



## **1. Product Name**

Weighted Vest

## **2. Product Code**

21578 – Extra Small

21565 – Small

21575 – Medium

21576 – Large

21573 – Extra Large

## **3. Colour**

Colours may vary

## **4. Brief Description**

Made from soft, breathable, non-flammable material, these vests slip over the head with ease and close at the shoulders and sides with Velcro® for easy adjustment and a snug fit.

## **5. Contents**

- 1 x vest with weight pouches

## **6. Snoezelen® Stimulations**

- Touch (deep pressure)

## **7. Best Use**

Select the amount of weight required according to the needs of the wearer.

## **8. Compatible ROMPA® Products**

See [www.rompa.com](http://www.rompa.com) for an extensive range of weighted and deep pressure products.

## **9. Starting Up**

- There are no short-cuts when setting up and using Sensory Integration equipment.
- Please keep these instructions in a safe place and refer to them as necessary.
- Put the vest on the user and adjust the overlap of the shoulders and sides for a snug – but not tight – fit. This will reduce the pressure on the shoulders.
- Shorten the length of the vest as required before putting it on. To do this lay the vest on a flat surface; fold the bottom section (containing the weights) towards the shoulder straps and secure under the provided strip of Velcro® on the inside of the vest. Do this with both the front and back panels.

## **10. Detailed Description**

Made from soft, breathable, non-flammable material, these vests slip over the head with ease and close at the shoulders and sides with Velcro® for easy adjustment and a snug fit. Weight packs are inserted into the eight concealed pockets (four at the front, four at the rear) of the vest. Each pocket has Velcro® to keep the weight packs in place. The length of the vest can be adjusted by folding up the lower part and securing using the Velcro® strip on the inside. Machine washable (remove the weights beforehand). Colours may vary. Available in five sizes, each at an affordable price so you can choose the next size up as your child grows.

## **11. Safety**

- Always supervise the use of this product
- Always consult a suitably qualified and experienced Occupational Therapist for advice about the safe and appropriate use of Weighted Vests.
- The amount of weight used should be appropriate to the individual needs of each wearer.
- The amount of time the vest is worn should be appropriate to the individual needs of each wearer.
- Distribute the weights evenly unless specifically instructed otherwise by your Occupational Therapist.

## 12. Technical Specification

Size	Dimensions	Weight
X Small	30.5 to 40.5cm long / 61cm Circumference	0.9kg / 2lb
Small	38 to 51cm long / 76cm Circumference	1.4kg / 3lb
Medium	43 to 56cm long / 86cm Circumference	1.8kg / 4lb
Large	48 to 61cm long / 99cm Circumference	2.7kg / 6lb
X Large	56 to 68cm long / 112cm Circumference	3.6kg / 8lb

Length - Measure from the top of shoulder to bottom of vest

Circumference - Measure around the waist

Material – perforated neoprene

## 13. Installation

*Not applicable*

## 14. Care and Maintenance

1. Remove the weights and secure all Velcro® before washing the vest.
2. Hand wash or machine wash on a cold setting.
3. Use a small amount of mild detergent making sure this is dispersed in plenty of water and not applied neat directly onto the neoprene. Do not use bleach. Do not use strong, harsh or abrasive cleaning products.
4. Allow to air dry naturally. Do not dry in a tumble dryer.

## 15. Troubleshooting

*Not applicable*

Further copies of these instructions can be downloaded at [www.rompa.com](http://www.rompa.com)

We hope you find our instructions invaluable. If you have any suggestions for improving them further your comments will be greatly received – please contact us at

[producthelp@rompa.com](mailto:producthelp@rompa.com)