1. Gather Supplies

2. Put Hole In Jug, Approximately 1.5 Inches From Base

3. ‘String’ Penrose Through Hole (I Used A Hemostat!)

4. Repeat Steps 2&3 So Penrose Is Pulled Across Jug
5. Drape Jug and Lay 2nd Penrose Perpendicular To Penrose In The Base

Additional Tips:
1. We put a piece of red paper in the base of the gallon jug to provide contrast, but this is not necessary.
2. Instead of using an expensive headlight, purchase bike or camping headlights (Dr. Peche is wearing one!)
3. To adjust the working height (for ANY of these models), you don’t need an expensive adjustable table. We use discarded trays from the OR and stack however many the resident needs to make the model high enough for them to work comfortably!