

# Wheat Bags

**Wheat bags can bring relief and comfort to you when you use them properly. As with any product involving heat, there is a danger of fire and a risk of injury to you if you do not use it properly.**

## Manufactured wheat bags

Wheat bags available in shops usually contain buckwheat, which has a known moisture content. Knowing this moisture content and the volume of the wheat bag means that the manufacturer can recommend proper heating times. If you follow the recommended heating time, the bag should not overheat, cause a fire, or burn you.

## Homemade wheat bags

Homemade wheat bags can pose a greater fire and injury risk because the moisture content and volume of these bags is not known, and the proper heating time can't be recommended. The use of a type of wheat other than buckwheat may increase the risks of overheating, fires, and burns.

## Adding oils to wheat bags

If you add oils to wheat bags, over time you will saturate the cover cloth and create an added fire risk to the existing danger of overheating and fire.

## Overheating and fire risks

Continual heating and drying of the wheat bag may overheat it to ignition point. When heating it in a microwave, place a cup or bowl of water in with the Wheat bag to reduce this risk.

## Spontaneous combustion

If the wheat bag is kept insulated after initial heating (for example, placed under bedclothes, or on a car seat in the sun), spontaneous heating can then occur and the wheat may catch fire.

## Do

- ✓ buy wheat bags with clear heating instructions
- ✓ follow the manufacturer's instructions
- ✓ buy bags which include manufacturers' contact details if you have a problem
- ✓ only use as a heat pack for direct application to the body
- ✓ ensure your microwave turntable turns freely with the bag on it
- ✓ watch for over-use: a smell of burning or charring
- ✓ leave to cool in a safe area and on a non-combustible surface like a kitchen sink

## Don't

- ✗ use wheat bags as bed warmers
- ✗ overheat
- ✗ reheat the bag until it has completely cooled (which may be two hours)
- ✗ leave the microwave unattended when heating
- ✗ store the bag until it has cooled
- ✗ use the bag if you see evidence of problems



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