

## How to Make an Affordable Limb Model

### Supplies:

- 3/4" PVC pipes (most economical to purchase in 10ft lengths)
- 3.5" diameter foam pool noodles (generally this is thicker than your average pool noodle, make sure you check diameter)
- Pipe cutter (or ask your local hardware store to cut lengths for you)
- Serrated knife, razor blade, or other cutting tool to cut pool noodle
- OPTIONAL red permanent marker or red sock

### Directions:

1. Cut PVC pipe into 18" lengths
2. Cut pool noodles into 12" lengths (the length difference allows for a second person to stabilize the limb while the first person applies a tourniquet)
3. Insert PVC pipe into center of the pool noodle, where there is already a hole. It should slide in fairly easily, but not slip.
4. OPTIONAL: Use razor blade to cut an injury into the limb closer to the end where the pipe is not sticking out; color that cut/injury in with a red marker. Alternatively, you could simply tell your students that the limb injury was an amputation or use a red sock to indicate the amputation, as in the photo below.

