

Information for Use



Weighted Hoody

SKU: WHD

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 Hoody.
- Remove the Weighted Hoody at the first signs of discomfort or distress.
- The Weighted Hoody 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
70% Cotton / 30% Polyester Fleece 50% Cotton / 50% Polyester - Rib	65% Polyester / 35% Cotton	Carbon Beads
Care Instructions		
Machine washable 40°C. Do not bleach. Do not tumble dry. 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 Hoody.
- Weights available:

Child – Extra Small/Small (XS/S)

- Shoulder Weights – 2 x 250g
- Waist Weights – 4 x 250g
- Hood Weight – 1 x 250g
- Total Weight including Hoody – 2.2kg

Child - Medium/Large (M/L)

- Shoulder Weights – 4 x 250g
- Waist Weights – 4 x 330kg
- Head Weight – 1 x 250g
- Total Weight including Hoody – 2.8kg

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Child – X Large / Adult – Small (XL/S)

- Shoulder Weights – 2 x 460g
- Waist Weights – 4 x 400g
- Head Weight – 1 x 250g
- Total Weight including Hoody – 3.5kg

Adult – Medium/Large (M/L)

- Shoulder Weights – 2 x 460g
- Waist Weights – 4 x 500g
- Head Weight – 1 x 340g
- Total Weight including Hoody – 4.0kg

Adult – Large / X Large (L/XL)

- Shoulder Weights – 2 x 460g
- Waist Weights – 4 x 550g
- Head Weight – 1 x 340g
- Total Weight including Hoody – 4.4kg

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 Hoody 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.
- The head weight is to be placed in the hood. This weight is optional and can be removed if not required.
- 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

