



Instruction Sheet

Weighted Jacket Medium 142231

Store these instructions in a safe place or with the enclosed maintenance checklist



Take time to familiarize yourself with the use and maintenance of this equipment before using. Please file this Instruction Sheet in an accessible location: the Instruction Sheet must be read and familiar to anyone who is using Southpaw Enterprises Equipment.

MATERIALS LIST

142231 - Medium
1 - Medium Jacket
12 - 1/2 lb. weights
1 - Instruction Sheet
1 - Maintenance Checklist

NOTE: If any of the above are missing, please contact Southpaw immediately.

INSTRUCTIONS FOR USE:

The Jacket has inside channels for weights. To insert weights, slide desired amount of weights into channels. **EXTREME CAUTION** must be used to be positive that weight is equally distributed. If the weights are not distributed equally, it may cause stress to an already fragile nervous system.

After inserting equal amounts of weight, put the Jacket on the client and zip closed.

CLEANING INSTRUCTIONS:

The Jacket is machine washable. Zip closed before washing. Fabric is double sided diamond quilt. Tumble dry - low heat. **DO NOT IMMERSE WEIGHTS IN WATER** - Weights may be wiped with a damp cloth.

CAUTION

- ◆ Jacket is never to be used outside, around any kind of water, and always with constant supervision.
 - ◆ The Jacket is not designed to be used as a brace or correctional device for poor posture.
 - ◆ The Jacket should never be used during strenuous physical activity such as running, jumping, turning upside down, or any activity involving sudden movements, except in carefully monitored instances.
 - ◆ Weight must be equally distributed. If weight is not distributed equally, it may cause stress to an already fragile nervous system.
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- ◆ **SAFETY PRECAUTIONS** - The safety of your clients is dependent on the appropriate choice of activity to match, yet challenge their physical. Use appropriate spotting / safety techniques. In addition, the layout of your activity area, proper installation, and maintenance of your equipment is critical. Southpaw equipment is not intended for recreational or outdoor use. Under no condition should this equipment be used without professional supervision.
 - ◆ **This sheet is for example only.** It is not meant to, in any way, to replace local, county, state, or Federal standards. Be aware - it is your responsibility to find all pertinent safety information that pertains to your facility.

If you have any questions or comments, please call or
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