

Information for Use

Weighted Hand and Wrist Covers



SKU: HWCOWWT

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

WARNINGS:



Adult supervision required



Do not use while sleeping



Do not use when swimming

Important:

- Recommended age 3+.
- Always ensure the user can independently remove the Weighted Hand and Wrist Covers.
- Remove the Weighted Hand and Wrist Covers at the first signs of discomfort or distress.
- Not recommended for pro-longed or vigorous exercise.
- When using the Weighted Hand and Wrist Covers as a therapeutic tool, ensure that movements are controlled and performed safely under supervision.
- 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 FILLING
100% Polyester / 100% Polyester Fleece	Carbon Beads
Care Instructions Wipe clean with a damp cloth. Do not machine wash. Do not hand wash. Do not use fabric softener or bleach. Air dry. Do not tumble dry. Alternatively steam clean on a low setting. Please ensure the Velcro hook and loop sides are fastened together before cleaning.	

Good to know:

- To ensure a comfortable fit, measure across the palm of the hand to find the size you need.
- Each Weighted Hand and Wrist Cover has a wide Velcro fastening for adjustment and an elastic strap to hold the Hand Cover in place.
- The weights are not removable from the Hand Covers.
- Available in 3 sizes:

Small

- Weight – 150g (each)
- Suitable for palm width of 5cm up to 6cm.

Medium

- Weight – 250g (each)
- Suitable for palm width of 6.5cm up to 8cm.

Large

- Weight – 300g (each)
- Suitable for palm width of 8cm up to 9.5cm

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:

- The Weighted Hand and Wrist Covers are designed for those individuals who like to chew on cuffs or bite the back of their hands.
- The weight is focused on the wrist however some of the weight is included in the Hand Cover to distribute the weight.
- Adjust the Weighted Hand and Wrist Covers using the large strip of Velcro for a comfortable fit.
- As a guide, the Weighted Hand and Wrist Covers should be used for approximately 20-40 minutes at a time and then removed for the same period before they are used again. (Consult with an OT for individual guidance).
- Ensure that the user is consistently comfortable and content with the deep pressure they experience.

Ideal for:



Education or Home Study



Dining



Chill-Out Time



Home or Residential Setting



Work or Home Office



Travelling

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