

Information for Use



Weighted Fleece Waistcoat

SKU: WFL

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

WARNINGS:



Keep away from fire



Adult supervision required



Do not use when exercising



Do not use while sleeping



Do not microwave the weights



Use one weighted product at a time

Important:

- Recommended not to exceed 5% of the user's bodyweight (unless advised by an OT).
- Always ensure the user can independently remove the Weighted Fleece Waistcoat.
- Remove the Weighted Fleece Waistcoat at the first signs of discomfort or distress.
- The Weighted Fleece Waistcoat is not to be worn when exercising (e.g. running, jumping, etc.) or during active play.
- 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 LINING	PRODUCT WEIGHTS
100% Polyester Fleece	65% Polyester / 35% Cotton	Carbon Beads

Care Instructions

Machine washable 40°C. Do not use bleach. Tumble dry on low heat. Cool iron. Alternatively dry clean any solvent except Trichloroethylene. Wash and dry separately.

REMOVE WEIGHTS BEFORE WASHING.

Good to know:

- The weights can be removed from the pockets for maximum flexibility. The most effective weights are those fitted in the shoulder pockets. If you need to adjust the weight, it is advisable to remove weight from the waist to reduce the overall weight of the Waistcoat.
- Weights available:

Child - Extra Small (XS)

- Shoulder Weights – 2 x 340g
- Waist Weights – 3 x 250g
- Total Weight including Waistcoat – 1.75kg

Child - Small (S)

- Shoulder Weights – 2 x 340g
- Waist Weights – 4 x 250g
- Total Weight including Waistcoat – 2.0kg

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Child - Medium (M)

- Shoulder Weights – 2 x 340g
- Waist Weights – 4 x 330kg
- Total Weight including Waistcoat – 2.3kg

Adult – Small (XL)

- Shoulder Weights – 2 x 460g
- Waist Weights – 4 x 400g
- Total Weight including Waistcoat – 3.0kg

Child - Large (L)

- Shoulder Weights – 2 x 340g
- Waist Weights – 2 x 330g / 2 x 400g
- Total Weight including Waistcoat – 2.5kg

Adult – Medium/Large (XXL/XXXL)

- Shoulder Weights – 2 x 460g
- Waist Weights – 5 x 400g
- Total Weight including Waistcoat – 3.5kg

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:

- As a guide, the Weighted Fleece Waistcoat should be worn for periods of around 20-40 minutes at a time and then removed for at least the same period before being used again. (Consult with an OT for individual guidance).
- The rectangular weights are for the shoulder area and the square weights are for the waist area.
- Insert the weights into the relevant pockets and close the Velcro fastening.
- Ensure even distribution of the weights around the waist.

Ideal for:



Education or
Home Study



Dining



Chill-Out Time



Home or Residential
Setting



Work or
Home Office



Travelling

