

# INSPIRATIONAL

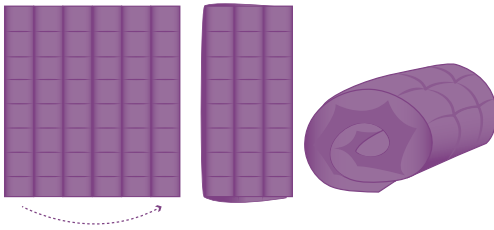
## HEAT BAGS

Australian Register of Therapeutic Goods (ARTG) No: 327934  
We follow the strict guidelines of the Australian/New Zealand Standard AS/NZ 5116: 2016

### SUGGESTED HEATING INSTRUCTIONS IN A MICROWAVE

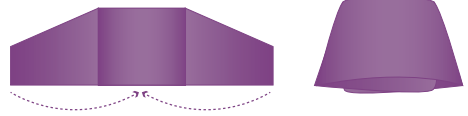
#### LARGE HEAT BAG - ITEM 1

Fold the bag into half lengthways. Roll the bag into a ball, place in the centre of the carousel, with the open end facing down.



#### TRAPEZOID HEAT BAG

Fold the bag into thirds, by bringing the outside pockets into the center. Place in the centre of the carousel, with the open end facing down.



This will prevent the bag getting caught as it turns, reducing the risk of burning & hot spots.

Check the wattage of your microwave. Generally located on the back.

**800 watt** microwaves, the suggested heating time is two and a half (2½) minutes.

**1000 watt** microwaves, the suggested heating time is two (2) minutes.

Use care when removing the heat bag from the microwave. Inspirational Heat Bags suggests avoiding direct contact of heat bag to the skin. Use of a cover or towel is recommended.

We do not recommend the addition of oils or fragrances to the heat bag. Doing so may increase the risk of allergy or fire.

*To relieve pain, place on the area of discomfort.*

### Safety Warnings & Care Guide Overleaf

**FIRE & BURN HAZARD**  
**DO NOT OVERHEAT**

**Always follow heating instructions**

**DO NOT USE UNDER BEDDING - may catch fire**



**WARNING**



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### **SAFETY WARNINGS: For your health and safety**

#### **DO NOT:**

- ❌ Leave the heat bag unattended while heating – overheating or incorrect heating increases fire risk.
- ❌ Place the heat bag directly onto skin – place a towel or cover between skin and heat bag. Overheated bags may cause burns.
- ❌ Add oils or fragrances. Oils and fragrances can increase the risk of allergy and fire.
- ❌ Use the heat bag if it has been heated longer than the recommended heating time– overheated bags may cause burns. Allow the bag to cool before use.
- ❌ Use for longer than 5 minutes – continuous heat may cause burns.
- ❌ Use if the heat bag looks or smells burnt – allow the bag to completely cool, empty the wheat and dispose of the bag.
- ❌ Heat in a gas or electric oven. IHB Heat Bags are designed for microwaveable heating only.
- ❌ Use particular care when using with children & elderly with delicate skin, and those with diabetes who have reduced skin sensitivity.
- ❌ Place a glass of water into the microwave with your heat bag.

#### **CARE GUIDE: Maintenance of your heat bag**

- Do not store the heat bag in a plastic bag - store in a cool, dry place.  
Eg: The linen cupboard.
- Do not wash - this will spoil the wheat and render the bag unusable.
- These bags can be reheated as often as you wish. If there is still heat in the bag you must allow it to cool completely before reheating.
- If using your heat bag as a cold pack, make sure it is totally covered in a plastic clip lock bag x 2 so no moisture gathers on the fabric. Keep in the freezer until needed.

**Inspirational Heat Bags are made in Brisbane Australia using food grade wheat from Outback Queensland. Profits from the sale of our heat bags supports the work of Eagles Wings [www.ewafrika.org](http://www.ewafrika.org) and Charity Build Group [www.charitybuild.com.au](http://www.charitybuild.com.au).**