



Thank you for purchasing your alginate (pronounced “AL-jin-it”) from Accu-Cast.

Mixing Guidelines for Accu-Cast Alginates

www.Accu-Cast.us

Alginate Product	Setting Time	Water Temp	Cooler Water	Slower Set	<ul style="list-style-type: none"> * Basic Mixing Ratio 3.5:1 Water to Powder (by WEIGHT) * Layup Mold Ratio (optional) 3:1 Water to Powder (by WEIGHT) * Thicker mixtures will set faster and thinner ones will set faster. * We encourage you to experiment with different mixing ratios. * See the Mixing Ratio Chart on the back side of this sheet. 
470-SG	~4 min	70°F	Warmer Water	Faster Set	
This is when mixed at 3:1 water:powder ratio. Thicker mixes will set faster. Thinner mixes will set slower.			More Water	Slower Set	
			Less Water	Faster Set	
			Cool Room	Slower Set	
			Warm Room	Faster Set	
			IMPORTANT: * Alginate is NOT dimensionally stable over time. * It will shrink and distort. * Pour your casting material as quickly as possible.		

MIXING

Technique #1- Power Mixing (Over 1 pound)

- * Get a paint mixer attachment (Jiffy Mixer) at www.accu-cast.us/Pages/Products/Tools/BuyNowTools.html or at your local hardware or paint store.
- * Attach the Jiffy Mixer to an electric drill.
- * Place alginate powder in mixing bucket.
- * Pour water onto alginate.
- * Lower the jiffy mixer into the bucket.
- * **Mix Slowly at first** until all the powder and water are mixed, then increase speed.
- * **Run the drill “backwards” or “counter-clockwise”.** The other way will whip lots of bubbles into the alginate.
- * Mix until smooth- usually no more than about 45 seconds.



Technique #2- Using a Kitchen Whisk (Up to about a pound)

- * Get a good sized metal whisk.
- * Put alginate and water into a large bowl. (Slanted sides are best. Plastic is better than metal or ceramic.)
- * Stir the alginate/water mix to incorporate the powder into the water.
- * Whisk the mixture vigorously like you were beating eggs until smooth- usually 45 seconds to 1 minute.



Technique #3- Mixing in a Plastic Bag (Up to about 2 pounds)

- * Measure out your alginate into a sturdy plastic bag (3 mil or so). We sell these bags on www.accu-cast.us.
- * Pour in the water.
- * Push out most of the extra air and tightly twist the bag closed.
- * Mash, squish, roll and knead the bag on a flat surface until the alginate is well mixed (1-2 minutes).
- * Turn the bag upside down with the open end inside your molding bucket.
- * Squeeze the mixed alginate into the mold bucket or into a bowl for face or body casting.
- * Throw the bag away when done. With this technique clean-up is a snap.



Notes:

DUST- Use a NIOSH approved class N95 “Nuisance Dust Mask” and Safety Glasses when mixing alginate.

CLEANUP- Alginate will not stick to non-porous surfaces but *will stick to cloth or carpet*. Remove alginate from buckets and mixing tools quickly to keep the alginate on them from drying and sticking.

How to use the handy “How Much Alginate Do I Need” Chart

We recommend a Medium Mix (3:1- water to powder, by weight) for most applications. You may find you need a thicker or thinner mix for your application, but in general, a Medium Mix works very well for most.

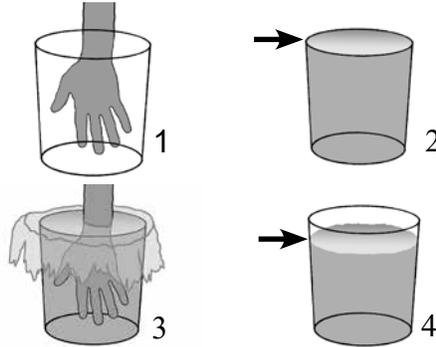
For a Hand Cast in a Bucket:

1) Choose a container that you will be taking the hand cast in. Fill the container with water to the top. Put your hand(s) into the bucket and let the water overflow into the sink. What's left is how much water you'll be using.

[We sell great Hand Casting Buckets on our website.](http://accu-cast.us/lifecasting-tools/hand-casting-buckets/)
<http://accu-cast.us/lifecasting-tools/hand-casting-buckets/>

2) Measure the water.

Figure out how many quarts and cups of water your bucket held **WITH** your hand(s) in. (4 cups equals one quart)



3) Look at the Chart below.

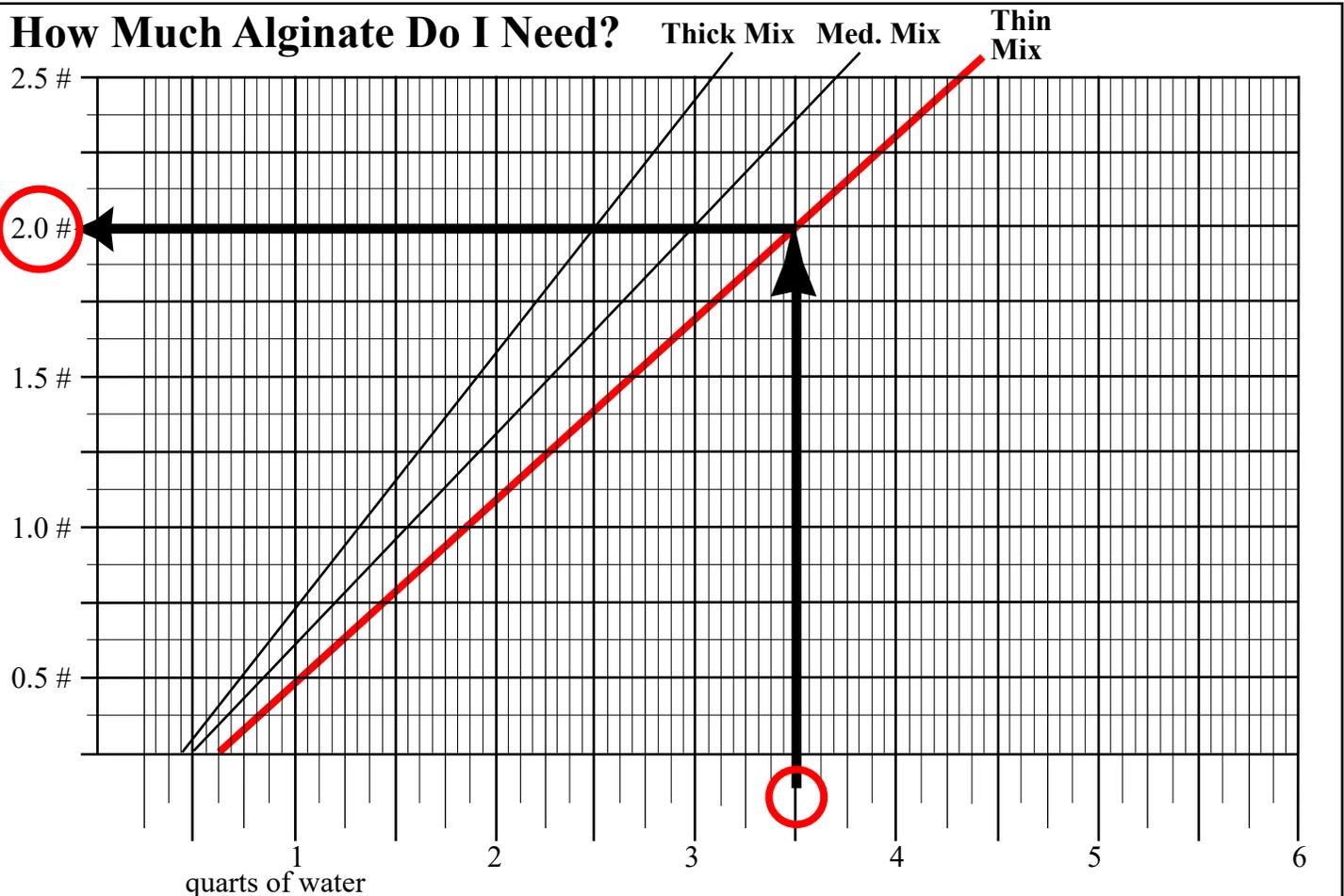
Find your water amount along the bottom.

Follow the line up to the “*Thin Mix*” line.

Then follow the horizontal line left until you see how many pounds of alginate you'll need.

Example: 3.5 quarts water requires 2 pounds of alginate.

How Much Alginate Do I Need?



Other Types of Jobs:

Of course, if you want to mix a certain number of pounds of alginate, you can use this chart in reverse to determine how many quarts of water you'll need. A typical face cast requires about 1/4 pound (mix with 11 ounces water), an entire head about 1 1/4 pounds, and up to 2 pounds for a front or rear torso.