

## ADJUSTABLE WEIGHTED PRODUCTS: Large Weighted Blanket, Weighted Ball Blanket

SKU: BWX / XLB

We recommend consultation with an Occupational Therapist (OT) or suitably qualified person prior to use.

### WARNINGS:



Keep away from fire



Not suitable for children under 3 years



Do not use in a cot



Adult supervision required



Do not cover head or face



Do not use as a restraint



Use one weighted product at a time

### Important:

- Recommended not to exceed 10% of user's bodyweight (unless advised by an OT).
- Introduce the Weighted Blanket to the user as advised by an OT.
- Always ensure the user can independently remove the Weighted Blanket.
- Remove the Weighted Blanket at the first signs of discomfort or distress.
- Check before use, discontinue using if showing signs of wear and tear.
- Do not alter, adapt or wash outside of the care instructions.

PRODUCT OUTER	PRODUCT INNER
100% Polyester	65% Polyester / 35% Cotton
<strong>Care Instructions</strong>	
Machine washable 30°C. Use a gentle wash and low spin cycle. Do not use fabric softener or bleach. Air dry flat. Do not tumble dry or iron. Do not place on heaters or radiators. Check the weight capacity of your washing machine prior to washing.	
REMOVE WEIGHTS BEFORE WASHING	

# Information for Use



## Good to know:

- The **Large Adjustable Blanket** is weighted with Polyethylene HDPE Beads and is available from 3.2kg up to 9.5kg.
- The **Ball Blanket** is weighted with Polyethylene HDPE Beads and 40mm Polystyrene Balls (containing a flame retarding additive) to provide additional sensory input. The Ball Blanket is available from 3.2kg up to 8kg.
- Dimensions – (L) 200cm x (W) 135cm.
- Suitable for older children and adults.
- Weights can be added or removed as required.

## Good for:



Calming and Relaxing.  
Reducing the need  
for repetitive sensory  
seeking



Improving state of  
wellbeing.  
Enabling self-regulation



Improving concentration,  
focus & attention.  
Improving body  
awareness



Safe and non-invasive  
therapeutic solution

## How to use:

- Plan how you will introduce the Weighted Blanket to the user.
- As a guide, the Weighted Blanket should be initially used for 20-40 minutes at a time and then removed for the same period before it is used again. (Consult with an OT for individual guidance).
- We recommend that you place the Weighted Blanket on the top of the user's bedding and initially stay with the user to ensure they are comfortable and content with the deep pressure they will be experiencing.
- You can also use the Weighted Blanket by wrapping it around the shoulders in a seat or on top of the bed.

## Ideal for:



Bedtime Routine



Chill-Out Time



Home or Residential  
Setting

Made in China (Blankets) | Made in UK – (Weights)

Sensory Direct (UK) Ltd, Unit 65c, Blackpole Trading Estate West, Worcester, WR3 8TJ, UK.  
[www.sensorydirect.com](http://www.sensorydirect.com)