

**CHILDREN AND YOUNG PEOPLE'S  
OCCUPATIONAL THERAPY AND  
PHYSIOTHERAPY SERVICE**  
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### **Weighted blanket guidelines**

- **How heavy?**

***10% of the user's body weight and add one pound.***

**Body weight (in lbs) x 0.1, then +1**

e.g. A 100 lb person would start with an 11 pound blanket.

This is the starting weight and many personal variables can factor in to that equation, in which the user would like the blanket heavier or lighter.

**A 5lb blanket is for children who weigh around 40lb (2st 12lb)**

**A 10lb blanket is for children who weigh around 90lb (6st 6 lb)**

- The child's head must never be covered
- Child's vital signs should be observable
- The child must be able to remove blanket if they wish (never to be used as a restraint)
- Do not roll the child in the blanket
- Check medical and trauma history (e.g. cardiac, respiratory problems, open wounds, fragile skin, claustrophobia)

### **ALSO**

For sleeping:

- Blanket should fit on the top of the mattress and not hang over the sides of the bed
- Remind child they can remove blanket at any time if feeling too heavy or hot

**An equipment issue form should be completed by staff member issuing the blanket.**

References: Coroner C Rudel-Tessier, Quebec, 2008

2007 American Occupational Therapy Association's Annual  
Conference Presentation, Champagne et al, 2007