

DIRECTIONS FOR HEATING EASYHEATS POSTURE

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.

Heat in a microwave on high for 60 seconds initially and at further 20 second intervals until the desired warmth is achieved. Do not heat for longer than 2 minutes in total.

Fold your **EASYHEATS POSTURE** in half and ensure that the edges do not overhang the turntable or plate.

Heating times are based on **800W** microwave. If your microwave wattage is higher than this, reduce the power level to medium.

It is advisable to place a small heatproof container of water in the microwave whilst heating, to prevent excessive drying of wheat.

Keep dry at all times. Discard if wheat becomes wet.

Continual heating and drying 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 your **EASYHEATS POSTURE** heatpack.

Do not reheat until completely cooled. Likewise, do not store until completely cooled.

Do not use in bed or whilst sleeping as spontaneous heating can occur and the bag may catch fire if covered by bed clothes.

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.

The use of oils on this wheatbag is not recommended.

Do not leave microwave unattended whilst heating.

To cool, place in a completely airtight bag in a freezer until cold.

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