

Weighted Hug Vest

SKU: WHV

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

WARNINGS:



Keep away from fire



Contains small parts – choking hazard



Adult supervision required



Do not use while sleeping



Use one weighted product at a time

Important:

- Recommended not to exceed 5% of user's bodyweight (unless advised by an OT).
- Introduce the Weighted Hug Vest to the user as advised by an OT.
- Always ensure the user can independently remove the Weighted Hug Vest.
- Remove the Weighted Hug Vest 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	WEIGHT POUCH OUTER	WEIGHT POUCH FILLING
70% Neoprene / 15% Nylon / 10% Polyester / 5% Spandex	100% Polyester	Carbon Steel Beads
Care Instructions Hand wash only. Do not bleach. Do not dry clean. Do not wring. Line dry in the shade. Do not tumble dry. Do not iron. REMOVE THE WEIGHT POUCH BEFORE WASHING.		

Good to know:

- Weight: 1.2kg (4 x 150g / 2 x 300g)
- Weights are safely positioned in pockets inside the Vest and can be added or removed.

Information for Use

- Sizes available (approximate):

- **Small**

- Age 3 - 6
- Chest - 23" - 26"
- Length - 14"

- **Large**

- Age 10 - 14
- Chest - 28" - 32"
- Length - 19"

- **Medium**

- Age 6 - 10
- Chest - 26" - 28"
- Length - 15.5"

- **XL**

- Age 14+
- Chest - 37" - 39"
- Length - 21.5"

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 Hug Vest 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).

Ideal for:



Education or Home Study



Dining



Chill-Out Time



Home or Residential Setting



Travelling



Made in China