

## **DIRECTIONS FOR HEATING EASYHEATS BACK**

**IMPORTANT :** These directions are based on an **800W** microwave oven, If using a more powerful microwave, you must reduce the level of power to **800W**. Failure to do this, may result in scorching of the fabric casing and stitching of your heatpack or reduced heat retention.

**Caution:** It is important to carefully follow these instructions as overheating or inappropriate use may result in fire or burns.

EASYHEATS BACK should be folded in half with the straps then wrapped around the grain section. Place onto the heating plate with the ends of the straps secured underneath, to prevent any part of EASYHEATS BACK from overhanging the edge of the heating plate or turntable.

EASYHEATS BACK should be heated in a microwave for 90 seconds initially and at further 30 second intervals until the desired warmth is achieved. (Times will vary according to the power of the microwave). Do not heat EASYHEATS BACK for longer than 2.5 min in total.

It is advisable to place a small heatproof container of water in the micro-wave whilst heating EASYHEATS BACK to prevent excessive drying of grains.

Make sure your microwave plate is clean prior to use.

Keep EASYHEATS BACK dry at all times. Discard if grains become wet.

Continual heating and drying of EASYHEATS BACK may overheat it to the point where it may catch fire. Beware of overcooked odours or the smell of burning or charring. These indicate the need to replace EASYHEATS BACK.

Do not reheat EASYHEATS BACK until it has completely cooled. Likewise, do not store EASYHEATS BACK until it has completely cooled.

Do not use EASYHEATS BACK in bed or whilst sleeping, where it is covered by doonas or blankets, as spontaneous overheating can occur and the bag may catch fire.

This product may irritate sensitive skin so please check with your medical practitioner or skin specialist if unsure. People with reduced skin sensitivity to heat and cold should not use this product.

To cool EASYHEATS BACK, place in a completely airtight bag in a freezer for at least 2 hours or until cold

Our grains have been treated naturally with a freezing process, to prevent any pests such as weevils. For this reason, do not store alongside untreated wheatbags.

Following these instructions will ensure that your EASYHEATS product will provide you with comforting warmth (or soothing cold) over and over again.