

Wheat Bag Instructions

It is Important to carefully follow instructions as overheating or inappropriate use may result in fire.

NOT RECOMMENDED for people who may have reduced awareness of temperature or feeling in their skin, eg Diabetics, people with nerve damage, or people with impairment that prevents them recognising they may be burnt.

SAFETY WARNINGS

- **DO NOT OVERHEAT** always follow heating instructions
- **WARNING FIRE AND BURN HAZARD**
- **DO NOT USE UNDER BEDDING** may catch fire
- **DO NOT USE IF WHEAT BAG SMELLS OR LOOKS BURNT** - allow to cool first then throw away
- **DO NOT LEAVE WHEAT PACK UNATTENDED IN MICROWAVE** in case of fire
- **DO NOT USE DIRECTLY ON SKIN TO AVOID BURNS** – use cover or towel between pack and skin
- **DO NOT USE STRAIGHT FROM MICROWAVE IF TOO HOT** - allow to cool first.
- **DO NOT USE WHEAT BAG ON ONE BODY PART FOR MORE THAN 5 MINUTES** - continuous heat may burn
- **USE WITH CAUTION** - wheat bags can burn skin when used incorrectly and particularly the more delicate skins of children or older people.
- **SUPERVISE** children at all times. The filling if released may pose a risk of choking or inhalation
- **MICROWAVE ONLY** - do not heat in gas or electric oven.
- **NOT RECOMMENDED** to add oils or fragrances to the wheat pack - these may increase the risk of fire

TO USE HEATED

1. Remove wheat bag from box.
2. Place wheat bag in the centre of the microwave ensuring it does not obstruct the turntable. Make sure the wheat bag is flat and the wheat evenly distributed.
3. Never heat the wheat bag for more than 1 minute at a time. If heating wheat bag for longer than one minute, turn the wheat bag over for each minute of heating.
4. Remove carefully from microwave. Wheat bag will be hot after heating, handle with care.
5. Gently shake the wheat bag to evenly distribute the wheat. Check the temperature is comfortable before applying.
6. Allow the wheat bag to cool completely before reheating and/or before storage on a non-combustible surface.



MAXIMUM HEATING TIMES		
WHEAT BAG	MICROWAVE POWER	
	700 Watts	850-1000 Watts
Two Segment	1.5 Minutes	45 Seconds
Four Segment	2.5 Minutes	2 Minutes

OVERHEATING

If overheating occurs there may be a burning smell or charring and in extreme cases smoking. These all indicate that irreversible grain degradation has occurred.

TO USE COLD

Place in a sealed plastic bag in the refrigerator or freezer for at least 1 hour.

STORAGE, CLEANING & MAINTENANCE

Make sure the wheat pack is completely cool and moisture free before storing in a cool dry place. DO NOT wash or submerge in water. It is recommended the wheat pack be heated once a month for maintenance and replaced annually.

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Complies with AS/NZ 5116:2016 Standards