

Home Fire Safety

FACT SHEET



Tasmania Fire Service

Heat packs

Wheat filled heat packs can help with pain, but they also have the potential to cause burns and catch fire. Ensure the wheat pack you purchase comes with instructions and follow them carefully.



The Tasmania Fire Service responds to many fires that have occurred due to wheat packs overheating in microwave ovens or wheat packs being used to warm bedding materials.

What you need to know

- Ensure the wheat pack you purchase comes with instructions and follow them carefully, especially when heating. Ensure the timer on the microwave oven is correctly set when heating your wheat pack.
- Only use wheat packs for body aches and pains. Wheat packs can ignite, and are not designed for warming beds.
- Regularly check your wheat pack for signs of wear and tear or scorching. With age the wheat dries out and can catch fire.
- If your wheat pack begins to smoulder or catches fire ring Triple Zero immediately.
- Fragrant oils added to the wheat pack may increase the fire risk.



Wheat filled heat packs (wheat bags or wheat packs) can help pain, but they also have the potential to cause burns and fire if improperly used. Do not apply directly to the skin – use a cover or a towel.

Remember

- **Don't** overheat a wheat pack by placing in the microwave longer than specified by the manufacturer.
- **Don't** leave the wheat pack unsupervised in the microwave.
- **Don't** let anyone, particularly children or the elderly sleep with a wheat pack.
- **Don't** use the wheat pack to warm your bed up, as it may spontaneously ignite.
- **Don't** reheat the wheat pack before it has properly cooled.

! A wheat pack should be cooled down on a non-combustible surface before storing.