



Safe use

safe products

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's and Don'ts

Do

- ✓ Buy wheat bags with clear heating instructions.
- ✓ Read and follow the manufacturer's instructions.
- ✓ Buy wheat bags which include a manufacturer's contact details in case you have a problem.
- ✓ Use only as a heat pack for direct application to the body.
- ✓ Watch for over-use – an over-cooked odour, a smell of burning, smoking or charring.
- ✓ Leave to cool in a safe area and on a non-combustible surface, like a kitchen sink.

Do not

- ✗ Do not use wheat bags as bed warmers.
- ✗ Do not over-heat (recommended maximum is three minutes for manufactured bags).
- ✗ Do not reheat the bag until it has completely cooled – which may be two hours after initial heating.
- ✗ Do not leave the microwave unattended when heating a bag.
- ✗ Do not store the wheat bag until it is cold.
- ✗ Do not use the bag if you observe any problems – contact the manufacturer.

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