

Heat Press Temperatures and Times (°F / °C)

Substrate	Temp (°F)	Temp (°C)	Time (sec)	Notes
Polyester Fabric	375-400	190-204	40-75	Pre-press for 5 sec to remove moisture
50/50 Blends	310-330	155-166	15-30	Colors will appear more faded than 100% poly
Ceramic Mugs	375-400	190-204	180-240	Use mug press with tight pressure
Tumbler (20 oz)	375-390	190-199	240-360	Rotate halfway if using convection oven
Metal Panels	400-425	204-218	60-90	Face-up pressing, use protective sheet
Glass Blanks	400-425	204-218	300-420	Allow slow cooling, avoid sudden temp changes
Wood (MDF)	385-400	196-204	60-90	Use medium pressure, protect edges from scorch