

# Disclaimer

## Use of Weighted Vests, Weighted Animals, Weighted Blankets and the Ghost

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The personnel of the Gold Centre's MateriaTech are committed to ensuring that you are well aware of the recommendations for the usage of the following items:

### Weighted vests, weighted animals, weighted blankets and the Ghost

These recommendations were issued by a committee (AETMIS 2010) that had a mandate to study the use of some of these products, and included experts from the following organizations:

- Ministry of Health and Social Services (MSSS)
- Ministry of Education, Leisure and Sport (MELS)
- Ministry of Family and Seniors (MFA)
- Order of Occupational Therapists of Quebec (OEQ)
- Order of Psychoeducators of Quebec (OPPQ)

Reference: [http://www.clipp.ca/images/documents/produits/document\\_accompagnement\\_vestes\\_lestees.pdf](http://www.clipp.ca/images/documents/produits/document_accompagnement_vestes_lestees.pdf)

*In the absence of evidence on the safety and effectiveness of weighted blankets and vests, and since inappropriate use has risks, parents who use weighted items with their children should be informed and trained on the coroner's recommendations. Documents should be available to inform individuals of these facts. Furthermore weighted blankets and vests must be used in respect of the following general conditions:*

- *Used by a trained provider and is under the supervision of a competent professional within all private or public organizations financed by the state.*
- *Used only after an evaluation is made by a competent health professional that assesses all possible contraindications.*
- *Parents that use these items at home must be well informed of the dangers of suffocation from these products.*
- *Obtain informed consent from the child and their parents or guardian. The child must express agreement, even if non-verbal.*
- *Follow the established rules for safe usage.*
- *Never cover the head with these items.*
- *The child must be able to remove himself from these items at all times.*
- *Vital signs must remain observable during use.*
- *Never roll a child in a weighted blanket.*
- *The weight of these items must be considered with respect to the weight of the child. These items must only be used under supervision.*

As a preventative measure we are expanding these precautions to the use of weighted animals and the Ghost. If you wish to borrow this type of material, you must first sign this document that releases the MateriaTech and the Gold Centre of all responsibility related to their usage. **For members that are employees of the public sector, readaptation centers, hospitals, schools and daycares, please refer to the internal politics and procedures on the use and supervision needed for weighted vests and blankets.**

I have read the recommendations on the use of the weighted animals, vests and blankets. I hereby take full responsibility for their usage.

Signed at \_\_\_\_\_ on this \_\_\_\_\_ 20\_\_ by \_\_\_\_\_