



Heat pack safety tips

Stay warm safely this winter

Do This



- 1 Always follow manufacturing instructions for heating times and replacement recommendations
- 2 Do not overheat the bag – be aware of smells from the bag like burning, charring and smoking
- 3 Be mindful when removing the wheatbag from the microwave as it will be hot
- 4 Do check material and seams for wearing and damage and replace the pack when needed.
- 5 Cover pack with a towel or blanket to prevent contact burns
- 6 Gently shake the bag before use to evenly distribute the wheat

Not That



- 1 Do not heat the pack for more than 30 seconds a time
- 2 Do not allow children to heat wheatbags
- 3 Do not apply directly on to skin
- 4 Do not sleep with the wheat bag
- 5 People with skin that has little or no sensation should not use a heat pack due to the increased risk of burn
- 6 Remember that babies, young children and the elderly have fragile skin that burns deeper and quicker than adults at a lower temperature

