

# WEIGHTED COMPRESSION VEST

## PRODUCT GUIDE

You'll be an  
expert in no time



## THE WEIGHTED COMPRESSION VEST & YOUR SAFETY

### Product Safety Information, Warnings & Recommendations:

**Harkla is not responsible for any injuries resulting from improper setup and/or improper implementation and use of our products. Please review the safety warnings & our product use recommendations outlined below when using the Weighted Compression Vest.**

- The Weighted Compression Vest is designed for children 4 years or older.
- Adult supervision is required when using the Weighted Compression Vest.
- Because everyone's sensory systems are unique, it's hard for us to exactly recommend the right weight for your child's weighted vest. Consult with your child's Occupational Therapist about which weight is best for your child. See Page 5 for more information on adding weight to the vest.
- Consult with your child's Occupational Therapist before using the Weighted Compression Vest. Consulting with your OT will be the most helpful and safest tool in determining the proper wear schedule, as it is unsafe to leave a weighted vest on a child for long periods of time.
- Warning! Keep the Weighted Compression Vest away from fire.

# PRODUCT SAFETY TESTING & STANDARDS

**At Harkla we think you're awesome! So we want to keep you safe!**

Did you know that we test the safety of ALL our products?

Did you know that many companies *don't*? (Wait, WHAT?!)

All of our products are 3rd party tested according to US, CA, EU and UK safety standards. Our safety tests include testing our products for chemicals, heavy metals and weight limits... the whole enchilada!

**All Harkla products are safety tested by US, CA, EU, and UK safety standards. This includes some really important product tests such as:**

- CPSIA Lead (US Consumer Product Safety Improvement Act)
- CCPSA (Canada Consumer Product Safety Act)

Learn more about our product testing & standards by visiting:  
[harkla.co/product-safety-testing](https://harkla.co/product-safety-testing)



## DEEP TOUCH PRESSURE

The Harkla Weighted Compression Vest provides compression and weight, two ways to give your child's body desired sensory input. Our vest provides a deep squeeze or hug-like feeling through tight-fitting compression that fits snugly against the wearer's torso, providing deep touch pressure (DTP). The added weight also provides deep touch pressure, a concept similar to a weighted lap pad or weighted blanket.

The vest also provides a child with sustained deep pressure input to their muscles and joints (proprioception). This type of sensory input is known to be calming and organizing to the nervous system.

## THE HAPPY OUTCOMES OF DTP

Improved proprioceptive processing for increased balance

Improved body/spatial awareness

Improved coordination

Increased focus/attention

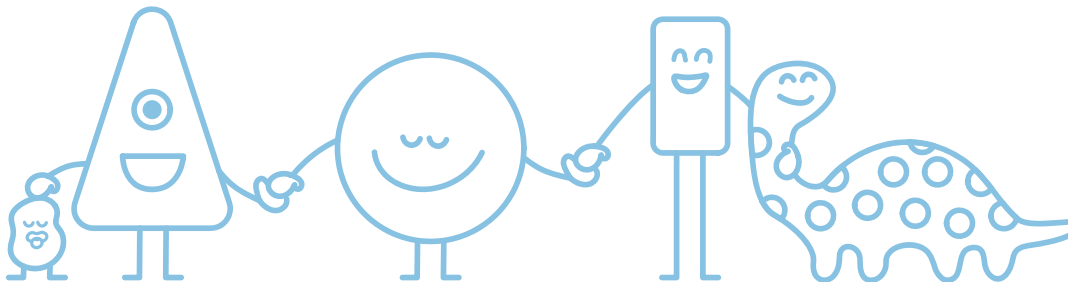
Decreased anxiety/stress

Improved sleep

## IT'S FOR EVERYONE

Everyone can benefit from the deep touch pressure of the Harkla Weighted Compression Vest. The physiological benefits are consistently observed to help with emotional and sensory regulation needs associated with:

- Attention-Deficit/Hyperactivity Disorder (ADD/ADHD)
- Autism Spectrum Disorder (ASD)
- Psychiatric disorders (mood disorder, depression, anxiety, dementia, post-traumatic stress disorder)
- Sensory Processing Disorder (SPD)



## HOW TO USE YOUR WEIGHTED COMPRESSION VEST

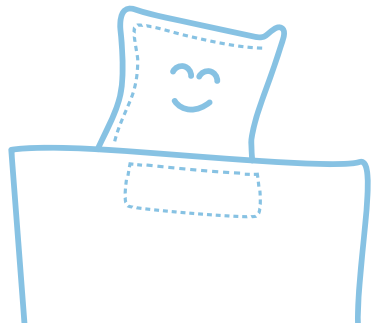
### Add The Weights:

- Insert the ¼ lb & ½ lb weights into the pockets of the vest. Add a minimum amount of weight to start to achieve the desired amount of weight your child needs to feel most comfortable. Gradually increase as needed... Less is more!
- Start with less weight and slowly increase as needed. Research shows that 4-5% of the child's body weight is the best amount for a child with sensory differences. For example, a child weighing 50 lbs, should use a weighted vest that's 2-2.5 lbs.
- Use caution when adding weight if your child has lower muscle tone. Start with just the compression vest without any weights.
- Here's a guide to follow when adding weight to your Weighted Compression Vest:

Small: No more than 3 lbs

Medium: No more than 4 lbs

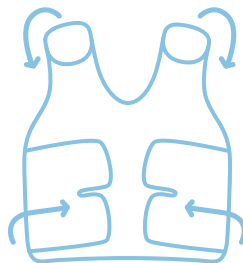
Large: No more than 5 lbs



- If you're feeling like your child needs more than the recommended weight, consult with an Occupational Therapist. Extra weight sold separately.

### Putting On & Proper Fitting:

- To put on the weighted compression vest, undo the velcro from one or both sides and place over the head.
- With the velcro on the back of the child, adjust to fit snugly. Adjust the shoulder straps as needed to your child's comfort level & compression input needs.



### How Long To Wear / Creating A Wear Schedule:

- Consulting with your child's Occupational Therapist will be the most helpful tool in determining the proper wear schedule, as it is unsafe to leave a weighted vest on a child for long periods of time.
- Start with using the vest for 30 minutes, then taking it off for 30 minutes to allow the child's nervous system to modulate the input!

# BEST PRACTICES WITH THE WEIGHTED COMPRESSION VEST

The theory behind a weighted compression vest is to provide the child with sustained deep pressure input to their muscles and joints (proprioception) as this type of sensory input is known to be calming and organizing to the nervous system.

- When creating a wear schedule for your child, consider consulting with your child's Occupational Therapist. Consulting with your OT will be the most helpful and safest tool in determining the proper wear schedule, as it is unsafe to leave a weighted vest on a child for long periods of time.
- If the child should wear the weighted compression vest for a 20-40 minute activity, be sure to remove the vest for the same time period to allow the nervous system to reset.
- Some parents and educators feel that the vests are especially helpful during stressful times (i.e. school assemblies, doctor's appointments). Should your child require additional, more consistent input throughout the day, consider adding a tight-fitting undershirt (lycra-based).

- Having slightly more weight in the back of the vest can be helpful in increasing attention and focus.
- The weight should be evenly distributed as much as possible.
- Identify a simple way to measure the effectiveness of the weighted vest. This can be done with the help of your child's Occupational Therapist or teacher.
- Keep in mind what you identified as the "why" behind choosing a weighted compression vest. Develop a progress monitoring tool that is specific to your child so that you will know what works and what doesn't.

For more strategies and information, listen to [All Things Sensory by Harkla](#) podcast:

### **Episode #68: Tips and Tricks for Using Weighted Products Efficiently**

Visit

[harkla.co/episode-68](http://harkla.co/episode-68)

or

Scan the QR Code to listen to Episode #68



## ABOUT HARKLA

Specializing in products for special needs children, we love to help parents create the ideal environment for their children to thrive in. We are here to help those with special needs live happy and healthy lives.

We are dedicated to helping families and children through our products, but we are passionate about finding other avenues as well to create as much impact as possible.

Because of this, we have a podcast, YouTube channel and blog with content from occupational therapists that gives actionable advice to families raising children with sensory and special needs.

To continue our mission and to support the sensory community, we donate 1% of every sale to Game Changers of Idaho.

Game Changers provides year-round inclusive sports leagues to give children of all abilities the opportunity to learn, grow & create friendships through sports.



# CONTENT FOR OUR HARKLA FAMILY



## All Things Sensory by Harkla

Tune in every Wednesday for a new podcast episode with Rachel (COTA/L, AC) and Jessica (COTA/L) as they either go deep on a child development topic, or interview an expert in the sensory field! Their goal is to help you bring learning home and have fun while doing it!

Listen to our Podcast: [harkla.co/podcast](http://harkla.co/podcast)



## The Harkla Blog

Is reading more your style? Our team of experts write actionable articles to help you address challenges related to sensory processing disorder, autism, and ADHD. While we go in depth and reference scientific studies as much as possible, the articles are written so anyone can read, understand, and get actionable information from them.

Visit our Blog: [harkla.co/blogs/special-needs](http://harkla.co/blogs/special-needs)



@harkla\_family



[www.harkla.co](http://www.harkla.co)

## COMPRESSION SENSORY SWING

Compression and swinging at the same time! Our Compression Sensory Swing is a family favorite for extra sensory play, or even taking naps in! Holding up to 200lbs, this swing is a versatile way to get wiggles out for any kiddo.



- 2 Way Stretch Fabric - Doesn't sag to the bottom while still providing compression.
- All Hardware Included - We 3rd party test our hardware to make sure this is the safest set up possible.
- Soft, Yet Durable - Our fabric is built to last, but is extremely soft, comforting and soothing to lay in.



Visit

[harkla.co/products/  
compression-sensory-  
swing](https://harkla.co/products/compression-sensory-swing)

or

Scan the QR Code below  
to learn more about the  
Harkla Compression  
Sensory Swing



## WEIGHTED LAP PAD

Whether it's for school, at home, at concerts and movies, or on car rides, a Harkla Weighted Lap Pad is the perfect portable tool to help achieve a calm, relaxed child.

Machine Washable - We all know this Lap Pad will get something spilled on it... no worries! It stays perfectly soft through machine washing!



- Extra Weighted Pockets - If the Lap Pad doesn't have enough pockets, it will slide off your child's lap. That's why we have stitched so many into it!

- Durable - We built this Lap Pad to take a beating so you don't have to worry about it breaking.

### Visit

[harkla.co/products/  
weighted-lap-pad](https://harkla.co/products/weighted-lap-pad)

or

Scan the QR Code below  
to learn more about the  
Harkla Weighted Lap Pad



## WEIGHTED BLANKET

Our Weighted Blankets are a great way to improve relaxation and sleep! Coming in a variety of sizes and colors, the Harkla Weighted Blankets can help increase calm for any child or adult.



- Bamboo Interior - Soft and breathable to keep comfy and cool during all seasons, in both cold and warm environments.
- Duvet Style - Comes with two pieces, easy to wash and dry.
- Sensory Seeking Fabric - Minky dot fabric is great for sensory seekers.



Visit

[harkla.co/products/  
weighted-blanket](https://harkla.co/products/weighted-blanket)

or

Scan the QR Code  
below to learn more  
about Harkla Weighted  
Blankets



## POD SENSORY SWING

Our Pod Sensory Swings are designed to give sensory input while providing a relaxing place for your child to unwind! They are a great addition to any sensory room.

- Made to Last - Our sensory swing is made of durable but comfortable cotton canvas.



- All Hardware Included - Comes with everything you need for easy setup.

- Safe for Your Child - Holds up to 150lbs for a safe place for your child!

Visit

[harkla.co/products/sensory-pod-swing](https://harkla.co/products/sensory-pod-swing)

or

Scan the QR Code below to learn more about the Harkla Pod Sensory Swing



## COMPRESSION SHEET

Adding a breathable, but compressing sheet to your child's bed can create a calming, hug-like effect that improves sleep! The soft fabric of our Compression Sheet is a sensory friendly addition to any bed and a great alternative to a weighted blanket!



- Special Seams - We kept the seams very minimal & the bottom end open to provide sensory friendly sleeping.
- Machine Washable - Easy to wash when needed.
- Comes in Three Sizes - Twin, Full & Queen size.



Visit

[harkla.co/products/  
compression-sheet](https://harkla.co/products/compression-sheet)

or

Scan the QR Code  
below to learn more  
about the Harkla  
Compression Sheet



## BODY SOCK

The Harkla Body Sock helps to soothe & calm, but also encourages your child to explore their movements by pressing and stretching the material. Your child will love to play, stretch, or relax in our sensory sock!

- Child Friendly Snaps - Located at the head opening, our snaps accommodate sensory needs, unlike scratchy velcro.



- Soft, Yet Tough -  
Made of a special blend of nylon and spandex, with reinforced stitching for comfort & durability.

- Designed for Compression -  
Our sizing & accurate proportions are designed to provide ultimate deep touch pressure.

Visit

[harkla.co/body-sock](https://harkla.co/body-sock)

or

Scan the QR Code below  
to learn more about the  
Harkla Body Sock



## CONTACT US

**If you ever need anything, please contact us:**

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