



## INSTRUCTIONS FOR A WHEAT BAG

**HEATING:** Heating times are only a guideline and should be adjusted to suit personal requirements. Please read the recommended heating time that is stitched into the Wheat Bag and follow carefully. If the heat is not strong enough increase the heating time but do not exceed 150% of the instructed time. Eg: suggested time = 2 minutes so you can safely heat to 150% of this = 3 minutes.

Place the Wheat Bag into the microwave; ensuring it does not obstruct the turntable. It is recommended that you watch your Wheat Bag and make sure it does a full rotation before leaving it unattended. After heating, evenly distribute the wheat within the bag by giving it a little shake. Test the Wheat Bag on the forearm, tolerance to heat can vary especially in the elderly and young.

To combat the grain from drying out from repeated microwave heatings you can extend the life of your Wheat Bag by using a water mister (like used on plants) - it can be sprayed 2-3 times lightly misting the Wheat Bag before heating. Please ensure that the Wheat Bag is not wet - this can be done every 6 heatings or so.

If your Wheat Bag is sectioned gently shake the bag to ensure the wheat is evenly distributed to avoid the seams splitting.

It is recommended that the Wheat Bag be completely cool before reheating. However if it has cooled and further heating is required it can be reheated for half the recommended time. If overheating occurs, a burning smell may be detected. Carefully place the Wheat Bag onto a non-combustible surface such as a kitchen sink. Allow to cool completely then discard. Wheat Bags are not recommended as bed warmers. Old, dry and overheated wheat bags have the possibility of combustion when placed under blankets or bedding where heat cannot escape. Wheat Bags are not recommended for children under 3 years of age.

**FREEZING:** Place the Wheat Bag into a plastic bag, seal and leave permanently in the freezer until required. Remove from the plastic bag & apply.

**STORING:** Make sure the Wheat Bag is completely cool and moisture free before storing in a cool dry place. It is recommended that the Wheat Bag be heated once a month for maintenance.

For further information please visit our website: [www.wheatbags.com.au](http://www.wheatbags.com.au) - you will find extensive information and a page of Frequently Asked Questions. We hope you enjoy. Remember a Wheat Bag is designed to warm a person not a bed.



**Just Heat & Treat®**

Wheat Bags Australia®

PO Box 74 Robina QLD 4226 - ABN: 40 003 450 011

Email: [sales@wheatbags.com.au](mailto:sales@wheatbags.com.au) Phone: 07 5576 7203 Fax: 07 5576 8309