Peeling backing paper off

Lay the vinyl on a flat surface with the design facing up and squeegee over the whole design from the centre out. Then flip it over so the backing paper is now facing up, and squeegee again.

Just make sure when peeling the backing paper that you do it face down as that gives the design a better chance to stick to the application tape.

Using a 90-degree angle slowly start peeling off from the corner of the backing paper. Any parts that don't unstick can be encourage by putting that section back down rubbing your squeegee or finger over the spot that didn't unstick and try peeling again, try this a few times until it all comes off. If that doesn't work, you can use a picking tool or needle to gently pick at an edge and encourage it to detach from the backing paper.

A video of the process on youtube:

https://youtu.be/c8CPj1KtfPI