

## Safety instructions and guidelines for Vests

Thank you for buying a weighted therapy vest from A Stitch Different.

### Use of vest

Use as directed by your occupational therapist or professional or follow guidelines below

### How long should a child with autism wear a weighted vest?

How much time a child should wear a weighted vest varies. Some therapists recommend as little as fifteen minutes while others encourage wearing them throughout the academic time in class. The positive benefits of a weighted vest usually happen while the child is wearing the vest. However, in cases where it is calming, often the vest can be taken off and the user will remain calm.

### Safety:

Please make sure the vest is the correct weight for the user

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

Do not use the vest for restraint. Users must be able to remove the vest 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.

### **Keep Away From Fire**

### Care instructions:

Machine wash at 30-40 degrees. Do not tumble dry. Where possible remove weights before washing. Do not place on a heat source eg, radiator. Avoid contact with naked flames/cigarette.

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

Any queries please contact [mandy@astitchdifferent.co.uk](mailto:mandy@astitchdifferent.co.uk)