

A guide to the safety and usage of Weighted Blankets, Lap Pads, Shoulder Wraps and Jackets



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Table of Contents

WEIGHTED BLANKETS	3
Using your weighted blanket:	3
Blanket weights:	3
Safe Usage of a weighted blanket:	4
Washing	4
WEIGHTED LAP PADS	5
WEIGHTED SHOULDER WRAPS	6
WEIGHTED JACKETS & HOODIES	7
Washing	8
WEIGHTED WAISTCOAT WEIGHTS	9
WEIGHTED HOODIE WEIGHTS	9
CARE & MAINTENANCE	10

Weighted Blankets

Using your weighted blanket:

The weighted blanket should be always used under adult supervision. We recommend that you consult with your Occupational Therapist or other suitably qualified person prior to using the weighted blanket.

Blanket weights:

It is important that the weight of your blanket is in proportion to the bodyweight of the person using it. The commonly accepted principal verified by Occupational Therapists is that the weighted blanket should not exceed 10% of the user's bodyweight.

Use the table below to ensure that your weighted blanket is appropriate. On unpacking your weighted blanket we recommend that you check the weight which is printed on the product care tag sewn to the blanket. This tag should not be removed.

Blanket weight	2.5kg	3.0kg	3.6kg	4.5kg	6.0kg	7.0kg	8.0kg	9.5kg
Minimum bodyweight of user	25kg	30kg	36kg	45kg	60kg	70kg	80kg	95kg

Adjustable Pocket Blankets: these blankets have removable weights so that the weight of the blanket can be adjusted up or down accordingly. If you choose to alter the weight of your blanket it is important that you check the blanket weight prior to use to ensure that it does not exceed 10% of the user's bodyweight.

School, Residential Units etc: If you have multiple users of weighted blankets, you should be careful to ensure that each child is using the appropriate weight.

Please note that using a cover will add to the overall weight of your blanket.

When not in use, ensure that your blanket is stored in a safe place out of reach of children.

Safe Usage of a weighted blanket:

- Always use under the supervision of an adult. Do not allow a child to use a weighted blanket unsupervised.
- Never use a weighted blanket as a restraint.
- Ensure that the head and face is not under the weighted blanket when in use.
- Ensure that the user can self remove the weighted blanket.
- Do not use a weighted blanket in conjunction with any other weighted product.
- Do not use in a cot with babies or infants.
- Use the weighted blanket for short periods of time initially & increase as needed, under supervision.
- Not recommended for small children – if in doubt consult with you Occupational Therapist
- Check before and after use for signs of wear and tear.



Washing

Weighted Blankets are machine washable at a recommended washing temperature of 40°C. Do not tumble dry or iron as this may damage the filling beads. Check the weight capacity of your washing machine prior to washing.

Pocket blankets – weights can be removed and washed separately. Fire retardant weighted blankets can be wiped clean with a sponge or damp cloth.

Weighted Lap Pads

Lap Pads are available in 2 sizes : small (1kg) and large (2kg) and can be used across the lap or over legs whilst seated. Before use, ensure that the lap pad is the appropriate weight for the person using it. As a general guide the small lap pad is designed for children aged 4 to 10 years old. The large lap is designed for children over 10 years old, teens & adults. This is a guide only and you should consult your Occupational Therapist or other suitably qualified person prior to use.

- Always use under the supervision of an adult.
- Only use one weighted product at a time.
- Do not cover the head or face with the lap pad.
- Do not place in a cot with a baby or infant.
- Check before & after use for signs of wear and tear.



Weighted Shoulder Wraps

Shoulder Wraps are available in 2 sizes: small (800g) and large (1.2kg) and can be used across the shoulders or over the lap whilst seated. Before use, ensure that the shoulder wrap is the appropriate weight for the person using it. As a general guide the small is designed for children aged 4 to 12 years old. The large may be more appropriate for teens & adults. This is a guide only and you should consult your Occupational Therapist or other suitably qualified person prior to use.

- Always use under the supervision of an adult.
- Only use one weighted product at a time.
- Do not cover the head or face with the wrap.
- Do not place in a cot with a baby or infant.
- Check before & after use for signs of wear & tear.

Lap Pads and Shoulder Wraps are machine washable at a recommended washing temperature of 40°C.

Do not tumble dry or iron as this may damage the filling beads. Fire retardant shoulder wrap can be wiped clean with a sponge or damp cloth.

Weighted Jackets & Hoodies

Weighted jackets should only be used with the direction and advice of your occupational therapist or other suitably qualified person.

It is recommended that the jacket weight does not exceed 5% of the user's bodyweight unless recommended otherwise by your Occupational Therapist. Remove some of the waist weights if necessary but ensure weights are evenly distributed across the jacket.



The long rectangular weights are for the shoulder area. Insert into the shoulder pocket and close the Velcro fastening. The square weights are for the waist area. Insert into the waist pockets and close the Velcro fastening. The Hoodie also has an optional rectangular weight in the hood to provide weight to the head if required.

Please note that the jacket alone will add to the overall weight of the garment – please see the weight charts below.

The weights can be removed from the pockets for maximum flexibility. The shoulder weights are often the most effective at providing deep pressure, so if necessary, it is advisable to remove some waist weights to reduce the overall weight. Ensure that any remaining waist weights are evenly distributed.

The vest should not be used during active play such as running, jumping, turning upside down, spinning etc. As a general guide, the jacket should be worn for periods of around 20 to 40 minutes and then removed for at least the same amount of time before being used again. We recommend that you consult with your Occupational Therapist to devise a schedule for use of the weighted jacket.

- Check the jacket and weights on a regular basis for signs of wear and tear.
- Use under supervision at all times.
- Ensure that the jacket weight is appropriate for the user.
- Do not use in conjunction with other weighted products.
- Do not sleep in a weighted jacket.
- Check for signs of wear & tear before and after use.

Washing

Prior to washing weighted jackets or hoodies, remove the weights prior to washing. Machine wash jackets at a 40°C. Jacket weights can be wiped with a damp cloth or sponge.

Weighted Waistcoat weights

Label	XS	S	M	L	XL	XXL	XXXL
Size	Child XS	Child S	Child M	Child L	Adult S	Adult M	Adult L
Shoulder Weights	2 x 340g	2 x 340g	2 x 340g	2 x 340g	2 x 460g	2 x 460g	2 x 460g
Waist Weights	3 x 250g	4 x 250g	4 x 330g	2 x 330g + 2 x 400g	4 x 400g	5 x 400g	5 x 400g
Total weight (incl jacket)	1.75kg	2.0kg	2.3kg	2.5kg	3.0kg	3.5kg	3.5kg

Weighted Hoodie weights

Size ref	01	02	03	04	05
Size	Child XS/S	Child M/L	Child XL/Ad S	Adult M/L	Adult L/XL
Shoulder Weights	2 x 250g	2 x 340g	2 x 460g	2 x 460g	2 x 460g
Waist Weights	4 x 250g	4 x 330g	4 x 400g	4 x 500g	4 x 550g
Head Weight	1 x 250g	1 x 250g	1 x 250g	1 x 340g	1 x 340g
Total weight (incl jacket)	2.2kg	2.8kg	3.5kg	4.0kg	4.4kg

Care & Maintenance

Always check your weighted product prior to and after use for any signs of wear and tear, such as loose stitching, torn seams, escaping filling etc. If there are visible signs of wear and tear do not use the product until it has been repaired or replaced.

It is recommended that you check all weighted products on a regular basis for signs of damage, wear & tear.

Keep all weighted products away from heat sources, naked flames and cigarettes. Do not place on heaters or radiators. Do not microwave the plastic beads.

Sensory Direct Weighted Products come with a lifetime guarantee on the quality of materials and workmanship. We will repair or replace your weighted product free of charge so please call us on 01905 670500 or email info@sensorydirect.com for further advice.

Sensory Direct accept no responsibility for the misuse of weighted products supplied.

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