

Safety instructions and guidelines for weighted blankets & Lap pads

Thank you for buying a weighted therapy item from A Stitch Different CIC

Use of blanket/ lap pad

If using the weighted blanket in bed, it should be used alongside the usual bedding, eg. a duvet. Place the blanket over the top of the duvet, covering body from shoulders to feet making sure the blanket does not cover the face and head. For more effective use ensure blankets aren't draping over the edge of the bed as this can give the wrong sensation. If the room is warm or in summertime, then adjust the other bedding / clothing accordingly.

If using the blanket at other times, for example to calm a child or in a sensory environment, please supervise at all times.

It is important that the blankets do not exceed 10% of the user's bodyweight, For advice regarding this please contact a healthcare professional.

Lap pads can be used to aid calm in education settings, at home say watching TV or just to help concentration.

Safety:

Please make sure the blanket is the correct size & weight for the user.

Use of weighted therapy products must be supervised at all times and blankets should never cover a user's head/face.

Do not use the blanket for restraint. Users must be able to remove the blankets themselves.

Weighted therapy products should only be used on the advice of a healthcare professional, eg a doctor, occupational therapist or health visitor.

If there are any signs of damage or wear to a weighted therapy product (for example, holes, loose threads or beads) please stop using immediately.

Care instructions:

Machine washable at 30 degrees. Do not tumble dry or use fabric conditioner if fleece Where possible remove weights before washing. Do not place on a heat source eg, radiator.

Keep Away From Fire

A Stitch Different accepts no responsibility for misuse of weighted therapy products we have supplied.

Any queries please contact mandy@astitchdifferent.co.uk