Re-pressing will not ruin it.

The fabric is scorching

Ease off the pressure first. If it still scorches, keep the lighter pressure and turn the heat down a little. Every fabric is different and it takes a go or two.

Nervous about your first one

Test your iron settings on a spare piece of clothing you do not mind marking, before you press the real thing.

Washing it afterwards

Turn the garment inside out. Wash cold. Dry on low heat or hang it to dry. It will survive a normal wash perfectly well, but treated gently it will outlast the garment.

THE ALBERTA DISABILITY SYSTEM BREAKDOWN

Wear it where it will be seen, and tell people why.

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