

# Safety Guidelines:

## WEIGHTED CLOTHING & PRODUCTS (Excluding Blankets)

(including vests, lap pads, belts, bean bags, hats and other therapeutic items)

All Fun and Function weighted products are for therapeutic use only and they should not be considered toys. Please read these Safety Guidelines and the product insert before using your weighted products. Consult with your pediatrician or therapist for developmental and motor skills guidance.

### USING YOUR WEIGHTED PRODUCTS

Adult guidance is recommended when using all weighted clothing and products. Stop use if user reports fatigue, pain or any discomfort.

- User should be at least 3 years of age, unless age guidelines state otherwise.
- Follow the age and weight guidelines stated on the product insert.
- Weight should be adjusted for each user's needs.
  - 10% of total body weight is a recommended standard.
  - Total weight should never exceed 10-15% of total body weight.
- Only one weighted product should be used at a time.
- Do not allow user to sleep in weighted clothing or with any weighted product. Only weighted blankets are suitable for sleep.
- Never use to restrict movement, restrain, or cover user's face.
- Consult physician before using if user is ill, injured, has respiratory difficulty, or has unique developmental needs.

### INSPECTING YOUR WEIGHTED PRODUCTS

- Inspect weighted products prior to each use. Inspect both the outer product and inner weighted portion if removable.
- Look for loose stitching, ripped seams, fraying, torn or worn areas.
- If product is damaged, do not use until it is properly repaired or replaced.

### CARING FOR YOUR WEIGHTED PRODUCTS

- Follow cleaning instructions as outlined on the product insert. Some products can be machine or hand-washed, others are surface clean only. Air dry.
- Keep product inserts in an accessible place so all users are familiar with proper use and inspection requirements.

### ABOUT OUR WEIGHTED PRODUCTS

- This weighted product has been tested for lead, phthalates, physical and mechanical properties, cleanliness, and flammability.
- The product is designed and manufactured for long-term durability for our most active users.

At Fun and Function, your family's safety is our priority. If you have questions about safe play, safe practices, or choosing appropriate weighted products, please contact us at [wecare@funandfunction.com](mailto:wecare@funandfunction.com).

