

# Therapeutic Wheat Bags



It has become popular in recent times to use therapeutic wheat bags for the relief of various types of muscular, back and arthritic pains.

These units can be heated in the microwave until they reach a desired temperature (according to the manufacturer's instructions).

Investigations into therapeutic wheat bags have revealed that the wheat can ignite during heating and when used as a warmer in bed. In most cases the packs have been used for sometime, with constant use resulting in the reduction of the moisture content of the wheat, causing overheating of the wheat resulting in a fire.

The following are some safety hints when using the therapeutic wheat bags:

- Only purchase bags which have an information sheet, which states how to use the item.
- Read and follow manufacturer's instructions carefully.
- People who make the bags should include an information sheet which provides a method for the use of the bags.
- When making the bags, it would be preferable to use flame retardant materials. Never use rubber or plastic backed materials.
- Be in attendance when heating the bag.
- Avoid using wheat which contains dust.
- Watch for signs of over use, e.g. cooking or burning odours, charring of the bag. If these signs are present dispose of after it has cooled down.
- Do not store away until **cold**. Leave to cool on a non-combustible surface.

Check the life of the heat pack according to manufacturer's instructions.